Meredith & district Newsletter

Our Community Newsletter since 1972

CERT's Got a Home

David Mackay, Meredith CERT President

On Friday 14th December last year, Greg Leach, Regional Manager, Ambulance Victoria, Grampians Region, officially opened our new "shed" for our vehicle. About 35 people attended the opening, including Jenny Blake, Mayor of Golden Plains Shire; Graham McGrath, Group Manager, Ambulance Victoria; Niraj Patel from BlueScope Steel; our trainer Steve Cashin; committee members of the Meredith Community House; members of the local CERT and their families. The Meredith Primary School PFA, ably led by Jo Peters, catered for the event with a delightful BBQ.

Greg Leach spoke of the outstanding contribution provided by CERTs throughout Victoria, and thanked all members of the Meredith group for their dedication to ensuring our local district is covered by first responders who save the lives of people who travel through, and in their own community.

Jenny Blake spoke about the importance of volunteers within local communities, especially within the Golden Plains Shire. Our Shire is one of the only Shires in Victoria that does not have a local Ambulance station, something, we believe, that is to be rectified before the end of 2013 with a day station to be built in Bannockburn.

As President, I spoke about the recent history of CERT, how it was essentially established by Mick and Andrea Rooney. When Mick was our local policeman, he was often on the Midland Highway attending traffic accidents, frequently in the middle of the night, and would inevitably bring Andrea, a qualified nurse, along with him to assist with potential causalities. As there was no Ambulance station within the Shire, Mick and Andrea proposed, through the Department of Health, that a relatively new concept of First Responders known as CERT groups be set up in Meredith. There are now about 28 located throughout rural Victoria.





Awards for Former Residents

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PAGES

in this issue....

- Festival Traffic info.
- Community Grants OPEN
- Second Main Streets Meeting
- Festival Pics
- 2 NEW columns

... and more than the usual more!

e: news@meredithnews.com.au

W: www.meredithnews.com.au

Distributed FREE to district residents

February 2013

Continued page 19

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:

Business Card \$14.00 Quarter page \$25.00 \$40.00 Half page \$80.00* Full page *\$20 loading for preferred position FREE** Classifieds **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 meredithnews.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.

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CONNECt[®]

There are lots of special interest

groups in the district. Make a call

February 2013

emergency

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

Justices of the Peace

20437 009250 Mr R Cooke Meredith Mr H Woerner Meredith Mrs S W Dynon Steiglitz Mr G Leslie Bannockburn Mr P Ryan Elaine

0409 861 296

MATERNAL &

25220 7230

PRE-SCHOOL

25286 1227

PRIMARY

SCHOOL

CHILD HEALTH

CEMETERY TRUST

25286 1274 HALL HIRE

Meredith Memorial **2**5286 1545 **Elaine Mechanics 2**5241 5596 Elaine Rec Res

LIBRARY VAN

25272 6010



25286 1313 RECREATION RESERVE 20429 841399

25341 5703



"Birthdays are good for your health. In fact, it is proven that the more birthdays you have, the

longer you will live."

Unknown

FILM GROUP 25286 1274

FOOTBALL (seniors) 20408 545246 (juniors) **2**0430 587674

... or start something.



If you have a special interest you would like



25286 1273 **RED CROSS** 25286 1558 RSL **2**5286 452

SCOUTS Anakie

25284 1257

SENIOR CITIZENS CLUB **2**5286 8232 TENNIS Elaine

20448 291074 Meredith **2**5286 1211

SEW 'N' SEWS **2**5286 1348



GOLF CLUB 5341 5748 HISTORY GROUP

ANGLING CLUB 25354 3879

BLUE LIGHT DISCO **2**5286 1222

or additions.)

ADVANCE

MEREDITH

25286 1291

BOOK CLUB **2**5286 8201

CFA

(000 for fire calls) Elaine 20417 533516 Meredith

5286 1502 CHILDCARE

25286 1348

COMMUNITY CENTRE **2**5286 1348

CRICKET Flaine

20428 264103 Meredith 25286 1434 Junior 20400 078752

CUBS

Anakie **2**5281 9497 CWA

25286 1559

to share with like minded people, let us know and we will help you get it started .

25286 8201 LANDCARE

25286 1250 LIFE DRAWING

20430 318322 MEMORIAL HALL

25286 1545 MOTOR CYCLE CLUB

PLAYGROUP

25286 1348

PADDOCKS

POLICE

Community

Ballark & District Gun Club Shoot: Sunday 3rd March

"BALLARK" Ballan – Meredith Rd

Nominations 10.30am Event Start: 11.00am

Eng: Brian Smith 0428 608238 Marc Canavan 0432237 389

Come Along and Support your District & Club.

Landcare

2013

Location:

Reminder: Rabbit poisoning campaign in conjunction with Maude Landcare group as advised in December Newsletter, and details LANDCARE

on notices at Corner Store, Service Station and Woolabrai. Orders must be in by Wednesday 13th. February. Ph. Lex Stray 5281 9293 or Elaine Johns 5281 9395

Bamganie Meredith Landcare meeting Tuesday 12th February at the Meredith Community Centre at 8pm. All Welcome

Meredith Cemetery Trust News

Doug McFarlane

The Meredith Cemetery Trust has received another Grant from the Department of Health towards the upkeep of the Cemetery. A meeting of the Trustees is to be held on Thursday 7th February at 7.30 pm. The upkeep of the Cemetery is all voluntary, and is a credit to our town as it is a large area with approx. 900 grave sites to be maintained, and thank you to the volunteers. A visit to the Cemetery is a history lesson of our early district families.

We now have an Ashes Garden, for ashes placement following a cremation, as well as lots of grave sites. Many families choose to pre purchase sites so that families stay together for the sake of history. If you would like any further information about the Meredith Cemetery please contact Doug McFarlane 52 861 283.

Garden Opening Information

Naomi & Michael of Southernby Park, Meredith are taking part in Open Gardens Australia on 16th & 17th March 2013.

Address - 599 Slate Quarry Road, Meredith. Opening times 10am - 4.30pm Price \$7.00 Proceeds going to Project Hope.

Meredith Fire Brigade Centenary Year

The Brigade is seeking information, photographs, memorabilia, past records, newspaper cuttings of the Brigade, or of fires in the district. We are making plans for a celebration later in the year. Please forward to Doug McFarlane, 5286 1283 or Information faymcs@bigpond.com Doug Mcfarlane Chairman,

Meredith Fire Brigade Centenary Committee

Meredith Red Cross

Rosemary Hart

On the last Thursday of each month the Meredith Red Cross holds a Film Night at the Meredith Community Centre. There is no booking needed.... Just come as you are and enjoy a modern film and stay for Coffee etc. Entry is a gold coin donation....the Studio is air conditioned !! Film starts at 7.45 pm!

February and March are both THURSDAY 28th. Enquiries to Rosemary Hart 52 868 222.

Festival Traffic Arrangements

Kristie Walker

We have a VICROADS approved Golden Plains Festival traffic management plan for Festival from Saturday 9 March to Monday 11 March, 2013. A summary the plan is outlined here.

- We will implement one-way traffic on Mount Mercer Road from Bamganie Road to Cameron's Road from 4am on Saturday 9 March to approximately 7pm. Traffic within the one-way zone travelling to Meredith will be diverted down Cameron's Road.
- We will implement a speed reduction to 40klm per hour on Friday 8 March - Saturday 9 March on Mount Mercer Road near Bamganie Road and on Mount Mercer Road immediately South and North of the festival site.
- We will implement a speed reduction to 40klm per hour from approximately 7pm on Saturday 9 March to 7pm on Monday 11 March on Mount Mercer Road near Bamganie Road and on Mount Mercer Road immediately South and North of the festival site.
- We have assigned traffic controllers to the corner of Midland Highway and Mount Mercer Road on Monday 11 March to assist vehicles turning left or right onto Midland Highway from Mount Mercer Road.
- We will install a no-parking zone along Mount Mercer Road and some surrounding roads.

If you have any comments or ideas about any matter related to the Festival please contact me on 0417 593 876 or on 0430 091 120 (operational 24 hours over the festival weekend should you need to contact us). Once again, thank you for your support.

Golden Plains Music Festival - Local Tickets Golden Plains Music Festival will be held at the Meredith Supernatural Amphitheatre on March 9, 10 and 11 2013. A quantity of tickets set aside for locals will be sold at the Meredith Corner Store in February. Everything you need to know is at www.goldenplains.com.au

Our new **connect** panel opposite doesn't give as much detail as some of our old listings; just organisation/activity and a phone number. But this allows us to list a lot more activities and provide a better service to residents, old and new, WHY?looking to do a little more...looking to connect!



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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: <u>Meredith</u>

11.00am 2nd Sunday at Uniting Church,Holy Communion11.00am 4th Sunday Anglican ChurchHoly Communion

Bannockburn 10.30am 1st, 3rd Sundays 10.30am 3rd Sunday 6.00pm 4th Sunday <u>Inverleigh</u>

Holy Communion Family Service Prayer & Praise

Invertergin8.45am 1st, 2nd, 3rd SundaysHoly Communion10.00am 4th SundayMorning Prayer11.00am 5th SundayHoly CommunionParish 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

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 Combined Holy Communion services. 2nd Sunday, 11am at Meredith Uniting Church 4th Sunday at 11am at Meredith Anglican Church 1st & 3rd Sunday at 9.45 at Buninyong Uniting Church Enquires Doug McFarlane 52861283. 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 - Every Sunday @ 9 a.m.

Winchelsea - Every Saturday @ 6 p.m

Anakie February 3rd/ 17th @ 11 a.m.

Meredith February 10th/24th @ 11 a.m. Ash Wednesday February 13th Winchelsea 5p.m. Bannockburn 7p.m.

World Day of Prayer 2013 Friday March 1st at 9.30am

AT ST. JOSEPH'S CATHOLIC CHURCH, LAWLER STREET MEREDITH. The theme for this year's service is "I was a stranger and

you welcomed me" and has been prepared by the women of France.

World Day of Prayer is a worldwide movement of Christian men and women of all traditions who come together to observe a common day of prayer each year and who in many countries have a continuing relationship of prayer and service. More than 3 million people in over 170 countries join in a service prepared by the WDP Committee of a different country yearly to celebrate both our unity in Christ and our diversity in culture. It is a movement symbolised by an annual day of celebration (the first Friday of March) to which all people are welcome.

Meredith

Community Centre, Inc. 4 Russell Street Meredith 3333 PH 5286 1348 Fax 52861 563 "Working for our community"



Meredith Community Centre News

Joan Brick

The Committee of Management and Staff of the Centre hope that you and your family had a restful holiday break and look forward to your participation in the courses and activities planned for the coming year. Our new program is available at the Community Centre as well as on our website at <u>www.meredithcc.com.au</u>. Courses offered include Computers, Ipad training, Scone making, Food Handling, First Aid, Upholstery, Beaded Jewellery, Fitness classes. In addition to courses in Meredith we also have a Sampler Quilt and Tai Chi class offered in Bannockburn. Please feel free to give us a ring if you would like to make a booking or you have any queries regarding any of the items in our program.

Our Occasional Care start this week and at present we have vacancies in our Wednesday session which runs from 9:15-12:15pm. Jo, Desma and Cathie provide quality care as well as an interesting and varied program that focuses on the social and educational development of the children. We invite you to come in and have a look at our Childcare area and discuss any queries with our committed Childcare staff.

The Centre would like to welcome Pam Ridd who will Acting Centre Coordinator while Joan is on leave. We invite community members to the Centre to meet Pam who is looking forward to her time serving the Meredith and district communities.

> mch@netconnect.com.au www.meredithcc.com.au

Meredith Uniting Church news

Rev'd Lindell Gibson will be inducted into the Ballarat South Parish on Friday 8 February at Buninyong Uniting Church 7.00 pm. As part of this Parish, the members of the Meredith Uniting Church invite all who are interested to join us for this service.

Queries to: Doug McFarlane Member of Parish Council.

> Elaine CFA Scrap metal collection as a fundraiser Ph David 0418993239





Meredith Playgroup 2013 Term 1

7th Feb – Colour day, come dressed in your favourite colour. Be as creative as you like

14th Feb – Biscuit decoration

 21^{st} Feb – Pirate day, come find some buried treasure with us

 28^{th} Feb – Last week of summer, let's have an excursion to the pool

7th March – Autumn day

14th March – Pyjama day, come in your PJ's

21st March – Dress up day, come as your favourite movie/book character or super hero

28th March – Easter time, we're having craft, activities and an egg hunt

Festival Gallery



A Temporary Gallery of Artworks is being set up in the Top Shop at 46 Staughton Street, Meredith from March 6 to March 13.

Everyone is invited to drop in to view Local Artworks. Free entry!

Shire Community Grants OPEN

(from media release)

Community groups from around the Shire are invited to submit funding applications for community projects through the Golden Plains Shire Council's Community Grants Program 2013/14.

Grants are available to community groups for projects that provide outcomes for the benefit of the community. Examples include new community programs and events, purchase of equipment and facility improvement projects. Funding is provided on a dollar for dollar basis with the contribution from the community provided in-kind or by cash. All applications must meet Council's criteria.

The guidelines and application forms are available online from Friday 1 February 2013 at www.goldenplains.vic.gov.au and close on 5.00pm Thursday 28 February, 2013

Meredith Seniors Christmas Party

Jim Hynds, President.

The seniors met on December 5, 2012 at the Memorial Hall for their Christmas Party. As usual, Heather, Betty and Neil prepared the hall for the day. It looked spectacular and is a credit to them!

About 30 Seniors settled in for 2 course Christmas meal prepared by the Golf Club Ladies. It was fabulous!

A group known as "Macca's Music" from Wendouree entertained us after the meal. Their program included music and humour and they soon had us singing along and laughing hysterically! We highly recommend this group if you are looking for a great time.

Throughout the afternoon our very popular raffles were drawn with many happy winners. Our Treasurer Diane Stevenson had prepared the hampers and prizes. We wish to thank her and her husband Kevin for his support.

These raffles would not be possible without the support of local businesses, Batesford Global Greening, Clyde Park Winery, Synots Lolly Shop, Morrows Hotel, Meredith Dairy, Meredith Corner Store, Woolabrai, Coco Monkey Cafe, Meredith Roadhouse, Heather and Rob Spiers, Labeccamoo Massage, Elaine General Store, Elaine Farm Supplies, Redan Post Office and Mel Bigmore {hairdresser}.

In all the day proved highly successful and a fabulous time was enjoyed by all. Many thanks to all the people who worked hard to make it such a good day.



Meredith Playgroup

Come & visit us every Thursday @ Meredith Community Centre from 10am until 12 noon. Mums, Dads, Grandparents & Carers all welcome. \$2 per family a week. Play, craft, organized For more info all Jo 0418 125 250

Meredith & District News

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sports

Junior Crocs Football

Campbell Mavity

Well the new year is upon us and time to start thinking about Junior Crocs Football for the 2013 season. We will kick off the season with a Family Fun Day on Saturday the 10th February, a great day for all invited to attend, it will start at 10.00am, and will finish with a bbq lunch at 12.00pm. Also interested under 14 players are invited to attend so we can determine numbers, to see if we can field a side in the Geelong League.

Registration forms will be available for the under 12's on the day, we also look forward to meeting our new players for the year, and current players for 2013. At the end of the day we will have a (quick) general meeting to start the season, we need to organize volunteers for our shift at the Golden Plains Music Festival in March 2013. Footy Training will start the on Wednesday the 27th of February starting at 4.45 pm until 6.00pm, training times can be changed to see what suits best at a later date. Also on the 27th of February I am also calling an extraordinary Annual General Meeting after Training at 6.00pm to finalize the Committee positions for 2013 season, every parent is invited to attend, without a committee there is no junior football club.

Thank you, Campbell Mavity, Meredith Junior Football Club President.

MEREDITH MEATS

Farm Fresh Meat Direct To You

- Sides or whole lambs
- Sides or whole grain fed beef

CUT TO ORDER

For orders, prices & enquiries phone Robert 0408574947 or Andrew 0417594324

Bravery Award from the Governor

Marg Cooper



On December 14 at Government House the bravery of Pam and Bill Crowe was formally recognized.

They received Royal Humane Certificates, Bronze Medals, Miniature Medals, Ribbon Bars, Insignias and met His

Excellency the Honourable Alex Chernov AC QC the Governor of Victoria . The Medals came in a velvet box with instructions on when to wear them. The Bronze Medal is to be worn on special appropriate occasions, the Miniature Medal on social occasions and the Ribbon anytime. All are to be worn on the right lapel and to be worn with pride.

Pam and Bill came across a vehicle on Slate Quarry Road in October 2012 that had collided heavily with a tree and burst into flames. Pam had called 000 as soon as they stopped. They both ran across to the utility and saw a man trapped in the driver's seat. They desperately struggled for some minutes to open the door while the trapped man looked very distressed. They managed to open the door and drag the man from the burning vehicle. The utility and the golf buggy he was towing were totally destroyed by fire.

After their name was called and their story told they walked to the front and the Governor presented the awards to Pam and Bill. He said, Oh my Goodness, I expected young people. It is wonderful that people our age are here".

Their invitations allowed them to take 2 guests each so they invited their 2 daughters and their husbands and they stayed in a motel on St Kilda beach.

About 35 people received awards including an 8 year old who had pulled his 3 year old brother from their burning house. The ceremonies were held in the beautiful ballroom and a light lunch was provided in the dining room.

Pam wore a black silky top with black trousers and Bill wore his National Service uniform. They looked appropriately quite smart!

Pam and Bill are humble about their bravery and tell that they are only ordinary people who by chance drove past the vehicle soon after it crashed.

But it was a brave act!

A report on their awards was featured in the Sunraysia Daily. (They now live in the Mildura district.)

Pam tells they thoroughly enjoyed the presentation, the gardens and Government House. It's not every day that one meets the Governor.

Meredith Mainstreets Mk II

Carmel Boyce, Consultant

And so we roll back into Meredith.

Less bells and whistles this time, less razzmatazz and more focused hard work, or as much as one can possibly do while scoffing scones with, was it, jam and cream last time?

Ah the things that Council's make one do when they want you to get up early on a Saturday morning. This time, it is at 9.30am, or the crack of dawn for us city slickers, on Saturday the 9th February and at the Hall just next to the Community Centre. This really is quite soon so we hope that date is in your diaries now.

Where did we get to last time?

We had you spinning around, chattering, walking up and down and then at the very last minute we got you to complete some quite difficult forms. What you said on these is on the website here. <u>http://</u> <u>goldenplainsmainstreets.wordpress.com/meredith/</u> <u>november-meeting-notes/</u> Jim kindly reported on it as well, so readers of the Community Newsletter would have caught his summary, but if you missed it we've clipped a version which you can find here:

goldenplainsmainstreets.files.wordpress.com/2012/12/jimelveys-walkshop-article.pdf

As you can see we chatted, mainly about how to make the Main street attractive to encourage you to stay, linger and play, to encourage more social and economic resilience, with a flow on effect for all of you. And then we chatted about a whole range of options. Did these amount to more than a hill of beans? Well that is the question we will be asking ourselves this time.

Perry in his inimitable fashion has completed a long list of actions based on what you had suggested and past plans, and of course that are more expensive than the money granted. So there will be some hard decisions required. Made we hope by yourselves.

But to make these choices you will have to either turn up on the 9^{th} or complete the survey which we will attach to the website closer to the meeting date

Among the list of improvements suggested for Meredith are:

- lighting
- seating
- the four corners of Staughton Street remodeled to encourage lingering, outdoor dining, festivals and events
- a loop pathway with a link on Creamery Rd and to the visitors centre
- a remodeled school drop off
- some very delightful environmental treatments on your drains
- trees along the Midland Highway to encourage comfort

and shade and walking between the shops and schoolas well as a program of community grants.

For the complete list watch under the February Notice for the Meeting on the website, No doubt we'll chat over scones, jam and cream over the priority items for Meredith.

And whatever happens, please watch out for and complete the survey.



Was there a hearty groan around your place when you read out the reindeer jokes in our December issue? Well, you got to groan days before Herald Sun readers who read one - yes, only one - of the gags several days later.

And if you like a good groan, a treat awaits you on page 15



Gerald Dupe Septic Tank Pumping

Christmas Sheep

Thankyou to all those people who painted and displayed sheep in Meredith. There were surprises at every turn!

For Christmas 2012 we tried to make a more massed mob to create a greater effect. They have been rounded up and moved back to the country to be drenched, dagged, dipped and to be put out with the rams!

Light Up for Christmas.

A drive around Meredith in Christmas week revealed some houses and businesses that had amazing and elaborate

decorations that made the heart happy. The drive also revealed many houses that had put out some tinsel, hung up some lights or decorated in some way that made people think that Christmas was nigh.

We encourage residents and businesses to plan early to make Meredith an even more welcoming sight for Christmas 2013.

Congratulation to the equal winners of the Best Decorated House for 2012: Jo Primmer and Kenneth and The Wheeler

family. Congratulations to the Best decorated Business for 2012: Foxy's.

Australia Day at Woodburn

A lovely night of calm, cool weather, a crowd of new and older residents and some visitors from England, tables of delicious food and drink and some catching up, much talk and chatter made for a good Australia Day Celebration.

The Australian Flag flew from the old school Flag pole, flags were hung from the trees and small flags stuck on stumps and road posts welcomed people to the Woodburn School site.

In many previous years we have had some major awards to

congratulate Woodburnites on, but this year we celebrated by enjoying each others company and by once again enjoying June's cake baked in the shape of Australia.

A new resident to the district Kristen surprised the crowd with a large plate of plump meringues decorated in red, and blue with lashings of cream! Yum!

As darkness fell, all retreated home to watch the Australian Tennis Open.

Community Co-ordinators

Thankyou to everyone who responded to the survey re the Meredith Community Plan 2013. The final community plan will be presented to Council soon, after the survey results have been considered.

There are positions vacant as Meredith Community Coordinators if anyone has a bit of time and an interest in the future of Meredith.

Visitor Information Centre

The Meredith Visitor Information Centre is looking exciting. The expected completion date is in April.

Meetings are underway to plan management models with the Meredith Community Centre as the auspicing body.

If you would like to be involved in any way, in the planning, in the setting up or as a volunteer please contact Marg Cooper 52 868201 or Diane Ritchie 52 861291.

Marg Cooper



| MEREDITH COMMUNITY CENTRE, INC. SUMMER PROGRAM ~ 2013 www.meredithcc.com.au 4 Russell St. Meredith Vic. 3333 Ph. 52861348 Fax 52861563 "Working for our community" | | | | | |
|--|---|---|--|--|--|
| COMPUTERS | Bookings for classes | HEALTH & WELLBEING | | | |
| *COMPUTERS BASICS Date: Mon. Feb 11th–Mar 25th Time: 9:30-12.00pm Cost: \$55 (6 weeks) | CRAFT & HOBBY | TBT CLASS Date: Wed Feb 13th-Mar 20th Time: 9.30-10.30pm Cost: \$75 (6 weeks) | | | |
| *FLEXI COMPUTERS Date: Mon. Feb 11th–Mar 25th Time: 12:30-3pm Cost: \$55 (6 weeks) | SLASH Date: Thurs. Mar 7th Time: 10-3pm Cost: \$35 Collect mat. list | GROUP PERSONAL TRAINING Date: Fri. Feb 8th–Mar 22nd Time: 2-3pm Cost: \$56 for 7 weeks or \$10 casual visit | | | |
| INTRODUCTION TO MYOB Date: Wed. Feb 20th– Mar 27th Time: 6.30-9pm 6 weeks Cost: \$115 | BEADING JEWELLERY Dates: Sat Mar 23rd Time: 1-4m Cost: \$35 incl Materials CREATIVE MOSIACS 3 weeks | ADVANCED TAI CHI Date: Tue. Feb 5th-Mar 26th Time: 11.30-12.30pm Cost: \$68/8 weeks \$10 /week | | | |
| PHOTO STORY Date: Sat Mar 23rd Time: 9.30-12.30pm Cost: \$25 IPADS BASICS FOR SENIORS | Date:Fri 1st, 8th, 15th MarTime:1-4pmCost:\$125 (Conc.\$110) incl mat.CREATIVE PAINTING—FOLK ARTDateFri. Feb 8th-Mar 22nd | TAI CHI FOR BEGINNERS Date: Tue. Feb 5th-Mar 26th Time: 9.30-10.30am Cost: \$68/8 weeks \$10/week | | | |
| Dates: Thurs Feb 21st 9.30-12pm Fri Feb 22nd 1-3.30pm Cost: FREE SMART PHONES FOR DUMMIES Dates: Mon Feb 18th Time 1.2nm | Time: 9.30-11:30am Cost: \$10 per class **NEW*NEW*NEW** | KARATE. Meredith Recreation Reserve Classes resume Tuesday January 29th 6.30-7.30pm | | | |
| Time 1-3pm Cost: FREE ABC SNAPPED : PHOTOGRAPHY FOR BEGINNERSFREE CLASS Date: Sat Mar 23rd | COLOUR, CLOTHES AND STYLE Date: Thurs Feb 28th Time: 10-12pm Cost: \$12 | CREATIVE MEMORIES- SCRAP BOOKING Dates: Sun Feb 24th & Sun Mar 24th Time: 10-4pm | | | |
| Date:1-3pmABC 500 WORDS:WRITING FORTHE WEBFREE CLASSDate:Fri Feb 15thTime:2.30-4pm | MAKING SCONES Dates: Wed Mar 13th Time 9.30-11.30am Cost: \$12 incl. materials CHEESE MAKING | TRAINING COURSESFOOD HANDLINGDate:Sat. Mar 16thTime:9-4.30pmCost:\$95 | | | |
| BANNOCKBURN CLASSES SAMPLER QUILT Dates: Wed Mar 6th-Mar 27th | HALOUMI AND VALENCAY Dates: Sun Mar 17th Time: 10-3pm Cost: \$105 BYO apron/lunch | CPR AND FIRST AID (HLTFA301B) Dates: Sat. Mar 2nd Time: 9am-12pm (CPR) \$65 Time: 9am-3pm (First Aid) \$115 | | | |
| Time:10-3pmCost:\$150 collect material listVenue:B'burn HubTALCHLFOR BEGINNERSDate:Thur Feb.14th-Mar. 21st | LEARN CAMERA BASICS Dates: Sat Feb 16th-Mar 16th Time: 10-12pm 4 weeks Cost: \$50 | ANAPHYLAXIS (22099VIC) Dates: Sat. Mar 2nd Time: 3-5pm Cost: \$50 | | | |
| 9.30am-10.30am \$66 6 weeks Venue: B'Burn Hub | INTRO TO UPHOLSTERY Dates: Wed Feb 27th Intro 1.30-3pm Wed Mar 6th workshop Time: 1-4pm Cost: \$115 | Occasional Childcare Service Quality childcare available on Wed. and Fri. from 9:15-12:15pm | | | |



Citizens of the Year



Golden Plains Shire's 2013 Australia Day recipients: Front: Lyell Reeves (Senior Citizen of the Year) Mayor, Cr Jenny Blake, Louise McCann, (Citizen of the Year), Jaymee-Lin Ellis (Junior COY) and the Dereel Community Safety Expo Team. (Community Event of the Year.



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To celebrate the fun and enjoyment of photography, we will publish a selected photo each month. If you have a funny, beautiful or interesting photo, send it in with the photographer's name. High res jpeg's preferred. Or we scan your prints, preferably while you wait, as we can't otherwise guarantee their safe return Also, keep in mind, your photo will be reproduced in greyscale, so contrast will be important. See page 2 for contact details.

pic of the month





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James Willie Nolan Celebrates 70 Years

Marg Cooper

Willie celebrated his birthday on Saturday November 24 with a lunch for family and friends at Batesford Hotel.

The invitation said "No Presents" but Willie was delighted with a book of family photos presented to him by Mary and John Nolan and a framed photo, given to him by Graham Fridey, of the 1957 St Mary's Premiership Football Team that Willie, his twin brother Peter and Graham were in. They defeated St Josephs at Kardinia Park for the premiership.

Willie and Peter Nolan were born to Jim and Bessie Nolan {Bowman} on

November 28th, 1942 and 16 lbs of babies nearly killed their mother. It was a record birth weight for the time. Molly Lynch came to look after the

family while Bessie recovered. Bessie always dressed the identical twins alike.

Willie and Peter went to St Josephs Catholic School in Meredith. They boarded in Meredith from the age of 6 years with a number of people including Ivy Brady, Molly Grant and Queenie and Terry Bowman. They milked a cow in the mornings, cut 2 barrows of wood at night and did other jobs like chipping weeds for the Bowmans.

The teachers at St Josephs were Mrs Leveritt, Miss Minnane, Father McCarthy {taught when no teacher was available} and Mary Ryan. Willie, Peter and Graham were altar boys at St Josephs Catholic Church in Meredith.

When they went to St Mary's in Geelong they travelled down by train and boarded with their mother's Aunt.

After one year at school in Geelong their mother decided that Willie had to leave school to help older brother John on the farm as their father was unwell, deeming that Willie was stronger than Peter and more suitable to the farm work.

Willie recalls his youth when they drove their father's 1957 Holden car to local dances and balls until John purchased a FB Holden ute in 1960. They then struck out and went to the big city to dances at St Pats, Masonic and Civic Hall in Ballarat. Willie tells that the girls at the Palais in Geelong refused to dance with the country boys so they seldom went there.

Willie married Helen Gleeson in 1967 and they had 3 children, Jane, Andrew and Marcus.

Willie and Helen loved people and loved to party but in 1996 their marriage of 29 years came to an end.

In 1998 Willie sold his land 'Wahrang" and "Castlewood" and moved to Geelong.

He now keeps himself very occupied and is having lots of fun doing what he loves to do, playing golf at Queens Park on Mondays and cards on every other day.

> He is a member of Geelong Football Club, a very keen supporter, attends matches as often as he can and even ventures interstate.

> He loves Test Cricket and recalls the thrill of watching Australia play at Lords in England in 2001 on his 6 months overseas trip.

Happy Birthday Willie!



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We published Mollie Flood's first column in March 2008. In the five years since, we've spent Christmases with her family, watched on as various pets have come and gone, tackled the rigors of Melbourne's public transport, shared the poverty line and make-do life of a university student and smiled at the many amusing incidents of her daily life. Told with wit and warmth, Mollie's observational and communication skills combine to dish up a monthly treat for readers. This year, Mollie is undertaking an Honours year in Psychology as well as volunteering with a national helpline service, so we are especially delighted she will find time in her busy life to continue her monthly reflections. - Ed.

Jackeroo

There's a photo up at my mum and dad's place of a boy with his dogs. It's one of those old family photos that's been around for so long that our eyes drift right past it without noticing, but one day if it wasn't there we'd all get puzzled and wonder what was wrong with the wall. It captures my brother Jack as a rumpled little boy, maybe six or seven, in a checked shirt and akubra hat. He's all freckles and chubby cheeks, his bright blue eyes crinkling up in a smile at the big black dog and fluffy white pup beside him. It's a thoughtful little face. You can see his mind whirring, dreaming up the next big adventure.

Even as a little kid Jack was always up for an adventure. I'm sure he'll curse me for remembering this, but as a preschooler he'd bounce out of his bunk bed in the morning and tell us, very earnestly, all he'd been through in the past ten hours, working nights as a fireman. When our family moved to Bamganie, we had a whole new world of space and freedom to run wild in. Whether he was helping me catch what we fondly believed to be tadpoles (turned out to be mosquito larvae) in giant puddles, tearing around on his noisy little motorbike or investing in sad and bedraggled sheep, Jack was always on the move, always dreaming big dreams.

We've all thrived in the country, but Jack grew taller and taller, eating everything in sight and eventually towering over the rest of the family. Now that he's 20 his adventures are more likely to include his mates and his ute, with Archie the wolfhound galloping along beside him in place of old Wags and Lily. Now that February's rolled around, he's all set to take off on the biggest adventure yet – heading to the Northern Territory to work as a jackeroo on a huge cattle station.

It's time to pack up his swag and his boots, and (ha!) maybe even clean his room before he goes. Time to say goodbye to Archie, who luckily seems just as thrilled to slobber all over Tom in Jack's absence. He might hog the couch, eat all the food, and yes, he's pretty casual about housework. But from roly poly baby to the tall, strong, good man he has grown to be, we love our boy and are more proud of him than we can say. We'll miss him every day, and though he'll probably never admit it, I bet he'll miss us too.

Time for the Floods to say goodbye to our Jacky boy, until some other big adventure brings him home.



My father was a naval man. My grandfather before him was a naval man.

Me? ...Well I prefer Valencias!





New for this year, KINDRED MATTERS will be a regular column addressing some of the demands of modern day life and how best to manage them. Prepared by local resident, Judith Emond, it will draw on clinical evidence and her 15 years of practical experience working with individuals, couples and families. Judith is a registered Clinical Family Therapist and accredited Mental Health Social Worker specialising in family relationships, behavioural difficulties, grief, trauma and mental illness. She maintains we can change by learning new skills and strategies to cope with what ever life serves up to us.

Caring for the Carer

Expressions such as, '*I've had it!*' '*I'm at my wits end*' '*I can't deal with this anymore*' are very common if you find yourself in a care giving role. It is a well known fact that care givers have a higher risk of developing stress related illnesses, as well as, physical health problems.

Sounds grim I know...but there is good news! Reaching your 'wits end' can be prevented. The following care giving tips can help;

- self care
- take regular breaks or 'time out' to recharge
- share the care with family and friends or respite care services
- ask for help when needed, and
- occasionally indulge, have fun, laugh, as well as cry

Many care givers feel guilty if they take a break and often refuse to ask family/friends to help them to share the care, believing they must bare this task on their own. But it is not meant to be such a self sacrificing role. Care givers work very hard and looking after their own needs is crucial for their *own* health.

The best advice I can offer is to achieve a balance between giving and taking time out to replenish. Embracing opportunities to rest each day when we have a few minutes to ourselves is essential. Use this time wisely! The washing, cleaning and lawn mowing can wait for a bit. Instead, put your feet up, read a good book, phone a friend, take a bath, tend to the garden, go for a walk, close your eyes, take a nanna nap! Indulge a little now and then. Add more fun and laughter into the home, listen to old songs and sing along or dance, seek out activities to lift your spirits. You deserve it! These suggestions do make a big difference and if you get into the habit of taking time out you will miraculously gain more energy and become more productive. Creating such a balance really does enhance our capacity to endure the most trying circumstances as care givers.

Professional help is also available via respite care services, house cleaning support, carer peer support groups or counselling. Our governments fund many programs to assist care givers and many of these services are free or available to you at low cost. Your local doctor can also refer you to specialist carer services. Otherwise contact these local services for assistance and information.

- Golden Plains Shire- home help, day programs and transport to medical appointments 03 52207111
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Judy



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In addition to chaff, we offer a range of concentrates, supplements, additives and hay. Additional items can be sourced on request.

We are running a "Grand Opening Special" on 25KG bags of Oaten Chaff and Lucerne Chaff until the end of March 2013. Customers can enjoy our grand opening price of \$13 for 25kg of Oaten Chaff and \$19 for 25kg of Lucerne Chaff.

Hope to see you soon.

Rhonda & Adrian Wood



Ph: 0438 576 828 Ph: 0439 811 686

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Page 19

Meredith Cert (from page 1)

In 2007, the first team of 15 were trained by AV and provided with the resources necessary to begin their service to the local community. Some of the first trained CERT members are still with us today: Doug, Helen, Mary and Tim.

All in all, AV have trained approximately 25 people to serve this community of Meredith and surrounding district.

Throughout the time since 2007, CERT members have attended 100s of calls ranging from motor vehicle accidents, falls from trees, heart attacks, and we now average over 60+ callouts per year. Many in the middle of the night (in winter; in the rain).

In 2010, the Shire of Golden Plains gave us a seeding grant of just over \$3,000 to assist our fund raising to build a home for our vehicle, including the possibility of a room for our monthly training. Originally a building was proposed to go next to the CFA shed just down the road from the service station. However, with the generous support of the Community House, it was agreed that we could use the Studio building we are standing in for our training, which then led the CERT committee of management to agree to only build a home for our vehicle.

With the further agreement of the Department of Education, it was decided that we could build the shed on



the Primary School land, next to the Community Centre.

As an added bonus, BlueScope Steel were offering grants of up to \$15,000 for suitable projects that met their criteria of "Helping a Mate." We applied for one and were awarded the first grant in Australia. This allowed us to build an even better shed than initially planned.

Our Team Leader, Lynn Heard, spoke about the particular contributions of three of our retiring members. She presented Doug Cations and Tim Wood with a certificate of appreciation from Ambulance Victoria and a gift. Andrea Calwell was also awarded a certificate of appreciation in her absence. These three members were in the very first group of trained CERT members.



Ambulance Victoria, at the opening.

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The Meredith Fire Brigade Matt Burgess

The Meredith fire brigade has so far had a quiet fire season. However, we urge the community to remain vigilant as we have recently received calls regarding people burning off during the restriction period and also during a total fire ban day. Given the high dry fuel loads it doesn't take much for a fire to get away even during cooler days.

REMEMBER IN CASE OF FIRE CALL 000 Bushfire information line: 1800 240 667

KIDS: There's a FIRE TRUCK on page 30 that needs colouring



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Dr Alexandra Pearce BVSc (Hons), MPhil has worked in both mixed and equine practices in Victoria and as an Intern in Equine Medicine and Surgery at the Equine Centre in Werribee. Alexandra is an authorised Australian Stud Book veterinarian.

Contact: Dr Simon Pearce on 0421 617 238 or Dr Alexandra Pearce on 0437 467 097



It is clear that I must be doing something very wrong in my garden. I read in a very reputable monthly garden magazine that December and January are the months when there is little to be done in the garden apart from a little light pruning and relaxing with the odd glass of wine or two. My garden has demanded much more from me than that and thus I can only conclude that something is amiss!

To begin with there has been an abundance of thistles. Of course, I have many other weeds flourishing in the garden. All these little blighters have to be removed in order to prevent an infestation the following year involving the entire garden. Then there is the vegetable garden that requires daily attention and in the absence of rain it needs to be watered. On really hot days it may need to be watered twice, particularly if there are newly planted seedlings or seeds struggling for survival.

The same can be said for the greenhouse that accommodates my fuschia collection, assorted cuttings, seed trays and other plant treasures. I am not content to grow only hardy plants and understand fully that I have brought this on myself, but the hydrangeas and other shade and moisture loving plants need to be protected from the damaging sun on any hot day with sheets and umbrellas and anything else that will provide shade. On hot, windy days achieving shade for these delicates is quite a challenge.

The vegetable garden also requires the same treatment to prevent bolting lettuces and sunburnt capsicums. Even the roses require attention: deadheading and regular treatment for blackspot which seems to thrive in my garden. There has been little wine consumption and much work. Still I love it and every day is a good day when spent in the garden. Get the Dirt on Soil Tests

(from media release)

Interested producers with farms of more than 40 hectares are being urged to register to attend free soil test interpretation workshops.

Workshops on soil test interpretation and soil management are running in February and March 2013 at Colac, **Meredith**, Cressy and Winchelsea.

Coordinator Lisa Miller said "Although many farmers actively fertilise their soils with superphosphate, their production may still be limited by soil acidity or a potassium deficiency."

The workshops were funded through the Federal Government's Caring for Our Country Program and would be coordinated by Department of Primary Industries (DPI) in partnership with the Corangamite Catchment Management Authority (CCMA).

The workshops are open to Corangamite catchment farms larger than 40 ha and farmers will need to bring along recent soil test reports from nationally-accredited testing laboratories. Numbers are limited to 15 per workshop.

For more information contact Lisa Miller at DPI on 0418 171 178.

Police Paddocks Path

Jim Elvey



Work is near complete on the construction of a gravel path at the Police Paddocks. About a kilometre long, it will provide a loop walk from the Campion Street or Nuttall Street entrances through grassland, a small woodland and along the edge of a section of the western escarpment. It's a great outcome for the volunteer Support Group which has spent over two years, planning and establishing the path route, as well as finding the funding sources. It will soon start planning the next stage of the development of this wonderful community asset. Although it will be some years before native grasses are established along the pathway verges to complete the effect, it is an important step in the development of the Paddocks for public enjoyment and will provide an all weather walking track suitable for a wide range of abilities.

A Working Bee will be held between 9.30 and 11.30 am (meet at Campion Street Car Park) on **Sunday 10th February**. Come along with your gardening gloves (and maybe a favourite weeding tool) for a sociable and rewarding outing.



Robyn

Vale Maxwell Henry Cooper

Marg Cooper

Max Cooper was born on January 22, 1933 and died on November 30, 2012. Max was the

son of Bill (Dec) and Hannah (Dec) Cooper {Henderson} and brother to Daryl. (Dec)

Max grew up on their property "Hillcrest" between

Meredith and Steiglitz, near Coopers Bridge. His Cooper grandparents lived in Steiglitz.

Max went to She Oaks State School. His parents bought him a bike so he could ride to school but he had to learn how to ride it first.

The most difficult part was the big gully between the house and the bush track to the main road to school. He had to leave the new bike under a tree on the other side of the gully and start walking from the house down the steep hill and up to the bike. Nearly all the 6

years he went to State School WWII was going on.

During his last year at State School, aged 13 years he spent Saturdays cutting wood to sell. He would cut about 3 ton of green wood a day, cut it into 4 foot lengths and stack the wood into stacks ready to dry and sell the next year. That amounted to 3 dollar 75 cents per day and he had to wait a year for his money.

He left school after obtaining his Merit Certificate and worked on their farm and around the district before

working at John Valves in Ballarat and going to night school at the School of Mines.

He then worked in Bannockburn, built his own house and married Margaret Treganowan in 1956.

Max started work at John Valves again and decided to remove the house he had built to Sebastopol. The house in Grant Street is where the family still live.

In 1989 with the take-over of MB John he began work at MBI Engineering where he was involved in the design and manufacture of truck trays, hydraulics and accessories. Max learnt to use a computer to do design drawings and printed these on big pieces of paper.

Max was an extremely talented and interesting man. He had many accomplishments and hobbies due to his inquisitive mind.

He played the piano accordion in the Jim Dimo Band where he met Margaret, and loved music, playing the

organ at St James Church Sebastopol for 30 years. (in fact the reflection music played prior to his funeral were his



own recordings). The large crucifix at St James' church was also carved by Max.

He loved mechanics and engineering, photography was a passion, his special joy was to ride on the open road on his

motorbike, he restored his father's 1956 Ford Customline and 1971 Ford Falcon cars, both remain in the family to this day. He also raced hotrods at Daylesford Speedway for many years, was supervisor of the pit and also marshalled where he broke his pelvis in an accident involving a hot rod upturning on him and wedging him on an embankment.

He loved gardening and flower photography, science and computers. He wrote his own life Ssory which is a wonderful testimony of his life and a great memory for family to reflect on.

He had an endless interest in how things worked and he was a self learner with initiative to tackle many subjects.

For a project after he retired Max

decided to map the Steiglitz Cemetery. He studied and measured and plotted over many months and printed a huge map of all the graves and other features.

Max then tackled mapping the Meredith Cemetery and with the help of Doug and Fay McFarlane.

Over many months the map that is in the rotunda near the gateway was produced.

Max was a most loving family man, wife to Margaret, and father to John {dec}, Anne & Murray, Jacinta and Steve, Therese and Michael, Damian and Kylie, and Gerard {dec} and grandfather to Ryan & Erin, Daniel, Jacob and Ebony. He will be sadly missed.





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February 2013



Vale Mavis McDonald 1920-2012

Raymond Kelly

Well known former Lethbridge resident Mavis McDonald died on Friday, December 14, 2012 at Coorabin Hostel at Point Lonsdale. Mavis was farewelled with a 1.30 pm service at the Lethbridge Public Hall on December 19 followed by burial at the Lethbridge Cemetery.

The family had a farm at Winchelsea where Mavis attended school. Mavis married Peter McDonald while Peter was serving in the Army. Peter's family were farmers at Winchelsea.

In 1949 Peter was granted a Soldier Settlement

Block on the Tall Tree Estate which formed part of Golf Hill at Shelford. When Mavis and Peter came from Winchelsea to Lethbridge they came in a wagonette pulled by a half draught horse named Jack.

Mavis and Peter with son Allan took up residence on their block in the home that had previously been the residence occupied by the Manager of the Tall Tree portion of Golf Hill. In 1950 daughter Joy was born. Mavis was actively involved in the community. For over 3 decades the McDonald property was the social and sporting hub of Lethbridge and surrounding districts. Many fund raising functions were held in their garden and in their woolshed. Among the organizations to benefit were the Lethbridge

> Hall, School, Church, Sporting Bodies, Red Cross and CWA. Mavis was a member of many of these organizations. Dame Edith Bolte wife of the Premier often attended.

> When Mavis was involved you could be assured the event would be a success! Mavis regularly attended weekly card evenings at the Lethbridge Hall.

The Lethbridge Polocross Club that was formed in the mid 1950's played their matches on a field on the McDonald property and Peter and Allan were playing members of the Lethbridge team. Mavis and Peter were founding members of the Bannockburn Bowls Club. After the death of her husband in 1988 Mavis moved to Drumcondra in Geelong and continued her interest in bowling at Drumcondra Bowling Club.

In 2005 Mavis suffered a stroke and entered Coorabin Hostel at Point Lonsdale. Rest in Peace Mavis.



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past issue, heal from stress, anxiety and depression, heal or manage illness or 'disease' in the body, and provide you the tools and skills to live your best life. Holistic Counselling uses several different skills and techniques including crystal and colour healing, art therapy, sound healing, as well as various counselling methods. Holistic Counselling provides a nurturing form of healing at your own pace.

*Relaxation Massage: A Relaxation massage is a wonderful relaxing way to relieve aches and pains, sore and tired muscles, and to ease away the stress of everyday life.

*Hot Stone Massage: The perfect gift to yourself or that special someone. Relax as tension is melted away by the warmth of the stones releasing your muscles. The ultimate in relaxation, if you love massage and enjoy a hot shower, then hot stone massage is for you.

*Crystal Massage: *New for 2013* Be immersed in blissful relaxation with a wonderfully healing massage using a variety of crystals that are intuitively chosen for your massage. This is an ancient healing art that is beneficial to all of the systems of the body, soothing away stress, tension and anxiety. Crystals are used by both massaging and placing the crystals on the body. *Reiki: Reiki is an alternative healing therapy where you remain fully clothed and only a gentle touch is used throughout the treatment. A calming and comforting form of healing, through deep relaxation, it also promotes wellbeing by assisting the body in reducing stress and anxiety, and in many cases assisting in pain relief and healing; this is achieved by enhancing the body's natural healing ability.

*Crystal Healing: Crystals have been used for thousands of years, to improve physical, mental and spiritual health. Each crystal has a chemical composition that creates a unique frequency. This frequency is used to restore or boost our own frequency. This is called Resonance. By placing the appropriate crystal within our energy field, we are able to raise or restore the frequency of the imbalanced energy centre or ailing area of the body or mind. Crystals are a gentle, non-invasive form of Healing. **New for 2013: Meditation/Spiritual Development Circle.**

Over 8 sessions, you will learn how and partake in several different meditations, as well as learn about your major Chakra system, and crystals and their uses. Each participant will be given a meditation journal and pen to document your experiences, and a new crystal each week to meditate with.

If you have never meditated before, that's ok! The meditation circle is a no-judgement, sacred space of learning and fun. Circle bookings are limited to small groups so first to book and pay in full will secure their place in the circle.

Meditation Circle dates: First session= 19th Feb. 7.30pm Circle runs for 8 sessions. (breaking for school holidays in April) Your investment: \$120 includes meditation journal, pen, 7 chakra crystals and 2 x Clear Quartz Points.

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Hours:- Mon - Fri 8.30am- 5.30pm Sat 8.30am-1pm Sun 10am– 1pm Meredith & District News



John Hunt Celebrates 80 Years.

Marg Cooper

The Hunts have lived at Hunts Bridge for a long time! John's grandfather, Richard John Hunt, was a stud master at Ballark and looked after their stable of horses and race horses before he bought a 150 acre dairy farm at Hunts Bridge before the turn of the century.



He took cream twice a week to Gordon in the horse and gig to go on the train.

John's father Richard Major Hunt, didn't go to war because his mother wouldn't let him go as her first son was killed in 1915 and her second son lost a leg. He wanted to be a policeman but became disillusioned when the police went on strike in 1923.

They lived in Elaine on the highway until they moved to Hunts Bridge after his mother died about 1938. They shifted their Elaine house to a position on the south of the road, on the northern bank of the Moorabool River, on the Bungal side of what is now Hunts Bridge, below the hills, in a unique position.

John's grandfather had lived in a house north of the road where the fruit trees are. John's father cut wood and farmed on the 150 acres and on 300 acres on the Midland Highway west of Elaine that he gained from the Closer Settlement Scheme.

John Hunt went to school at Bungal where the enrolment was about 7. Teachers were not available during WWII so he and his sisters did correspondence at home for 3 or 4 years. John admits that he was more interested in fishing and rabbiting than school work.

He boarded at Ballarat College for 2 years, loved the sport, was a member of the school rifle team and started to learn wool classing at night at SMB.

The wool classing students were allocated to shearing sheds as part of their certificate qualifications and John remembers his 6 weeks at "Yanga" Station near Balranald where 20 shearers shore 60,000 sheep. The next year he went to Casterton where he "piece picked" for 7 shearers who shore about 1300 per day.

John married Gwen Parkinson in 1957 and they built a new brick home on 300 acres on the Midland Highway.

John played tennis for Bungal and cricket for Elaine after he married Gwen. (He was too slow for football!) They built a pitch with nets in their yard and wore 2 cars out taking their children to sport. So it was a shock when their 4 boys stopped playing sport as John and Gwen had nothing to do at weekends!

John has fished all his life, from Tambo River to the Moorabool.

In 1980 John, Gwen and family moved to Hunts Bridge. They sold the house and land on the Midland Highway

and bought land adjoining them at Hunts Bridge.

John farmed, grew peas on the chocolate soil of Green Hill. and mulsed up to 20,000 lambs around the district each year. He was a member of the Fire Brigade for over 50 years and served on various committees.

After a bypass operation 18 years ago, his target was to make 70 years of age. He did that comfortably so he then aimed for 50 years

married. After accomplishing that target he aimed for 80 years of age. John reached his 80th birthday on December 21 and celebrated on Saturday December 22 at North Ballarat Sports Club with about 80 friends and family.

He asked the crowd what he should target next. His grand daughter suggested a modest target: to reach 81 years!

70th for Dot, Rosemary

Marg Cooper

Dot Hearn celebrated her 70^{th} birthday with a party on December 2, 2012 at the home of her daughter Leanne at Elaine.

Dot thoroughly enjoyed the celebration with her guests and thanks all concerned with organizing the event.

Rosemary Hart also thanks all the people who expressed best wishes for her 70th birthday in December. She had Christmas in Jerilderie then celebrated her birthday on Boxing Day at Wagga with a lunch for her family.

Congratulations both!

Be part of Meredith's History

Marg Cooper

Advanced Meredith Association Inc. invites your Participation.

Dear Residents: All of us who have lived or still live in Meredith and District are justly proud of the long and very interesting history of Meredith.

Advance Meredith Association and now the Meredith History Group, has tried in many ways to capture, record and exhibit that history for future generations.

The history plaques project which depicts historical buildings, houses and sites, along with a booklet creating the Meredith Historical Walk, was created some years ago.

Problems have occurred with plaques that are placed where the elements have faded them. After a great deal of research, an enamelling process has been chosen as the most permanent way for the plaques. The cost of each new plaque is \$400 and we are offering individuals and businesses the opportunity to sponsor a plaque in a particular position on the historical walk. The name of the sponsor could be prominently displayed. This could be a way of remembering your family's involvement in the life of Meredith.

If you would like to sponsor a plaque, please email Margaret Cooper on marcoo@harboursat.com or phone Margaret on 5286 8201, or contact Diane Ritchie at alconpark@bigpond.com or mobile 0408 599 602.



Meredith History Interest Group

Annual Meeting:

The Annual meeting will be on Saturday, February 23 at 1.30pm at John and Mary Nolan's woolshed.

The woolshed is about 1 km down Nolan Road, off the Meredith / Mt Mercer Road at Cargerie.

Dale McIntyre is displaying some of his huge collection of shearing handpieces and shearing gear and he will give a talk about his collection, after the {quick} meeting.

You are invited to come along to smell the sheep, feel the wool and learn about the history of shearing!

Moranghurk Soldier Settlement:

MHIG has been successful in gaining a grant to erect a plaque to display a map and the names of the 26 Soldier Settlers who settled on the Moranghurk Estate.

Late in the year we were notified that MHIG had received a grant to help with the publication of the book about the Moranghurk Soldier Settlement.

The book will tell of the War Service of each settler, of their life before and after coming to Meredith. There are also a lot of associated topics including the making of troughs and tanks in Meredith, the building of dips and shearing sheds etc.

If you have any information about settlers or associated topics please contact Marg Cooper, 52 868201.

It is interesting that of the 29 men who were allocated blocks {3 either didn't take up the allocation or left soon after}, 14 were in the Army, 14 were in the RAAF and 1 was in the Navy.

Morrisons Walk and Talk:

We plan to have another expedition to Morrisons in March to view where the town, mines and other features of the district used to be. Alan Parkinson who lived at Morrisons in his youth is willing to relate this information to us.

The date will be fixed at the Annual Meeting.

The Anglican Church:

The current church building was built in 1914 of Tasmanian blue gum with contrasting fittings and features in Tasmanian oak.

The Archbishop of Melbourne dedicated it and praised the builders for the unusual design and for employing skilled workmen and the best of materials.

On December 17, 2013 the Bishop will conduct a service to celebrate 100 years since the laying of the foundation stone.

As reported in the December Newsletter MHIG moved out of the Masonic Centre. The Meredith Anglican Church have kindly permitted us to use the church to meet in, to catalogue in and to store the folders and files there. We will catalogue there on the last Thursday of February from 9 am.

BUSH FIRES, DAMAGE AT MEREDITH. LIST OF SUFFERERS. A disastrous grass fire occurred between Elaine and Meredith yesterday morning and destroyed a great tract of country, and caused damage to stock, fencing, haystacks, outbuildings and grass. The houses of Messrs R. Grant, R. Deans, Geoffery Elliott, J. Creed, and Mrs. David Grant, were only saved by great efforts of the fire beaters, but the house and outbuildings of Mrs Arkley were completely destroyed. The fire is supposed to have been caused by a man at one of the farms on the Larundel Estate throwing out a dish of hot ashes. The chief sufferers by the fire are Messrs Matheson Bros., Moranghurk, A.A. Austin, Larundel, Elaine; R. Grant, W. Grant, A. Grant, Geoffery Elliott, R. Deans, C.F. Randall, Terence Brady, Mrs. D. Grant, D. McNaughton, J. Creed, Mrs Arkley, and J. Campbell. Miles of fencing and grass were burned.

The following is a list of the damage sustained:-- Mr. A.A. Austin, MLC. 150 tons of hay, 85 acres of wheat in bags, grass and fencing; supposed uninsured. R. Connar stack of hay, uninsured. Donald McNaughton, 200 tons hay, grass, and fencing; uninsured. Robert Grant, 450 bags of oats, 100 tons straw, 70 tons hay, 500 acres grass, 20 acres rape, chaff house, and horse works, seed drill, and three miles of fencing; insurances not known; loss considerable. Mrs. D. Grant, hay, grass, and fencing, three outbuildings, and damage to house, loss heavy. Geoffery Elliott, 120 tons of hay, 345 acres grass, 40 tons straw, two miles fencing; uninsured. Terence Brady, 160 acres grass, 11/2 miles fencing; uninsured. J. Campbell, grass, fencing and sheep; uninsured. C.F. Randall, 280 acres grass, fencing, 25 tons hay; uninsured. R. Deans, two stacks hay, outbuildings, harness, jinker, grass and fencing 100 pounds worth firewood; uninsured. Loss considerable. A. Grant, stack of hay, woolshed, stables, grass and fencing; fencing insured. Loss considerable. J. Creed, grass and fencing; uninsured. Mrs Arkley, house, outbuildings, grass, and fencing; insurances unknown. J.L. Matheson, Moranghurk Estate, miles of fencing, grass and sheep, loss heavy. No insurances.

The Argus Friday 7 February 1913 Compiled by Jan McDonald, Meredith History Interest Group





Bannockburn Pharmacy Newsletter

Proprietors: Scott Wilkes & Damian Bennett 6 High Street Bannockburn VIC 3331 Phone: 5281 1519

Welcome to 2013!!

With this being our first newsletter for 2013 I would like to wish everyone a Happy New Year! I hope that everyone had a very enjoyable Christmas and a safe New Year Year. For those of you who have made your new year's resolution and are still following it a big congratulations. For those of you who may have already found it too difficult to continue, why not start again? On average if you change your habits for 40 days you won't revert back to your old ways. If you new year's resolution was to quit smoking, lose weight, or just improve your health and lifestyle by making healthier decisions in life then we have a lot of products and services available at the Pharmacy to assist you with your resolution. If you would like any assistance or have any questions please do not hesitate to ask Scott or one of the girls.

<u>Giftware</u>

Don't forget our Gift Clearance sale is still on. We are taking 50% off all gifts (excluding Glasshouse products & fragrances). One of the main reasons for conducting a large clearance sale like this was to make room for brand new gifts. During the middle of February Scott will be visiting Salt & Pepper to buy from their new range of products which will start arriving very soon. Also at the end of February we will be flying up to Sydney to visit the Sydney Gift Fair where will be buying a lot of new gifts for the Pharmacy. So while we may be a little light on for gifts at the beginning of this month please be assured there will be lots of exciting new gift lines arriving throughout the month. Also don't forget that if you are a member of our FREE Gift Club you receive 20% off all the marked price of all our gifts which are already below the recommended retail price after our sale has finished.

New Homy Ped Autumn range

If you are after a new pair of shoes then now is a great time as we have started to get our new Autumn range in Homy Ped Shoes at the Pharmacy. There are over 50 new styles available and will continue to arrive throughout this month. The new catalogue is now available so call into the Pharmacy to collect a copy of the catalogue. Don't forget we still have a number of sizes available in discontinued shoes from Homy Ped where we are discounting them down by 50% or more! There are limited sizes and styles available but if we have your size then a great bargain is to be made. Don't forget, you can use your Chemmart Rewards Card when making a Homy Ped purchase as this will give you 5 cents Chemmart cash for every \$1 you spend on your Homy Ped shoes.

SMS Prescription reminder service now available

Do you find you sometimes forget to get your prescription filled before it runs out? We are pleased to announce that we now have a <u>free</u> SMS prescription reminder service. By simply providing us your mobile number we can send you an SMS reminder 3 days before your prescription is due to run out. It doesn't matter if you leave your prescriptions on file at the Pharmacy or keep them at home with you. If you do keep them on file at the Pharmacy by replying "Yes" to our SMS reminder service we can have it ready on the shelf for you to collect and we will notify you when your prescription has been dispensed & is ready for pick up. If you would like to take advantage of this service then please call into the Pharmacy and we can get you set up.

Pharmacy Features: Natio

PHARMACY

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|-----------------------|---------------|--|
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| Tuesday: | 8:30am-6:00pm | |
| Wednesday: | 8:30am-6:00pm | |
| Thursday: | 8:30am-6:00pm | |
| Friday: | 8:30am-6:00pm | |
| Saturday: | 8:30am-1:00pm | |
| Sunday: | Closed | |
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SMS prescription reminder service now available!!!



Direct Drill Available

Television Series Being Made

Marg Cooper

Donna Abrahams who tunes into the spirit world is having the shows she conducts recorded for 13 episodes for television.

A full production team including a Producer, Make-up Artist, 3 Camera Men and a Still's Photographer record the shows like the one held at Buckleys on Friday November 9.

Her brother Tim Wood of Meredith acts as MC and has written the theme song for the series.

At the shows Donna invites people onto the stage, out of the crowd. She then is able to "tune in" to some of their departed relations and relate information. Tim tells that he was a sceptic but that some of the impromptu experiences on stage are

unbelievable. She even picks up on the mannerisms and the sayings of spirits.

Tim tells that Donna always, even as a 4 year old had

conversations with friends that you couldn't see. She suppressed the talent until a bachelor uncle died. He had told her that she was meant to use it.

Donna who lives at Inverleigh has had programs on K Rock in Geelong, on Ballarat radio and has had regular programs on "Haunted Australia".

She was awarded "Victoria's Psychic of the Year" in 2009 and released her autobiography called "Donna's Doorway" telling of her experiences in 2010. She performs private readings face to face, over the phone or internet and does house clearings.

She has also visited places like Ararat Jail and is handy when someone loses their car keys.

The series will be shown on Foxtel in 2013.



10yrs of professional lessons 20 yrs exp in stage performance and musical theatre

festival pics









The 22nd Meredith Music Festival, held last December in kinder weather than recent years, was another success, providing acclaimed musical acts in a beautiful bush setting.



