



A crowd of over 200 took part in last month's Anzac Day ceremony.

2014 ANZAC SERVICE

The Meredith ANZAC Service was observed on a perfect Autumn day. Students from Meredith Primary School were more involved in the Service than previous years and, in addition to the usual presentation by the School Captains, students recited prayers for the Queen, The Nation, and a Prayer of Thanksgiving. The Mayor of Golden Plains, Jenny Blake, concentrated on the need for all to remember the sacrifices made by our Servicemen and Women during War and Peacekeeping operations. Their sacrifices had ensured the freedoms enjoyed by us and other like-minded nations. She offered a challenge to Meredith Primary to research the history of the Servicemen named on our Cenotaph. This would be of interest, especially as next year would be the Centenary of the landing at Gallipoli.

Prior to reciting the ANZAC Requiem, Meredith RSL President, David Jones, named the RSL members who had fallen during the past 10 years. He also acknowledged the returned Servicemen present at the Service. RSL Secretary, Kevin Harty, thanked those who had been involved in the preparation of the Service, especially

Dawn Macdonald on Keyboard, accompanied by Kim Oliver; Donna and Mathew Murrell, playing pipes and drums respectively; Doug Cations, as Sound Engineer and Headmaster of Meredith Primary and the ladies who prepared morning tea.

The Service concluded with the traditional march around the block, led by a Reserve Army Catafalque Party, and the laying of wreaths. The gathering adjourned to the Hall Supper Room for a pleasant morning tea.

inside



- Shire Budget on Display
- Elaine RFB Fires Up
- Jess Makes it Through the Mud
- A Look at the HUB

... plus the usual much more

e: news@meredithnews.com.au

w: www.meredithnews.com.au

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, Trudy Mitchell, Stefania Parkinson and Ian Penna

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
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 \$25.00 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

ONLINE PHOTOS

We do not publish children's photos online. If you would like any other photo that you appear in withheld from the web edition, let us know in writing by the second Thursday of the month of publication.

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.

connect



There are lots of special interest groups in the district. Make a call and **connect** - *you'll be glad you did.* (And let us have any corrections or additions.)

ADVANCE MEREDITH

☎5286 1291

ANGLING CLUB

☎5354 3879

BLUE LIGHT DISCO

☎5286 1222

BOOK CLUB

☎5286 8201

CFA (000 for fire calls)

Elaine ☎0417 533516

Meredith

☎5286 1502

CHILDCARE

☎5286 1348

COMMUNITY CENTRE

☎5286 1348

CRICKET

Elaine ☎0428 264103

Junior Under 14

☎0418535713

Meredith

☎5286 1434

CUBS & SCOUTS

Anakie ☎5281 9497

FOOTBALL

(seniors) ☎0408 545246
(juniors) ☎0430 587674

GOLF CLUB

☎5341 5748

HISTORY GROUP

☎5286 8201

LANDCARE

☎5286 1250

LIFE DRAWING

☎0430 318322

MEMORIAL HALL

☎5286 1545

MOTOR CYCLE CLUB

☎0437 009250

PLAYGROUP

☎5286 1348

POLICE PADDOCKS

☎5286 1273

RED CROSS

☎5286 8222

RSL

☎52861 452

SENIOR CITIZENS CLUB

☎5286 8232

TENNIS

Elaine ☎0448 291074

Meredith

☎5286 1211

SEW 'N' SEWS

☎5286 1348

FILM GROUP

☎5286 1274

emergency

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
Pets and Horses 24/7	0421 617 238

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

services

CEMETERY TRUST

☎5286 1550

HALL HIRE

Meredith Memorial

☎5286 1545

Elaine Mechanics

☎5241 5596

Elaine Rec Res

☎5341 5703

LIBRARY VAN

☎5272 6010

MATERNAL & CHILD HEALTH

☎5220 7230

PRE-SCHOOL

☎5286 1227

PRIMARY SCHOOL

☎5286 1313

RECREATION RESERVE

☎0429 841399



""Be yourself; everyone else is already taken."

— Oscar Wilde

...or start something.

If you have a special interest you would like to share with like minded people, let us know and we will help you get it started .





Community



Australia's
**BIGGEST
MORNING
TEA**

The Elaine Community
Invites
Everyone to the Biggest
Morning Tea
At the Elaine Hall
On Saturday 24th May
9.30-11.30am
**JOIN US FOR A CUPPA
AND A CHAT**



or...

Meredith Community Centre and
St Josephs Diocese
Working together to bring you

AUSTRALIA'S BIGGEST MORNING TEA

Thursday 20th May from 10 am

Raffle— Tickets \$1 each

1st Prize- \$100 voucher. Clyde Park lunch for two to the value of \$100.

2nd Prize— Hamper containing 2 bottles Lethbridge wine and Meredith Cheese.

3rd Prize— 2 Bottles of Clyde Park Wine.

Tickets available at the Meredith Community Centre or Woolabrai Midland Hwy Meredith.



Meredith Seniors

Jim Hynds

The long awaited bus trip took place on Monday, April 14. We went to a place called "Woop-Woop" which is out Harcourt way. It is a sculpture garden/gallery based on Aussie Lingo.

We were blessed with great weather.

After a bus trip through Daylesford and Castlemaine we duly arrived at "Woop-Woop" to be greeted with hot scones and jam and cream and tea and coffee for morning tea.

Our guided tour of the garden soon got underway and it did not take long for the group to have fits of laughter at the sculptures with their Aussie Sayings or Lingo.

"Woop-Woop" is a place that needs to be seen to be believed! If laughter is the best medicine our group certainly got a good dose of it during the two hours that we were there.

We boarded the bus and headed to Kangaroo Flat for our lunch at the Windermere Hotel. The menu was varied and well priced for seniors. After the meal the group sat around for a chit-chat and some of us had a flutter on the pokies (with no luck).

Alas, all good things come to an end and we boarded the bus for the trip home. Our bus driver, Allan, took a different route home which made our return journey more interesting. We arrived home around 5pm, safe and sound.

Meredith Community Auction

Saturday May 3rd @ 10 a.m.

A wonderful day out is assured- remember we need your goods to sell.

Lots of yummy food and free children's activities.



Time flies like a wind; fruit flies like a banana.

Thank You

Margaret Clune, Jenny and Ron Shell and families would like to thank everyone for their support, kindness and condolences on the sad loss of our grandson, nephew and cousin, Ken Argent

Classifieds

First insertion of small ads are FREE to district residents

For Sale

Husqvarna embellishing sewing machine used once. \$250

Mini lock FR850 overlocker 3 thread. \$50

Phone 52 817 315

Church News

**ANGLICAN**

Weekly Services, baptisms, weddings, funerals, pastoral care, bible studies.

Contact: Rev. Elizabeth Bufton, 5281 2224; 0437524864
Church Office, Byron St. Bannockburn 5281 2553
Service Times;

Church of Epiphany Meredith.

11.00am 4th Sunday each month, Holy Communion at Anglican Church

11.00am 2nd Sunday of month, Holy Communion at Uniting Church

Morrison

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 (9.30 pre-service singing) Enquires Doug McFarlane 52861283.

Rev. Lindell Gibson 53413 200

SERBIAN ORTHODOX : 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

Mass Times for May/ June

Winchelsea every Saturday @ 6 p.m.

Bannockburn every Sunday @ 9 a.m.

Meredith @ 11 a.m. Sunday May 4th/ 18th June

1st/15th/29th

Anakie @ 11 a.m. Sunday May 11th/ 25th June 8th/ 22nd.

Father Herman Licayan

Coming Event

**Mother & Daughter Breakfast @ Clyde Park @ 9 a.m.
Saturday May 10th.**

Cost \$20 per adult, children \$12.50

**Wonderful menu- all welcome. Bookings essential Parish
office 52861230 by Wednesday May 7th.**

St. Joey's OP SHOP

OPEN Wed & Fri 10 to 4

REAR OF St JOSEPH'S PARISH CENTRE

DONATIONS WELCOME

We're now stocked with lots of treasures!

Go on...smile!



I carry an *Organ Donor card. But it's unsigned,*
so someone else can use it after I go. - Jack Dee

Meredith
Community Centre

Hi everyone. Autumn is a wonderful time of year, the change of season, colours and temperatures give us the opportunity to enjoy the wonderful mellow days and think about joining in some of our courses this term. By now you should have received our Term 2 Course guide in your mailbox, which has a great array of courses to help you make the most of this colourful season with learning experiences at Meredith, Bannockburn and Anakie. We encourage learning across all facets of life, for anyone who wants to engage not only their mind, but also with their community and expand their life experience in a welcoming friendly environment.

As always our computer and technology classes are available again. The partnership through our funding providers for the Intel® Easy Steps program providing digital literacy, was a great success last term and we will be offering a next step course this term. If you want some more in depth skills in Mastering technology, that class is back this term. For those with a creative eye we finally have our Zentangle class scheduled and I am looking forward to participating in this class. If you haven't had sufficient fill of chocolate over Easter our chocolate decadence class should fulfil any chocoholic's desires. So take some time to browse our guide and call us to book your places.

Jo and Rebecca have been really busy with occasional childcare last term and due to popular demand we have now also added Tuesday sessions. Jo and Rebecca offer a great program for the children; this is clearly appreciated by our parents and shows by the demand for places.

Playgroup has also been very busy last term and welcomes any new participants on Thursday mornings.

Late note: we have had some distribution hitches in Lethbridge so if you know of anyone who has not received their Course Guide they will be coming out late. With this in mind we will accept late enrolments for our longer courses.

Top Tips for Computer Users (cont. from last month)

- Set yourself small, realistic goals. If you're not sure what these should be, discuss them with a friend or with a computer mentor or tutor if you have access to one. Better to be able to find one useful website or send one short email than to end up with a head full of instructions and no results.
- Practice makes perfect: don't shy from repeating the things you're learning time and time again until you feel you've got it. And don't be scared about making mistakes.
- If you start dreaming about mice, and email, and keyboards, you probably need to take a break!
- Computers are also for fun. Find out about playing games: crosswords, cards, chess, Suduko, solitaire ... And look into using computers to listen to music and the radio and to watch TV and films.

Don't panic! It really will all make sense in the end. You'll get there... If you need more help don't forget to check out our Beginner Classes at Meredith Community Centre

Bye for now... *Pam Ridd*

4 Russell Street Meredith 3333

Ph 5286 1348 Fax 52861 563

learnlocal@meredithcommunitycentre.com.au

"Working for our community"

meredithPolice**news**

Leading Senior Constable Greg Kitchen

As we are now effectively a third through 2014 I am happy to be able to report that crime in general has been down on previous years at this particular point.

A recent trend unfortunately has been an increase in graffiti around the township. This has been a major problem in nearby towns such as Ballan and it is something that we can certainly do without in our lovely tidy town. I do understand that our graffiti may well be from offenders from outside our area however I would greatly appreciate any information relating to this.

March 8th 9th and 10th saw the successful running of the Golden Plains Music Festival. It was great to see such a large number of local people supporting the festival which in turn generates welcome funds back into the community. On a whole, the extra three police members on site 24 hrs at the festival including one Sergeant was very well accepted.

As has occurred in previous years, I received some isolated reports of alcohol affected persons urinating in the street within the township. This is something that needs to be addressed for future festivals. If any resident is in a position to do so, please take a picture with your phone of what you see and record the time and exact location of the incident and if possible gain registration details of the vehicle and report the matter to me at Meredith.

Although we have been reasonably lucky to avoid serious collisions on the road I feel it important to report on a collision which occurred on Saturday the 5th of April on the Midland Highway, Gheringhap. The particular collision involved two cars head on which led to occupants of both vehicles being air lifted with very serious injuries. This matter is currently under investigation however it sends a very clear message that a mere lack of concentration can lead to incidents such as this.

I feel I owe the local Meredith Kids an apology for not being able to run the March Blue Light. I will however be hoping to run the June event as planned. The Blue Light Disco's are for the following dates in 2014 –

FRIDAY 27th JUNE – Term 2

FRIDAY 12th SEPTEMBER – Term 3

FRIDAY 5th DECEMBER – Term 4.

These dates will be confirmed closer to the event but it is most likely that these will be the dates. We hope to have many kids there having plenty of fun and prizes to be won. Any enquiries to me here at the Meredith Police Station.

Kindest Regards, Greg KITCHEN
Officer In Charge – Meredith Police Station.

The Wisey Muster 2014

Marg Cooper

The Wisey Muster is named in honour of Steve Wiseman, a local shearer and farmer, who at 35 contracted and eventually succumbed to Mesothelioma (Asbestosis) in 2007. When Steve passed away a gathering was organized for his mates at his favourite Hotel Clats to remember him. From this grew *the Wisey Muster*.

At the first gathering the idea was floated to raise some funds for the Andrew Love Cancer Centre in Geelong which cared for Steve during his illness. In 3 days through many generous donations the stunning figure of \$6,000 was raised. The event has continued to grow.

The Wisey Muster is at the Sawyers Arms Hotel, Geelong on May 30, from 7.30pm. During the night a raffle is drawn, many items are auctioned and naming rights for the year on "The Golden Shears" is keenly contested by syndicates.

Shire Budget on Display

from media release

Shire of Golden Plains has placed its 2014/2015 draft budget on display. In a total budget of \$48 million, programs and services include:

- \$12.5m allocated to the construction and maintenance of road and street infrastructure;
- \$7.7m to support and develop our recreation and community spaces and groups;
- \$7.8m to human support services, including children, aged, disability and maternity support;
- \$6.9m to support economic development and tourism;
- \$376k to support Council's emergency management responsibilities; and
- \$3.7m to managing Council's environmental and land use planning responsibilities.

Rates will increase by 6.8%

The draft budget can be seen at Council's website or its offices, and submissions can be made up to Friday 30 May 2014. For more information, contact Richard Trigg on 5220 7111.

BALLARK & DISTRICT GUN CLUB



Next Shoot: Sunday 18th May 2014

Location: "BALLARK"
Ballan – Meredith Rd

Proceeds to: Ballan Football Netball Club (BFNC)

Nominations: 10.30am

Event Start: 11.00am sharp

Enquiries: Brian Smith 0428 608 238
Marc Canavan 0432 237 389

Prizes, Refreshments, all money raised goes back into our community.

sports



Meredith Kyokushin Dojo

Jo Vermeend

Meredith Kyokushin Dojo would like to warmly welcome new head instructor "Sempai Kevin" Hay. Kevin is a 2nd Dan Black belt who has been training in Kyokushin karate for around 20 years. He has trained under 'Shihans' and 'Senseis', seizing every opportunity to better his own knowledge of kyokushin, gaining numerous titles and showing a strong commitment to kyokushin karate.

In his other life, he spends his days passing on knowledge to the next generation. (He's a Teacher).

Recently, two students from Meredith Kyokushin Dojo took part in the Victorian Kyokushin championships held at Geelong. Daniel and James Mavity both fought in under 12 non contact sparing. James fought exceptionally well in his first fight but was unable to make it through to the next round. Daniel went on to fight his way through three rounds and win 3rd place for his age group. Well done to both boys for their efforts, all that training is certainly paying off.

Meredith Kyokushin karate is part of Geelong & District, Golden Plains Kyokushin Inc. We provide the opportunity to learn traditional Kyokushin Karate in a safe, fun environment, from an experienced, internationally qualified and respected instructor. We are inclusive of all ages, fitness levels and abilities, so you will definitely get something out of training with us. Want to boost your fitness? Want to learn self defence? Want your children to develop self confidence and respect?

Come in and have a look, chat with our new instructor or even join in and see for yourself what it's all about. We train every Tuesday night from 6:30pm to 7:30pm at Meredith Cricket/Football club. Check us and our other Dojo's out at: www.geelongkyokushin.com.au.

NOTICE OF BURN OFF

at Meredith Police Paddocks

A controlled burn of the western section of the Meredith Police Paddocks may be undertaken by the CFA in the coming weeks. This is intended to reduce the fuel load for next summer, and aid the re-establishment of native grasses. For further information, contact Ballarat Environment Network on 0428 027 895

Judy Hullin

Civil Celebrant



Wedding Ceremonies
Funeral Services
Naming Ceremonies
Commitment Services

Contact Judy to discuss your ceremony
Obligation free quotes

Phone: 5286 1167
Mobile: 0407 226 544

335 Pioneer Ridge Road, Meredith, 3333

Internet: judyhullin@optusnet.com.au
Web: www.judyhullin.com.au

ELGAS

Trust a Local for your LPG needs

Elgas is a local business, run by local people offering LPG for your home:

Talk to Silvano
delivering LPG in your
area, providing friendly
and reliable service.



Silvano Baldasso
1055 Mt Mercer Rd

0458 006 294
A/H 5286 1543

ELGAS
Hassle-free LPG

131 161
www.elgas.com.au

Community Say "Thank You"

Faye McFarlane

Good wine, good food, good company made for an enjoyable evening recently, when the community met with the Meredith Rural Fire Brigade, now in its 102nd year, and the Meredith CERT, at the yet to be officially opened Meredith Interpretive Centre, to say a long overdue "thank you", to the selfless volunteers of our Fire Brigade and CERT.

Diane Ritchie, President of the Advance Meredith Association, on behalf of the community, sincerely thanked all the volunteers, who spend much time in training as well as many hours 'on the job'. Diane made reference to the busy week the Fire Brigade experienced back in February when the town was ringed by lightning strikes. Thanks to the prompt response of these volunteers no major fires occurred. The benefit of the CERT was referenced by the locals who are alive today thanks to these volunteers rapid response. Our community is

certainly fortunate to have these volunteers keeping us safe, for this we Thank You.

Thank you to Clyde Park Winery, Lethbridge Winery and Meredith Dairy who donated wine and cheeses for the event.

Below: Enjoying the 'Thank You' evening, Christine Fairchild, Lara, Cathie Boer and Zena Downie. (And don't those reflective badges work a treat?)



PastureWise
Excellence in Pastoral Science

PastureWise Field Day

Tuesday 20th May, 10.30-12.00pm

Come to the field day to see and discuss:

- • Trials sown in 2013 that include over 60 varieties.
- • Perennial and short term grasses and legumes
- • Opportunities for developing and using this resource at your doorstep.

We have over 15 years' experience with pasture variety trials across SE Australia and are an independent, private pasture research company.

Location: 1485 Bamganie Rd Cost: Free to Producers only.

To RSVP and for further details call Stuart Kemp, 0437 278 873

Bannockburn Surgery

16 High Street, Bannockburn, 3331

Tel: (03) 5281 1481 Fax: (03) 5281 1978

Monday to Wednesday: 8.30 am – 7.30 pm**Thursday & Friday:** 8.30 am – 5.30 pm**Saturday: (No Appts)** Emergency Session from 10 am**Dr Cameron Proffitt:** Monday, Tuesday, Thurs., Friday**Dr Andrew Bell:** Monday, Thursday, Friday**Dr John Henderson:** Monday, Tuesday, Wednesday, Friday**Dr Margaret Somerville:** Wednesday**Dr Liz Barker:** Monday, Tuesday, Wednesday**Dr Dheeraj Pawar:** Monday, Tuesday, Wednesday, Thursday, Friday**Dr Benjamin Fry:** Monday, Tuesday, Wednesday, Thursday, Friday**Dr Caroline Murtagh:** Alternate Saturdays (bookings taken in advance)We are a teaching practice with Victorian Metropolitan Alliance. **Dr Raymond Loh**, a qualified Doctor is with us for 6 months, gaining experience in a rural practice.Fees are payable **at the time of consultation** by cash, eftpos or cheque.**Streamline Clinics** will be offered 3 days/week to enable better access to Doctors for simple repeat scripts, simple repeat referrals or flu vaccinations from **May 2014**. The appointments in a streamline clinic will be strictly **6 minutes** or less; the appointments in the Streamline Clinic will be **bulk-billed to medicare**.**Bookings are available and we are accepting new patients living in the Golden Plains Shire.** Every effort will be made to accommodate your preferred time and preferred doctor.**ELAINE EXCAVATIONS PTY. LTD.****CONTACT****Warwick Mob. 0408 508 303****pitcherindustries@bigpond.com****A.H 03 53 420329****FAX 03 53 420387**

*Excavation Work
 *Site Leveling * Driveways
 *Dam Digging & Cleaning
 *Demolition Work *Drainage Work
 *Septics *Rubbish Removal

Scraper, 4.5 & 10 Tonne Excavator
 Traxcavator, Grader, Bobcat,
 Lazer Equipment, Under - Road Borer
 Tip Trucks & Trailers,

Free Quotes*GIVE US A CALL!**

Golden Plains Heritage Trail

Saturday 17 May
10am – 3pm

Discover hidden gems with
 guided historic walks and rare
 photographic and memorabilia
 displays throughout the Shire

For further information,
 map and detailed itinerary:

www.visitgoldenplains.com.au



Linton ~ Smythesdale

Steiglitz ~ Meredith

Lethbridge ~ Inverleigh

TERM 2 PROGRAM ~ 2014

www.meredithcc.com.au

4 Russell St. Meredith
learnlocal@meredithcommunitycentre.com.au

Ph. 5286 1348

Fax 5286 1563



COMPUTERS

*FLEXI COMPUTERS

Monday May 5th–June 16th
 12:30-3pm (6 weeks)
 \$65(Tuition\$22/resource\$33)

*INTEL® EASY STEPS

Monday May 5th–June 16th
 9:30-12.00pm (6 weeks)
 \$65(Tuition \$22/resource \$33)

MASTERING TECHNOLOGY

Wednesday May 7th–June 11th
 12.30pm-3pm (6 weeks)
 \$65(Tuition \$22/resource \$33)

*INTEL® NEXT STEPS Advanced

Wednesday May 7th–June 11th
 9.30-12pm– 6 weeks
 \$65(Tuition \$22/resource \$33)

*IPADS BASICS MEREDITH

Wednesday May 7th– June 18th
 9.30-11.30am 7 weeks
 \$65(Tuition \$22/resource \$33)

*IPADS BASICS BANNOCKBURN

Wednesday May 7th– June 18th
 1-3pm 7 weeks
 \$65(Tuition \$22/resource \$33)

*IPADS BASICS ANAKIE

Monday May 5th– June 23rd
 9.30-11.30am 7 weeks
 \$65(Tuition \$22/resource \$33)

FOOD HYGIENE

FOOD HYGIENE

Saturday May 31st
 9.30-3.30pm
 \$120

ROOM HIRE

The Community Centre has rooms to hire for group meetings as well as for training purposes.

Great local facilities at Reasonable rates.



TAI CHI

BANNOCKBURN TAI CHI

Tuesday April 22nd– June 24th
 6-30-7.30pm \$115 for 10 weeks
At the Hub in Bannockburn.

TEESDALE TAI CHI

Thursday April 24th–June 26th
 9.30am-10.30am \$115 for 10 weeks
At the Teesdale Hall

MEREDITH INTRO TO TAI CHI

Tuesday April 22nd–June 24th
 9.30-10.30am 10 weeks \$115
Thursday April 24th–June 26th
 9.30-10.30am 10 weeks \$115
In the Studio @ Meredith Community Centre

ADVANCED TAI CHI With Patricia

Tuesday April 29th–June 24th
 11.30-12.30pm 9 weeks \$105
In the Meredith Memorial Hall

HEALTH & WELLBEING

FUN FITNESS FOR OVER 50'S

Friday May 2nd–June 27th
 2-3pm \$80– 9 weeks

CRAFT & HOBBY

JELLY ROLL QUILT

Thursday June 5th
 10.30-3.30pm
 \$35 Collect mat. List

CREATIVE PAINTING—FOLK ART

Friday May 2nd–June 27th
 9.30-11:30am \$10 per class

Bookings for classes essential.

Meredith Community Centre and St Josephs Diocese
Working together to bring you

AUSTRALIA'S BIGGEST MORNING TEA

St Josephs Church Meredith

Thursday 29th May from 10am

Come and join us to raise money for a great cause. Silent auctions, games and prizes on the day. This is a community event, everyone most welcome.

Phone... Diane 52 861 291 or the Community Centre 52 861 348



NEW*NEW*NEW

TONE / VALUE—ART WITH MARI-ON

Monday 5th & 12th May 10-12pm
 \$50

ZENTANGLE

Saturday 10th May 10.30-12.30pm
 \$45

ABC 500 WORDS ONLINE

OPEN Thursday May 8th 2-

3.30pm
 FREE

CHOCOLATE DECADENCE
 Wednesday June 4th
 1-4pm
 \$25 including materials



Elaine Juniors Fire Up

Jo Adcock

On the weekend of the 5th and 6th of April, the VFBV Rural State C.F.A. Competition was held at the Geelong Show-grounds. Elaine Rural Fire Brigade took part with a Senior team competing on the Saturday and a Junior team in each age division competing on the Sunday.

Competitors take part in a number of timed activities which involve their use of tankers, pumps, hoses and hydrants and most importantly rely on great team work. The winners are the teams with the quickest time.

Elaine competed in a number of rural competitions in the lead-up to the States comp and the Juniors have all added significantly to their collection of trophies for placing in these events.

At the States, Elaine did not place but came home with the Encouragement Award in recognition of their great effort and potential. Elaine also came 2nd in the Trivia/Scavenger Hunt held at the State Comps and were rewarded with a giant crate of lollies!

The competitors all enjoyed their weekend at the States which also involved camping at a Scout hall (so as to be closer to the competition ground) and a social evening visiting the Old Geelong Gaol for the ghost tour.

Juniors will now commence training towards competing in the annual Midlands Cup Competition being hosted by Ballan C.F.A. in October.

Juniors need to be aged 11-16 and Senior 16+. Contact Elaine R.F.B. Captain Sam Lewis on 0417 533 516 if you are interested to find out about joining the brigade.

Water Tank Cleaning

Have all the mud and sludge removed from your water tank and improve your water quality.

We clean all types of water tanks.

Removing all mud and sludge as well as washing the walls and floor clean.

Otway Concrete Tanks

Concrete tanks, repairs & tank maintenance.

PH: 0409 210 057

www.otwayconcretetanks.com.au

HAY

Small square bales, excellent quality.

- Rye and clover \$8.50
- oaten/rye/clover blend \$8.50,
- premium clover \$10,
- grass hay \$7,
- meadow hay \$6

Fully shedded, no rain damage.

Pick up on farm or delivery can be arranged.

Ph anytime 0437358307

A & R Durran Bricklaying

OVER 15 YEARS EXPERIENCE

Phone/Fax: 03 5281 9403

Anthony Mobile: 0409 524 438

426 Sheoaks Road, Maude 3331

ABN 63 614 843 881

 Find us on
Facebook

For More Info, Please Contact:

Daniel McDonnell (0431571716)

29 Separation Street, Shed 2a
North Geelong, VIC 3215

steelalivedaniel@hotmail.com.au

STEELALIVE

★ Maintenance ★ Fabrication ★ Repairs

www.steelalive.com.au



With over 15 years of experience in steel fabrication and welding, we provide services in:

All structural steel work, tig, mig and arc welding, aluminium and stainless welding. We offer a wide range of plant maintenance, fabrication, pipework and shop fabrication. Labour hire and heavy machine maintenance - servicing all areas Australia wide.

We offer very competitive rates, safe, reliable and efficient. NO JOB TOO BIG OR TOO SMALL

QUALIFIED PLASTERER

WORKMANSHIP GUARANTEED

AFFORDABLE RATES

ANYWHERE IN THE MEREDITH AREA

PHONE ADRIAN

HOME 5341 5705

Mobile 0416 543 026

PINE
EZY WORKS
PTY LTD

- Double Glazing Upgrades
- Carpentry • Tiling
- Plastering • Painting
- Decks and much, much more...

HOME IMPROVEMENTS

39 Haddon Drive, Ballan Industrial Estate
Ph. 0458682195 for a Quote

Google

Pine Ezy Works and...
to see our photo galleries



Ballarat Big Vac ABN 39 905 288 238

Specialising in Septic Tank Cleaning Services and all other aspects of vacuum cleaning including:-

- Insulation and Dust
- Grain Silos
- Elevator Pits
- Water Tanks and Flood Damage
- Grease Traps
- Pressure Cleaning

EPA licence accredited

Phone Milton Howard on mobile: 0409 503 778

An Irish Woman on the Goldfields

Marg Cooper

‘Mary O’Brien’ was at Steiglitz on Saturday 29th March, played by Marie of Peppercorn Place.

After a self guided walk around Steiglitz and lunch at the café, the 26 visitors from the Balwyn Rotary Club were given a treat. Marie re-enacted a typical day in a woman’s life in the 1850’s in Steiglitz, that would have included dirt, flies, heat, a tent, buckets, wood, open fires and hard work.

Marie is really interested in the history of Steiglitz and learning more and more. She researched what a woman’s life of that time was like, she made use of what she had in the café to produce a costume of sorts as an Irish woman would have dressed and then really hammed it up to her audience.

She admits she is not an actress - her director friend allowed her a one line on stage performance in the play “Nunsense” and she stuffed it up - but she is very interested in, and loves the theatre.

She works at the performing Arts Centre in Geelong as an usher and as a stage door attendant, and has worked backstage for local productions since 1996 as stage manager, worked on props and has ran the Op Shop bus trips. She has also has organized events for the Grace McKellar Social Club while she worked there as a cook.

For about 12 months Marie and her business partner Raquel have operated Peppercorn Place at Steiglitz providing refreshments to tourists and travellers. Then Raquel got married and she has given this up to concentrate on her marriage.

Marie’s husband and daughter now help her and they all love it and love the community at Steiglitz.

If you visit Steiglitz you may meet Mary O’Brien, a woman from Ireland who came to Steiglitz during the gold rush.

The café is open at weekends but is welcome to open for group bookings midweek and specialises in High Tea on selected Saturdays.

BANNOCKBURN CAR WASH

1/2 PRICE
TUESDAYS



SELF SERVE
WASH BAYS



ULTIMATE WASH
Drive Thru AUTO WASH

TUES 9am to 5pm WED

We Want

Your old fridges & freezers

- ✓ Must be pre 1996 model
- ✓ Free pickup
- ✓ We pay you \$15 per unit

☎ 0429 820 604 or 5376 9012



Ph: David 0409 579 178 Ph: Len 0439 749 286



PLUMBING & GASFITTING SOLUTIONS

- Roofing
- Storm Water
- Rain Water Tanks
- Irrigation
- Gas Fitting
- Gas Appliance Servicing
- Solid Fuel (Wood) Heating
- Evaporative Air-conditioning
- Sky Lights
- Solar Hot Water
- Hot & Cold Water Supply
- Complete Bathroom Renovations
- Sanitary Plumbing
- Sewerage
- Drain Blockage Clearing

call Nathan
0408 996 721
nathanlepage@hotmail.com
Based in MEREDITH

QUALITY WORKMANSHIP

Equine Hoof Care And Farrier

*Servicing locally
Bare foot trims & balancing
Prompt service and
competitive rates*

Ph Jayson 5286 1342 0422 664 764



Come and try our..

HAMBURGERS

Made from Local Farm Fresh Meat at the
Meredith Roadhouse

NOW \$6.50 with the lot

Phone orders welcome Phone: 5286 1556

SUPPORTING LOCAL FARMERS



I love the month of April. It is a wonderful time of the year to garden: mild days and cool to cold nights, rain, moist soft soil, new lush growth, and green lawns. As there is no need for supplementary watering apart from pot plants and the greenhouse, there is time to attend to other garden tasks without feeling unduly pressured about the volume of work to be done.

It is the perfect month for planting. I have developed a ruthless streak when it comes to pulling out plants that look sick because I always have new plants on hand ready to take their place in the garden. In particular my focus has been planting photinias, callistemon and hydrangeas (grown from cuttings), and viburnums, lilly pillies and birches (grown from seed). In addition there are self-seeded plants in many places of the garden or clumps of plants that are ready to be divided and these have been distributed to other areas of the garden.

This is also the month where frost sensitive plants are taken into the greenhouse. An offshoot of the papyrus reed has been potted up for wintering in the greenhouse just in case it does not survive the winter. The eggplants which were planted late and had not yet come to maturity have been moved to the greenhouse to continue growing. The chillies will be spending their third winter in the greenhouse and continue to do quite well. I have also planted coriander and basil seeds, tomatoes, and soy beans. The watercress continues to flourish which I use in lieu of lettuce and other salad leaves when I am out of these. Of course, almost everything is in a pot or container of one sort or another. I am determined to limit the damage caused by frost and this year I will be covering the little gem magnolias and the papyrus (growing in the pond) with frost blankets.

The other very important greenhouse task that I have

completed is the pruning and fertilising of all pots in the greenhouse. Cuttings that had well developed roots have been repotted. Some of the fuchsia cuttings have been replanted into hanging baskets. Working in the greenhouse is a wonderful way to spend a wet and cold day.

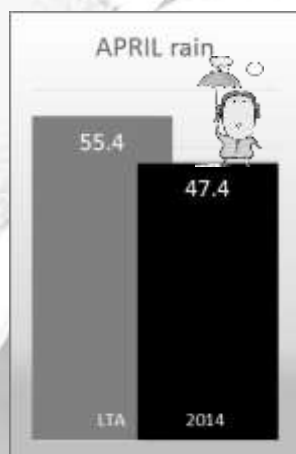
Out in the vegetable garden I have planted Italian lettuce seeds which have a pretty red-tinged leaf and are great self-seeders under the right conditions. I love plants that self-seed. The pumpkin vines are now starting to die back revealing the pumpkins in all their loveliness. It will soon be time to pick the pumpkins for storage and to select a pumpkin for the biggest pumpkin competition. I have some nice sized pumpkins but I doubt that there is a winner amongst them. (The venue and time for judging will be announced in next month's newsletter.) I am continuing to harvest beetroot, kale, chard, leek, celery, tomatoes and rhubarb along with the usual herbs. The last of the figs I ate straight from the tree.


Yet, another garden dilemma has resurfaced now that the autumn rains have arrived. I have several poorly drained areas of garden that limit severely the range of plants that will grow and thrive. Do I try and improve the drainage, which will involve a lot of heavy work, or do I accept the situation and be content with a limited range of plants? My initial approach has been to plant those things that I know will do well but I am resisting being so confined. I have tried to improve the drainage through the addition of compost, leaf litter and additional garden soil without any great improvement. The next step is to dig a drain and to install an agricultural drainage pipe so that the water can drain away but that involves some very dirty, heavy work and I am not sure that the ageing body is up to it. Perhaps I will make a start and see how I go and just do a little at a time.

Meanwhile there is a new crop of weeds waiting for my attention.

Until next time, happy gardening.

Robyn



5286 1201

0407 931 711

WOOD Earthmoving

Traxcavator, Excavator, Low-Loader and Tip Truck Hire

- Dam Construction
- Land Clearing
- Site Leveling

- Conservation Work
- Building Demolition
- General Earth Moving

4113 Midland Highway, Meredith, Victoria 3333

MEREDITH CORNER STORE

Open 7 Days

CHANGE OF OPENING HOURS

MON-FRI 6am– 7pm

SAT 7am-7pm

SUN 8AM-7PM

52 861 210

*****NOW AVAILABLE*****

WHITING

FLAT HEAD TAILS

BUTTERFISH

CRUMBED SCALLOPS

CRUMBED PRAWNS

*****SEAFOOD BASKET*****

2 WHITING OR BUTTERFISH

2 SCALLOPS, 2 PRAWNS

2 CALAMARI RINGS

MIN CHIPS & TARTARE SAUCE

\$22

SPECIAL

SPECIAL

Australia
post
Enquiries
52 861 243



The Shearing Encyclopaedia

Marg Cooper



Kevin (Sticks) O'Brien shearing watched by his son, Paul and grandson Alex.

After almost 50 years of shearing, Kevin (Sticks) O'Brien has retired. And he is an encyclopaedia of shearing. He knows who shored where and when. He knows the stories, the characters, the sheds, the properties and the equipment used.

His first job was as a rouseabout at Len Gargan's shed after he left Secondary School, aged 16 years. He rode his bike to the shed. Frank (Dodger) Connell, Jim Ryan and Brian Lewis were the shearers, Alan Parkinson pressed the wool on a Ronaldson Tippet wool press and Austin Crowe, Kevin, Len and Jack Gargan were in the shed. Kath Brady did the cooking. Stick's first job as a shearer was also at Len Gargan's shed.

Although his father Tom and his Uncle Joe were shearers he didn't learn from them, but by watching the shearers and shearing a few on the hour, at smoko and lunch breaks where he was a rouseabout. The shearers encouraged young men to have a go and often gave them advice on improving their technique.

On his first day he shored about 18 a run. His shearing improved and more farmers employed him and then Dodger Connell asked Kevin to shear with him, as a team.

Back then the season went from June until December and shearing jobs were hard to get because there were a lot of shearers around.

Sticks went on to shear with Dodger for about 10 years, with Eric Miller for about 9 years, with Trevor Miller for a about 6 years and with Nigel Parkinson for 18 years.

He preferred shearing with someone else as it took the boredom out of the job. He also liked music playing in the shed, becoming quite an expert at knowing singers and words to songs.

Sticks developed a run that meant he was shearing for

about 10 months of the year. One year he shored 22,000 sheep and crutched another 12,000. His biggest tally was 230 lambs in a day.

He shored at Boltes and Gargans for 38 years, Hunts for 34 years and at George Colclough's, Parkinsons, Jim Mohrs and Harry Mohrs for over 30 years.

Sticks liked shearing merinos because they were softer. Crossbreeds were too greasy and were often huge in size.

Sticks has many stories to tell like shearing at Mt Duneed for St Gabriels where he stayed in the Monastery and his arms became red raw from the burrs in the wool, and shearing at Boltes during Melbourne Cup Carnival when he won the betting competition.

Rochow Reunion at Meredith

Marg Cooper

The Rochow family have held reunions in various locations every second year at Easter time for the last 44 years. This year, it was held in Meredith (for the second time) with around fifty family members in attendance.

Johann Gottlieb Rochow came from "Posen" in Prussia to Australia on the ship "Helene" and landed in Adelaide on January 17, 1852. He married Anna Elizabeth and their 16 children were born in various parts of South Australia. Their son Johann Wilhelm Rochow travelled east and lived in several districts before making his home in Geelong.

Ken Rochow, the great grandson of Johann Gottlieb Rochow and his wife produced a "family tree book" for the first Rochow family reunion in 1972. It comprised 88 pages, over 2,000 names and an image of the Rochow coat of arms granted in 1640. That first reunion drew 800 people to Adelaide's Birdwood Oval in Easter 1972. There were enough people to hold hands and completely circle the oval.

Ken, who is 81 years old, and his brother Alan, 83, having both lost their partners, decided to travel to Meredith together, towing their 1984 caravan from Adelaide for the reunion. The last time they took a trip together they went away as teenagers on their motorbikes. Not surprisingly, the brothers were hoarse when they arrived on Thursday evening. They had so much to talk about.



David and Ken Rochow at the Rochow reunion



One of the pleasures of observing nature is that interesting things can happen just outside your door, or even on it! One night in late March, a few medium-sized furry brown moths were attracted to the lights they could see beyond the glass doors of our house. Next morning, some of the moths were still on the doors. Strangely, they appeared to have bald heads. Also on the door were small round patches of brown fur. From inside the glass, we could see thirty to one hundred or more tiny yellow circles beneath each patch of fur. The moths had laid eggs, and used the fur from their bodies to camouflage them! A closer inspection of the door showed scattered hairs on it. One moth had hairs caught on a hind foot, which it must have used to remove fur from its body. Although the clusters of eggs were easy to see on our doors, they would have been very well camouflaged on the rough bark of a gum tree. The following morning, the moths were gone.

We posted photos of the moths on BowerBird, a nature identification website hosted by Museum Victoria. Our moths were identified as Mottled Cup Moths. The caterpillars are commonly called Chinese Dragons or Ten-times Stingers. Their pupae look like small grey cups. A few months ago, these caterpillars were causing damage to gum trees several kilometres away. There were so many of them that they were eating the majority of the leaves on the trees. The trees have since recovered.

Eleven days after the eggs were laid, they started to hatch. The eggs were no longer yellow, but were white and empty. We saw no sign of the caterpillars, which on a tree, would have climbed up to find leaves. One month later, most of the eggs have hatched. The few that are left are brown, and probably won't hatch. The moth's fur and old eggs remain firmly attached to the door.

Another species of moth that has been appearing recently is the huge grey rain moth. Their larvae, known as Bardi grubs, live in the ground for many years. On autumn nights after rain, they leave brown cases at the entrances to their holes, and emerge as moths. They are attracted to lights, and can be heard fluttering outside windows. A few years ago, I found one on a garden gate, and transferred it to a nearby gum tree. It was surprisingly heavy. A while later, it started to lay eggs, just dropping them to the ground, in a stream from its abdomen. Three hours later, it was still dropping them! When it had finally finished, the moth was much lighter. It must have laid thousands of eggs, from which the larvae would hatch and burrow into the ground to feed on tree roots. In the meantime, there was a feast for predators.

Rain moths and cup moths are both plentiful, but have very different strategies for reproduction. The cup moths lay a small clump of eggs, and camouflage them, so they are not obvious to predators. The rain moths lay a huge number of eggs. Although many will be eaten, some will survive. Both strategies are successful.

One wet evening, I found a small brown frog on the doormat outside the back door. One wing and two antennae, possibly belonging to a cup moth, were protruding from its mouth. If you look, you'll find plenty of creatures going about their lives just outside your door.

Muddy Pursuit of Fitness

Marg Cooper



Jess Dunstan got muddy and wet and cold at the "Tough Mudder" Event at Philip Island on Saturday, March 22 in what she described as "five hours of torture"! Her sponsors "Athletes with Attitude" paid for two of their athletes to compete and they were joined by eight others to make up a team of ten.

Tough Mudder is described as a hard core obstacle race designed by British Special Forces to challenge the toughest tough. It is designed to test all round strength, stamina, mental grit, team work and camaraderie.

At Philip Island, the 20 km course covered the race track, private land and the beach with marshy stretches, patches of woodland and tons of mud pits.

There were many obstacles including the "Leap of Faith", "Log Jammin", "Everest", "Cliffhanger Mud Slide", "Boa Constrictor" and the "Funky Monkey".

Jess particularly didn't like the "Electric Eel". Participants slithered through mud trying to avoid hundreds of electrically charged wires dangling above the mud, while being sprayed with water from high pressure hoses.

Team members really helped each other to conquer the obstacles and that one person couldn't do it alone.

Jess is proud to have achieved her aim of finishing the event but she swears that she wouldn't do it again.

COOPELEC Pty. Ltd.

ACN 107 044 217

FOR ALL YOUR ELECTRICAL REQUIREMENTS

CALL: MURRAY COOPER

0417 518 930

Fax: 03 5341 2352

P.O. Box 267
Buninyong, 3357

Rec: 00582



Hosts Claire & Damian Kelly
Ph. 52 861 100

New Winter Trading Hours
Open 3pm Mondays & Tuesdays

BOOK NOW for Mothers Day Lunch
Sunday the 11th May

Live Music Saturday 17th May from 8:30PM

PAT BOURKE

Monday & Tuesdays Dinner
Buy 1 main meal get
2nd meal for \$5.

This voucher must be presented.

Applies to same price or lower priced meals.

Valid through May 2014 only

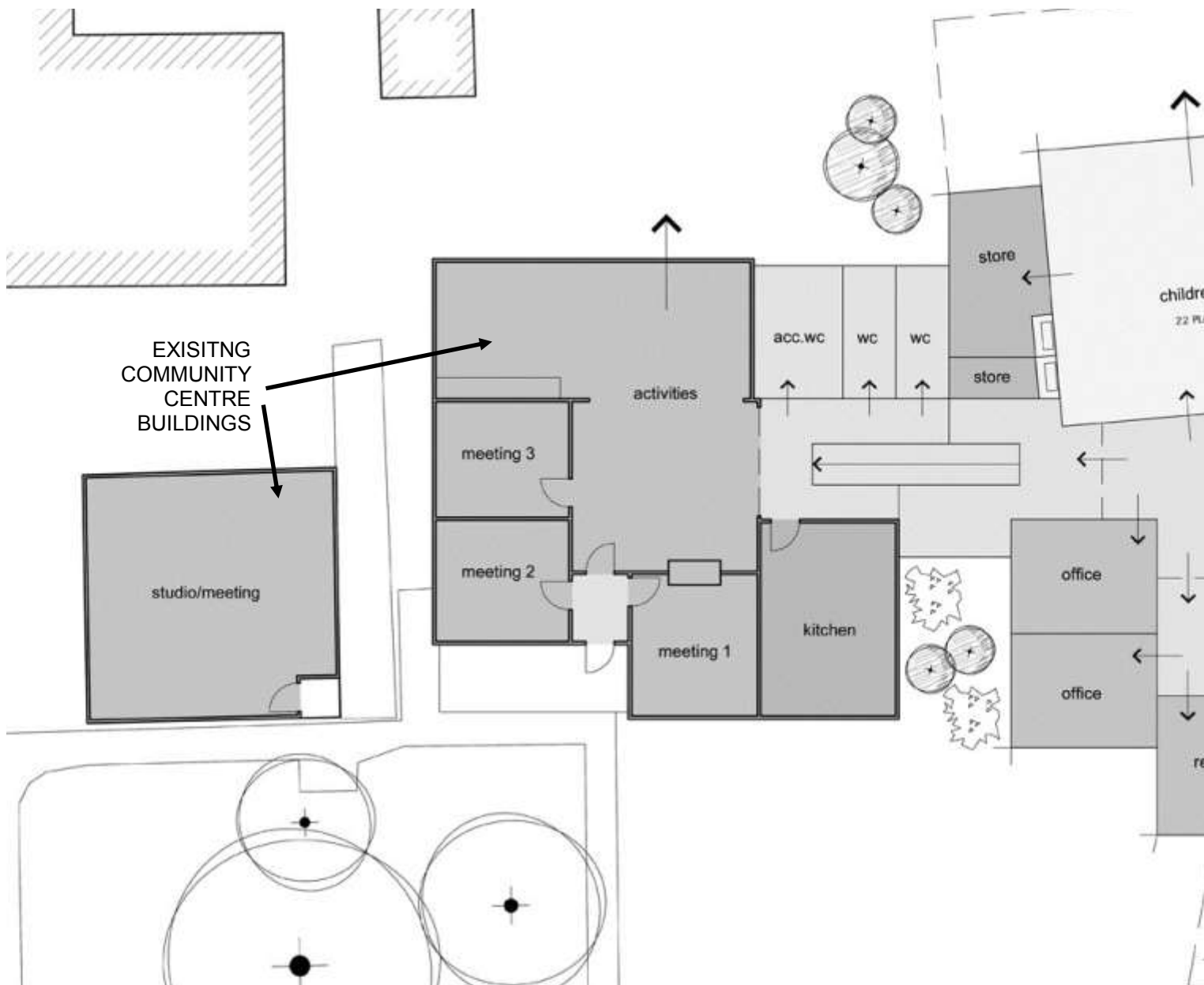
Integrated Hub Update

Jim Elvey

Golden Plains Shire has continued its consultation with local stakeholders and architects over recent weeks, in the development of plans for the new “Integrated Hub”, which will house pre-school and various other community activities by adding to the existing Community House. Although it is only one of the options currently under consideration, the plan below gives a sense of the scale and utility of the proposed facility.

It is hoped site works will commence in August with the new building opening mid-next year. For further information, contact Terry Fraser, Human Services Manager Tel 5220 7111

(Great concept, but the newsletter office has become a disabled toilet!!! - Ed.)



"GLASS"

Glass cut to size

- ~Doors, windows, mirrors
- ~All glass replacements
- ~Tractor cabin windows
- ~Made to order leadlight
- ~Personalised service

Ph 5341 5500

200 Midland Hwy Elaine 3334



*Free
Quotes*



ZOE-LEE SCRIVEN

Graphic Designer

Photographer

0402 377 218

www.zoe-lee.co

zoe@zoe-lee.co

**ZOE-LEE
PHOTOGRAPHY**

Weddings - Portraits - Photo shoots - Events

NORTH ALTONA ROCK BLASTING CO PTY LTD LETHBRIDGE QUARRY

**FOR ALL YOUR CRUSHED ROCK
NEEDS
FROM A TRAILER FULL TO A
TRUCK LOAD**

Lot 2 Lower Plains Rd,
Lethbridge

**Phone: 5281 7190 or
Paul 0429 361 378**

**Open Monday to Friday
7:30 am - 4pm**

**Saturday by appointment
No EFTPOS on premises**



Concrete Tank Repairs

Stop those leaks before it's too late.
Water leaking through concrete cracks
accelerates aging of the tank,
as well as losing precious water.

Stop those leaks now!

Call now for a free assessment and quote.

Otway Concrete Tanks

PH: 0409 210 057

www.otwayconcretetanks.com.au



TRADING AS

MEREDITH ROADHOUSE

Monday-Friday 6am-7pm Saturday 7am-7pm Sunday 8am-7pm

Phone orders welcome everyday phone 52 861 556 for all your coffee, fuel and take away food requirements

45kg gas bottles now \$99 rent free with free delivery,
9kg swap & go bottles \$25, 15kg forklift bottles \$27.50

Available for pick up or delivery.

Please note for pickup a ute or trailer must be used.

Don't forget bulk fuel available

Phone David Mortimer on 0418 524 219



*Hamburgers	*Fresh Sandwiches	*Cappuccino	*Ice
*Milk	*Fish and Chips	*Diesel fuel	
*Unleaded	*LPG	*EFTPOS	*Premium Unleaded

Elaine Farm Supplies

5264 Midland Highway.

Elaine 3334

Monday-Friday 9am-6pm

Saturday 9am-1:30pm

We Stock all your farming and animal needs from:

- *Horse Feeds (20kg horse pellets from \$11.90)
- *Dog Food (20kg dry food from \$19.80)
- *Chook Food (20kg Layer Pellets from \$12.00)
- *All Your Fencing Needs
- *Farm Chemicals
- *Roofing Iron/Cladding/Guttering

- *Hay (Squares and Rounds)
- *Kindling and Firewood (300kg Kindling \$30)
- *Gudair and animal Vaccines
- *Bolts and Fastenings
- *Pasture Seeds
- *Fertilisers

LANDMARK

AND MUCH MORE



For Enquires Call 53415665



Lord of the Fruit Flies

Gemma Hanan

One sunny afternoon, having finished a nice bit of fruit, I opened the cupboard door that houses our first port of call for items destined for the compost bin. It was with that small, environmentally friendly action that our lives were changed for the next week.

Upon opening that door, I had also opened the door into a world that could not easily be shut away. A world that would haunt our every movement, turn every moment involving light into a daunting task. I had opened the door to the world of pint sized fruit flies. It all began harmlessly enough. A small group fluttered gracefully out of the murky depths of the temporary compost cupboard and fluttered off into different directions, becoming invisible as they made their way from daylight into the shadows.

With a slight surprise at discovering our new house guests, I thought of doing nothing more than leaving out the fly spray in case anyone came across the tiny creatures and decide to dispose of the escapees. But as the hours passed, more and more people began opening the cupboard. First there were my fellow fruit eaters, then dinner's vegetable gratings, followed by the corn cobs left over from the meal. As the occasions to open the door mounted up, so too did the flies escaping from their mouldy world into our clean, happy lives.

At first it was a problem confined to the kitchen and living area. There was no reprieve from the swatting as we ate our meals, no end to the amount of times we only just managed to close our eyes before they made contact, no end to the creatures crawling up actors' noses as we watched TV.

But soon the problem spread. I couldn't brush my teeth in peace, let alone do my make-up under the light above the mirror. I would be reading in bed and they would appear from the shadows and crawl over the pages like black letters coming to life.

They would hug my laptop screen as I wrote or watched movies and refused to be brushed away. They were too quick to trap in a clap like you would a mosquito and you could not fall asleep without fearing for your exposed facial orifices should you wake up sprouting eggs. No amount of fly spray would diminish the numbers. They multiplied, even long after the compost was gone and all seemed hopeless and dismal.

That was until one day they became slower. I would open my laptop in the morning to find them squished on the screen. They became un-removable stains in the pages of my book. I would yell in triumph and squeal in disgust as they became trapped in my claps. Pretty soon, the horror was over. We could eat, blink, watch and even sleep in peace again. Life was returned to its reasonably less irritated status. The plague was over...for now.

For Meredith, Steiglitz and district.

"As your local State Member of Parliament,
the most important part of my job is to
keep listening to your concerns."

I can assist with anything relating to the
Victorian Government and provide you with
information and advice.

I would also love to know what
you think are the most crucial
and important issues facing
our community. And of
course I am keen to be as
available to you as possible."

Geoff Howard

Geoff Howard MP
State Member for Ballarat East



15 Main Road, Ballarat VIC 3350 Ph: 5331 7722

Email: geoff.howard@parliament.vic.gov.au



Paul Ryan
T ransport

Livestock & General Cartage

also available
**Bulk cartage of grain
and fertilizer**

Truck & Trailer "Tippers"



0409 861 296 & 5341 5575

ELECTRICAL SAFETY

Have all your plug in electrical items checked and certified and be assured of your safety
All plug in electrical items can be tested and certified safe.

On-site or off-site testing. Reasonable rates.

Contact Meredith Maintenance

(Licensed Tester)

52861550 or 0427300742



JOSIES CONCRETING & Excavation Work



Colin Jose

Garage floors • Foundations

Paving • Driveways • House slabs • Free quotes

MOBILE 0412 402 924

MOBILE AUTOMOTIVE ELECTRICAL SERVICE

**WORKSHOP SITE AT
MORTIMER ROADHOUSE**

**NO ONSITE FEE FOR 3333
POSTCODE RESIDENTS**

MOBILE CALLS & SERVICE
8.30am-8.30pm

Workshop Hours:
2-5pm Mon—Fri
9am-12pm Saturday

3333

CALL GARY

0478 182 592

- All Private Road Transport
- Heavy Earthmovers
- Agriculture Equipment
- Rewire Specialists for Reliability & Performance
- Starting Charging
- Wiring Faults
- Solar / Wind remote power
- DC Electrical Engineering
- L.E.D Lighting

Morrow's Meredith Hotel

the "Top Pub"
Your hosts
Steve and Cath

- ☺ New menu as well as old favourites
- ☺ Live music
- ☺ FREE pool Wednesday nights from 6pm
- ☺ Tuesday night's Parma Night— choose from our Parma Menu
- ☺ Full Bistro & Bar meals available Wednesday to Sunday
- ☺ Seniors lunches Wednesday & Thursday 12-2 \$12
including chef's choice of desserts- \$4

Come and enjoy our hospitality in a friendly atmosphere.

51 Staughton St Meredith Victoria 3333 Phone: 0352 861 311

Email morrowsmeredith@live.com.au

WESTAG



Kubota BX
Series
**In Stock
Now**



RTV 1100
\$25,990
inc GST



MF 2605
Built to get
the job done



MF 20MD
\$17,900
inc GST

Polaris 500 Scoop Purchase



\$7,200
Ride-away

• FREE Tow Bar • FREE Tow Ball • FREE Seat Cover

Small Engine Service Special

**Bring in 3 or more bits of
equipment to be serviced at
the same time and receive 10%
off your bill.**

We can service all brands of equipment.

- Mowers • Brush-cutters • ATV's
- Utility Vehicles • Chainsaws

'We service what we sell'...

12 Wiltshire Lane, BALLARAT, 03 5335 8609, www.westag.com.au
A/H Contact - Michael Tuddenham: 0418 501 812, Simon Meagher: 0418 531 181



Marg's Book Review

"Austerlitz" by W.G. Sebald.

Jacques Austerlitz, the main character in the book is an architectural historian who encounters and befriends the solitary narrator in Antwerp during the 1960's.

Over the following years, until 1997 Austerlitz learns of his family history and relates it to the narrator when they meet, which is not very often.

Austerlitz arrived in Britain during the summer of 1939 as an infant refugee from Czechoslovakia threatened by Hitler's Nazis. He was adopted by an elderly Welsh preacher and his sickly wife who promptly erase from the boy all knowledge of his identity.

After school he attended university, he became an academic who researched European architecture. After a nervous breakdown he visits Prague where he meets a friend of his parents, Vera who helps him to remember and tells him that his mother, an actress and opera singer was deported to Theresienstadt concentration camp, where at one time there were 60,000 people living in one square mile. In Paris he seeks out the remaining evidence about the fate of his father.


During the novel the reader is taken on a guided tour of a lost European civilisation; a world of fortresses, railway stations, concentration camps and libraries. As Austerlitz travels he discovers bits of his history but it is a painful journey.

He almost seems to be a solitary man, a sullen man who monopolises the conversation when he happens to meet the narrator.

The novel includes a set of mysterious and dull photographs which enhances the melancholy message of the text. The novel is notable because of its lack of paragraphing, its long sentences and the dull paper it is printed on. Some sentences are complicated because the narrator has to explain that "Austerlitz said that someone else said" etc.

The book is described as a "tale of one man's odyssey through the dark ages of European history in the post war world".

It was an interesting read but somewhat gloomy: not exactly a happy and exhilarating read.



Part of Your Community.

Inverleigh resident and
Funeral Director,
Ebony Hovey can assist you
with your enquiries and
funeral care needs.

Ebony is available to
guide you through
funeral planning and
arrangements as well as
provide obligation
free funeral advice
and information.

*...for a life worth
celebrating.*

Tuckers

Funeral & Bereavement Service

www.tuckers.com.au 5221 4788

FIREWOOD

Split - Dry - Delivered

Phone Geoff
0418 521 948

Email: tampling@live.com.au

MEREDITH CONSTRUCTIONS

GEOFF L. HARDY D.B.U 15273

Registered Building Practitioner For

<p>New Homes</p> <p>Additions</p> <p>2nd. Storey</p> <p>Kitchens</p> <p>Painting</p> <p>Plans etc.</p>	<p>Renovations</p> <p>Ground Floor</p> <p>Bathrooms</p> <p>Decking</p> <p>Tiling</p> <p>Pergolas</p>
--	--

All aspects of concreting


Phone 0409 850 611 8am - 5pm

scanamol

Peter Scanlon

Tall Tree Road
Lethbridge
Tel/Fax: 5281 7284
Mobile: 0414 665 130
Email: scanamol@bigpond.com

Spreading
FERTILIZERS
LIME
GYPSUM
MANURE
GRAIN CARTAGE





MULCAHY & CO

Reliable, accessible, responsive...it all adds up to a quality outcome

Are Your Farm Assets at Risk?

- Asset protection is an important step to become financially secure.
- Farming is a risky business. Make sure your valuable assets on the farm and investments are not at risk from legal action.
- Asset protection risk is a risk you can control.
- Come along to better understand the risks and what you can do to safeguard assets and your future wellbeing.



MULCAHY & CO

Reliable, accessible, responsive...it all adds up to a quality outcome



Beaufort

Ballarat

Lake Bolac

Farm Succession Planning

Have you begun to consider Succession Planning for your Family Farm?
Have you tried before and got nowhere?
Is the process between your Accountants and your Lawyers proving impossible?
Have you avoided the issue for too long already?

At Mulcahy & Co, with Accountants, Lawyers, Financial Planners and Lending Brokers all under one roof, we specialise in providing rural families with a collaborative approach to finalising a sensible succession plan.

Give Mulcahy & Co a call today. You'll be surprised how easy the process can be when dealing with experts in the area.

**Our 3 office locations offer you flexibility for appointments
Call 5330 7200 now to make an appointment.**

Cloud Accounting and Cloud Document Storage

Is it time to implement a cloud accounting system and cloud document storage?

Whilst there are many benefits with implementing a cloud based system the most important is SAVING TIME.

Can you afford to spend your valuable time doing something that can now be completed much more efficiently?


Our Accounting and IT experts can implement and support a cloud system that is designed for you.

For more information on the cloud go to - www.mulcahy.com.au/cloud



- ACCOUNTING • FINANCIAL PLANNING • LENDING
- LEGAL • INFORMATION TECHNOLOGY

ph: 03 5330 7200 e: info@mulcahy.com.au w: www.mulcahy.com.au 300B Gillies St, Ballarat

Get updates via our facebook presence: www.facebook.com/mulcahyandco 



Bannockburn Pharmacy Newsletter

Proprietors: Scott Wilkes & Damian Bennett

6 High Street

Bannockburn VIC 3331

Phone: 5281 1519

Happy Mother's Day to our special Mum's!

Mother's Day - Sunday 11th May

Don't forget Mother's Day is on **Sunday 11th May**. We have lots of gifts for our special mums ranging from perfumes, to handbags through to Glasshouse Candles/ Diffusers and lots more. Don't forget Dad's that we offer FREE gift wrapping so you can take credit for the beautifully wrapped gift that is given!! Also if you have a Gift Club Membership card, which is free to join, you will receive 16% off all gifts + 5% goes back onto your Chemmart Rewards card!

Farewell Cindy

This month Cindy, one of our Pharmacists, will be leaving on maternity leave to have her 1st baby! Cindy's last day will be on Wednesday 14th May. We wish Cindy all the best and look forward to her visiting with her newborn.

Rotary Bowel Scan Kits

Rotary bowelscan kits are now available throughout May.

It is strongly recommended that ALL men and women over the age of 40 to have a Bowelscan EVERY YEAR.

If you would like to undertake this screening then please come and buy a Bowelscan kit from the Pharmacy and then, once completed, you simply return it to the Pharmacy for private collection.

MooGoo Skincare

Don't forget that we are now stocking MooGoo skincare products for adults and infants!

MooGoo is an Australian company with an entire range of natural and safe products that are made with effective ingredients designed for people with skin and scalp problems.

You will find within the Pharmacy that we have a stand with the MooGoo products on them plus a section in our Mother & Child section in the Pharmacy.

All of our prices are below the RRP plus don't forget you can use your Chemmart Rewards Card when making a MooGoo purchase.

For further information, please call in to see the range of products available.

Chemmart Rewards Card & Gift Club

Have you joined our combined Chemmart Rewards Card & Gift Club yet?

If not, then come in and join up as it's FREE. Here are some of the benefits of joining:

- receive 5% Chemmart Cash on all purchases (excludes prescriptions).
- you can accumulate your Chemmart Cash for as long as you want & spend it whenever you want.
- Exclusive to our Pharmacy only: receive 16% off giftware all year but in December receive 21% off giftware! Plus 5% of your purchase goes as Chemmart cash on your Chemmart Rewards Card

Pharmacy Features:

- **Medela (we hire Breastpumps)**
- **MooGoo**
- Natio
- Homy Ped shoes
- Sukin Organic Products
- Nude by Nature
- Diabetes Australia Agency
- Kate Morgan Weight Loss Centre
- Giftware for all ages
- Salt & Pepper
- Digital Photo printing
- Passport photos
- Darrell Lea Chocolates
- Baby section
- Vitamins
- Webster-paks
- Home Medicine Reviews
- Medicare Access Point
- Free gift wrapping
- BYS Cosmetics
- Fragrances

Opening Hours:

Monday: 8:30am - **6:30pm**
 Tuesday: 8:30am - **6:30pm**
 Wednesday: 8:30am - **6:30pm**
 Thursday: 8:30am - **6:30pm**
 Friday: 8:30am - **6:30pm**
 Saturday: 8:30am - 1:00pm
 Sunday: Closed
 Public Holiday's: Closed

Rotary Bowel Scan Kits available throughout May from the Pharmacy



it's History

Meredith History Interest Group

Golden Plains Heritage Trail

The Golden Plains Heritage Trail will showcase "Stories of our Hidden Gems" through the Golden Plains Region.

The Shire suggests you to enjoy historic towns walks, visit old buildings, look at heritage photographic collections and memorabilia displays and join activities in the townships of Linton, Smythesdale, Inverleigh, Meredith, Steiglitz and Lethbridge on Saturday, May 17, 2014.

MHIG will present a number of displays between 10am and 4pm at the Anglican Church Hall in Wallace Street. Gold Coin donation.

The displays will include: history of the Church of Epiphany which recently celebrated the 100th anniversary of its opening, history of Moranghurk Soldier Settlement, Meredith Heritage Walk brochures for a self guided tour, history of Meredith Fire Brigade which in 2013 celebrated 100 years since formation, some information collected for the "Who Lived in my House?" project and a fabulously fun display of shoes and shoe related items!

The Church of Epiphany will be open for inspection, various history books will be available for sale and it is intended to have the new Meredith Interpretative Centre open for the day.

Watch for the brochures that detail the "Hidden Gems" in all the Golden Plains towns mentioned above.

Remember: Saturday, May 17, 2014 for the Golden Plains Heritage Trail.

Meredith Cemetery Tour

MHIG is planning a tour of the Meredith Cemetery on Sunday, May 25 from 1.30 pm.

Learn about the history of the cemeteries in Meredith, the layout of the cemetery, the earliest burials, the families and the interesting stories related to burials at Meredith.

Everyone is welcome.

Taylors Road Talk Fest

MHIG is planning this event for later in the year.

In preparation for the Talk Fest you may like to talk to people about the road, look up old maps or documents and travel the road.

We would like to amass lots of information before the Talk Fest.

Catalogue

On the last Thursday in the month we meet at the Anglican Church Hall from 9am. We would love you to drop in. Bring a photo, a document or a story.

A Soldier Settles

Andrew Patterson

Warrock and Joan Patterson took up a soldier settlement block on the 'Larundel' estate in 1951, which they farmed until 1964 when they moved to the Albury district.

Warrock passed away unexpectedly on 25 November last year in Albury. He is sorely missed by Joan, his three children, Andrew, Tim and Belinda, eight grandchildren and four great-grandchildren.

Warrock was born at 'Warrock' homestead near Casterton in 1925, the youngest of four. He was educated on the property by a governess and then attended boarding school, where he excelled at gymnastics and rowing. He joined the RAAF in 1944, but by the time he received his pilot's wings, to his frustration, no additional pilots were needed for active service. In 1947 he married Joan, and, building on his pastoral background, turned to farming, managing properties in central Victoria for several years and attending Dookie to earn the points for a 'block'. He was rewarded with the allocation of 640 acres between Larundel and the Junction Bridge which he and Joan named 'Warragai'.

Like so many other soldier settlers, Warrock and Joan put in hard but fulfilling years - living in the garage while building the house, battling rabbits and browntop, fencing and planting windbreaks, fighting off the biting, showery westerlies, and in the early days living without electricity and enjoying the pleasures of visiting the outside dunny complete with the spiders!

Warrock - or 'Wok' as he was known in the district - found time to play footy for Meredith, be active in the Progress Association, set up the "Youth Club" for the kids in the district, which met weekly at the church halls in Meredith and Elaine (and Joan established the Brownies), and they regularly shared bush picnics with neighbours - the Camerons, Allens, Bakes, McMasters, Sutherlands, Barbers and many others - often in our Scrub Paddock near the Leigh River. They were simple but rewarding times, and the 'soldier settlers' enjoyed special bonds built on their service histories, their arrival as newcomers in the district and their young children all growing up together, attending school in Elaine and at Woodburn Creek.

After leaving Elaine, Joan and Warrock farmed at 'Wollindina' and then 'Warragai II' in the beautiful Wymah Valley east of Albury near Lake Hume. They sold Warragai II in 1974 and Warrock took up landscaping in Albury, but they had a smaller block in the bush where Warrock constructed a grand open-plan house made of river rocks from the creek. They subsequently lived at Rye where Warrock worked as a stonemason, at Tamboon in east Gippsland where he built a self-sufficient house in the bush and fished, and on Magnetic Island before returning south in full retirement to Tweed Heads and finally Albury where Joan now lives. Warrock lived a simple, but highly productive, independent and energetic life, full of many interests and he is fondly remembered for his legacies of great love and service to his family and the communities where he lived.

What to you get when you
can't get a coffee?

D'Espresso



Healthyeasyanddelish

selected by Stefania Parkinson

CHEESY-VEGIE PASTA BAKE

(great for the kids)

Serves 6 • Prep 15 min Cooking 20 min

Ingredients

- 375g penne pasta
- 300g broccoli, cut into florets
- 500g cauliflower, cut into florets
- 2 teaspoons vegetable oil
- 1 large brown onion, chopped finely
- 1 teaspoon mustard powder (optional)
- 1 teaspoon sweet paprika (optional)
- ¼ cup plain flour
- 1 ½ cups low-fat milk
- 420g can tomato soup
- 400g can chopped tomatoes
- 1 ½ cups grated reduced-fat cheddar cheese
- 1 tablespoon chopped parsley

Method

1. Cook pasta to packet instructions, drain. Cover to keep warm.
2. Meanwhile, cook broccoli and cauliflower in medium saucepan of boiling water until tender, drain. Cover to keep warm.
3. Preheat grill.
4. Heat oil in large pan, cook onion stirring until softened. Add mustard, paprika (if using), and flour, cook stirring for 2 minutes over low heat. Gradually stir in milk and soup, stir over low heat until mixture thickens. Add tin tomatoes, cook stirring until mixture is hot.
5. Stir pasta, broccoli, cauliflower and 1 cup of cheese into tomato mixture. Divide pasta among six 1 cup (250ml) oven proof dishes, sprinkle with remaining cheese, grill lightly. Sprinkle pasta bake with parsley just before serving.

from Women's Weekly food for fit and Healthy kids



MEREDITH MEATS

"Farm Fresh Meats Direct to You"

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

CUT TO ORDER

For orders, prices & enquiries

Phone

Robert 0408 574 947 or Andrew 0417 594 324

A R J TRANSPORT

Andrew Cooke

Carriers of

- Livestock
- Bulk Grain
- Super
- Wool
- General

119 Mt. Mercer Road,
Meredith, 3333

Ph: 5286 1346
Mob: 0417 594 324

ELECTRICIAN

Scott Thomson Electrical

Domestic Industrial
Commercial

New Homes / Extensions

Poultry Farm Installation &
Maintenance

Garages / Sheds

Renovations / Rewires

Underground Power Supplies

General Wiring, Repairs, Additions

127 Eagle Crt
Teesdale

REC 11212

0438 815133

BYV WOOL BROKERS



SERVICING ALL AREAS

Family owned & operated
for more than 20 years.

**BEST CASH PRICES
GUARANTEED!**

Specialising in:

- Clip Brokering
- On Farm Pricing
- Shed Clean Ups
- Pick Ups
(subject to availability)

Monday to Friday, 8-5pm
Saturday, by appointment only
2990 Princes Hwy, Winchelsea

Ph: 5267 2703 or 0417 054 792

byvg@bigpond.net.au
www.byvwool.com.au

We celebrate the fun and enjoyment of photography by publishing a selected photo each month. If you have a funny, beautiful or interesting photo, send it in. See page 2 for contact details.



pic of the
month



photo by Cathie Boer



City to Country
Plumbing & Gasfitting Pty. Ltd.

Lic #35586 ABN 18 518 220 928

For all your Plumbing needs

• **FREE no obligation quotes**

- Heating/air con installation (wood/gas/split system)
- Licenced gas testing (heaters/appliances) & Gasfitting
- Roofing, guttering & spouting
- Drainage, septs & sand filters
- Hot Water Services (gas/electric/solar)
- 2 & 8tn Backhoe Hire
- New & Existing Homes, Commercial & Industrial
- Accredited Backflow Tester

1735 Steiglitz Rd Maude Vic 3331
Ph: 5281 9443 Mob: 0408 526 365
E: enquiry@citytocountryplumbing.com.au

Steve Trofin - Your local plumber for 17+ years

- New Homes
- Extensions/renovations
- Building Maintenance
- Decks, Pergolas
- Verandahs, Carports
- Bathroom Renovations
- Owner Builders
- Farm Buildings, Equine facilities
- Shearing Sheds
- Timber floors
- Insurance work
- Window & Door Replacement
- Plans & Permits obtained



**Steve Crowe
BUILDERS**

0418 122 490



Master
Builder



REGISTERED
Building Practitioner

B&S Stock & Pet Supplies

Cnr Milton & Burns Sts. Bannockburn

Phone 5281 1566

We stock all your requirements including:



- Horse Feed
- Molasses
- Dog & Cat Food
- Horse Shoe Nails
- Poultry
- Collars & Leads
- Bird Seed
- Supplements
- Pure Apple Cider Vinegar available
- Horse Rugs (all sizes)
- Double Horse Float Hire

Agents for Sureguard Solar Electric Fence Energizers
Delivery can be arranged

Hours:- Mon - Fri 8.30am- 5.30pm
Sat 8.30am-1pm Sun 10am- 1pm

Septic Tank Pumping

No after hour surcharge



• 24 HOUR SERVICE •

0427 304 959 / AH: 5281 7215

Gerald Dupe Septic Tank Pumping

BODYWORX

MASSAGE & FITNESS

Remedial Massage Therapist
Qualified Personal Trainer

Cathy Wood

0417 931 718

4113 Midland Hwy

Meredith VIC



PROFESSIONAL ACCOUNTING & BUSINESS SERVICES

Accounting, Taxation and Financial
Planning for Individuals & Small Business

QUALIFIED ACCOUNTANT & REGISTERED TAX AGENT

JRP provides specialized accounting, taxation and financial planning for small business and individuals.

- **GENERAL ACCOUNTING**
- **TAXATION SERVICES**
- **GST and BAS SERVICES**
- **BOOKKEEPING**
- **COMPLETE PAYROLL MANAGEMENT SERVICES**
- **SPECIALIZED REPORTING SERVICES**
- **BUSINESS COMPUTER SYSTEMS and IMPLEMENTATION**
- **BUSINESS ADVICE and SOLUTIONS**
- **TRAINING SERVICES**

JRP is able to provide its services either on site or off site. Contact JRP to discuss all of your needs. The initial consultation is FREE of charge.

Contact John: Telephone/Facsimile: (03)52821082
Mobile: 0408 821 082
E-mail: jrpaccounting.com.au

Plumbitall

- New homes
- Renovations
- Sewerage Work
 - Spouting
- Maintenance work
- Appliance service
 - Roofing

Local Beremboke plumber
servicing all surrounding areas

Darryl: 0419 782 015

Kindred matters



Judith Emond, Family Therapist

Sleep Matters

Everyone needs sleep it is one of the most fundamental ingredients of our existence. More importantly it ensures that we can rest, heal, recharge, grow and maintain good mental and physical health.

We would all agree that our busy lifestyles, shift work as well as current technology such as, computers, gaming and mobile phones are factors impacting on establishing healthy sleeping patterns for us and our children.

Without sleep we cannot operate at our best. It impacts on our behaviour and mood, we become irritable, grumpy and uncoordinated. Lack of sleep also effects our immune system and our capacity to concentrate and learn.

Did you know that primary school children need 10-12 hrs sleep each night and high school/university students 8-10 hours? Most adults need 7-9 hours sleep as well. Are you or your children tired, constantly sick, not performing well at work/ school, anxious, depressed or behaving 'out of sorts'? Perhaps sleep is the antidote!

Sleep really is our best friend and here are some tips to help;

- prepare at least 1 hour before bed, no external stimulus such as TV, gaming or computer use
- use the hour prior to bed for brushing teeth, toilet and relaxation strategies such as, reading stories, herbal tea or warm milk, soothing music or meditation. Our body and brain need to be in a calm and relaxed state to sleep
- avoid vigorous exercise a few hours before bed as well as caffeine or energy/ sugar drinks
- try your best to go to bed and wake up at the same time each day
- if you are a shift worker extra care must be taken to ensure you get the correct amount of sleep. Specific information is available on the Sleep Health Foundation website
- seek help if you or your children are experiencing problems with sleep

Assistance is readily available to promote good sleep for you and your children online. Try the following sites;

Royal Children's Hospital Sleep Unit rch.org.au/sleep or rch.org.au/kidsinfo Sleep Education sleepeducation.net.au
Sleep Health Foundation sleephealthfoundation.org.au
or [facebook.com/sleephealthfoundation](https://www.facebook.com/sleephealthfoundation)

Judy

CENTRAL HIGHLANDS ANTENNA SERVICE Pty Ltd

Master Technician with over 20 years experience

SPECIALISTS IN

New installations

- * Service to existing Installations
 - * Melbourne & Regional Reception, including Ch. 31
 - * UHF—VHF—FM Video Systems
 - * Amplifiers and Signal Boosters
 - * Signal and on site testing
 - * 5 year Warranty on all work
 - * **Tuning of TV sets & VCR's**
 - * Work performed to Antenna Technician Association Standards
 - * Advice – Quotes—Friendly Service
- All Areas 7 Days

Mobile 0418 508 524

Ph. 5333 4441 Fax 5332 2435

fbschaefer@bigpond.com

Frank Schaefer

P.O Box 352W Ballarat 3350




Browndogs Plumbing



ALL TYPES OF PLUMBING WORK
CALL ADRIAN

0439 529 241

LICENCE # 103032



Country to Coast Electrical

R.E.C. 14586

**All Types of Electrical Installations
Pensioner Discounts and Free Quotes**

Mob. 0419 504 297

Shaun Bubb
email: shaun.bubb@bigpond.com
66 Brunel St. Lethbridge 3332

Guaranteed Septic Solutions Pty Ltd

A.C.N. 111 827 804

Gary Toulmin (Licensed Drainer)



Mobile 0438083044
Lethbridge 3332

For all your Drainage and Earthmoving Needs

- Septic systems sand filters, treatment plants
- Storm water
- Sewer connections
- Site clearing , excavation,
- Culverts
- Backhoe hire
- Specialist advice on replacing existing systems to water saving re-usable systems
- Free quote, special deals

**Our product, service and price won't
be beaten Guaranteed**

- free quotes, special deals

FOR RELIABLE, LOCAL LPG SERVICE DIRECT TO YOUR DOOR
ASK

Elaine General Store

YOUR LOCAL UNITED GAS DEALER

Elaine General Store

United Gas is pleased to announce that **Elaine General Store**
are delivering **United Gas** to your area.

Elaine General Store will supply competitive 45kg,
forklift and BBQ gas cylinder refills in a reliable and friendly manner.

- 45kg Domestic and Commercial Cylinder applications
- Fork lift Cylinders (15kg Aluminium Cylinders)
- Refills BBQ and Camping Cylinders
- Bulk Gas Quotations supplied

Please contact the team at **Elaine General Store**
To arrange your next United Gas LPG delivery

**SUPPORT YOUR LOCAL
STORE**

OPEN 7 DAYS

**CALL US NOW FOR A
COMPETITIVE GAS PRICE**

Elaine General Store
Contact Paul Ryan: Ph: 53 415 572 or 0409 861 296



WOOLABRAI P/L

Rural Merchandise Supplies and Woolbuyers

Serving Meredith and
district for 20 Years

4350 Midland Hwy Meredith

Pasture and Cropping Needs



Call in for all your pasture and fodder crop needs
New variety oats for grazing and hay production. Fertilisers available

Specials on a variety of products

PH 5286 1223 Or 0408 861 221

Check Out Our Website! -

Free Delivery In Meredith Area

OPEN MON-FRI 8am-5pm SAT 9am-12pm

New to Woolabrai Cool Room for Hire



GOLDEN PLAINS EQUINE

Dedicated to providing quality
veterinary care for all horses

- 📍 Equine medicine & surgery
- 📍 Pre-Purchase examinations
- 📍 Reproduction services
- 📍 Lameness examination
- 📍 Purpose built Equine Clinic
- 📍 Endoscopy, Digital radiography (x-ray), ultrasound
- 📍 Emergency service 24 hours, 365 days

**Servicing all areas of the Golden Plains Shire
and Greater Geelong.**

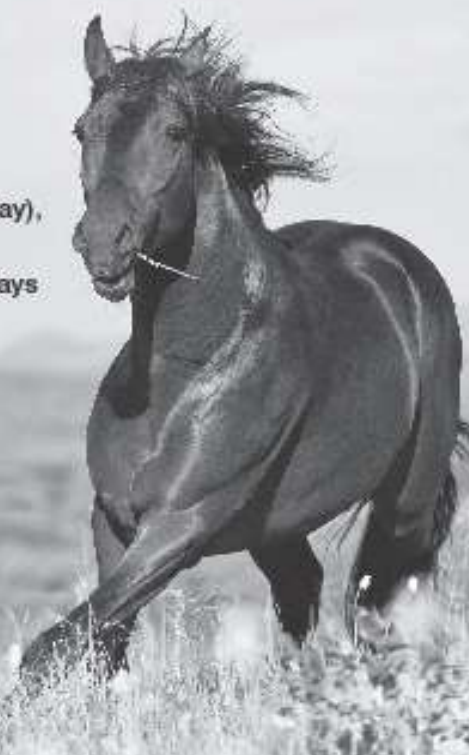
Our team have spent many years working internationally, in university speciality centres, and are pleased to bring their dedicated equine expertise to care for your horse.

We are passionate about offering friendly family service at affordable prices.

All inquiries welcome anytime.

Drs Simon & Alexandra Pearce

📞 0437 467 097





Wendy Abraham's cool Ap alert for your iOS device. But Android users should check the Play Store anyway - many of these aps are there too.

Last month we looked at some of the features of ebook readers. This week we will talk about a few related apps.

Book Creator - Try making your own book! This simple app lets you insert photos and text, write on the screen, change colours and sizes, even add music or a narration to your book. You can then send your book as an email or share it with friends. Great for retelling favourite family stories.

Free Books - This free app offers hundreds of books for free, any of which can be downloaded in a few seconds. Most are classics, so if you would like to read Jane Eyre or something by Rudyard Kipling, here is the place to look. For fans of audio books, you can choose to upgrade by paying \$3.99 to access nearly 4,000 audio books at no additional cost.

Flipboard - If you like a magazine style presentation of your reading material, have a look at Flipboard. Use the menu to select sites that you would like to follow from a large range of categories, including Health and Beauty, Craft, Travel or Movies. Flipboard then presents these pages as headlines on an opening screen. You can explore any article, flip through it as if reading a magazine or read an item in greater detail by touching on it.

There are many other reading related apps, so browse the App Store to find others to suit.

Wendy

A.D.F.

AUTO DRIVE FENCING

For ALL your fencing needs

Town & Rural

Horse, Sheep & Cattle yards

Horse Shelters

Post & Rail

Electric fencing

Repairs & Maintenance

SPECIALIZING IN FAST
POST DRIVING USING THE
LATEST MUNRO AUTO
DRIVER ON SIDE SHIFT

Call Matt 0438 828 043

Free Lenses*

(*single vision stock lenses worth \$90)

**When you buy a Prada and
Versace Italian made frame
during May 2014.**



Bannockburn
ph: 5281 2848
2/7 High St.
Bannockburn



Licenced Pizza Restaurant & Café

**Dine In or Takeaway
Ph. Orders Welcome 5286 1188**



Open 6 Days a Week

Tuesday 11am-8pm

Wed-Fri 9am-8pm

Sat-Sun 10am-8pm

Monday Closed

***New* Ask us about Catering, Functions and
Parties!!!! (we are licenced until 10pm)**



**Garden Supplies
Ph. 5286 1188**



Open 5 Days a week

Wednesday-Sunday 9-5

Monday-Tuesday by appointment only

***Mulch**

***Sands**

***Crushed Rock**

***Scoria**

***Compost**

***Soils**

***Firewood**

***Pavers**

***Pots/Ornaments**

***Pebbles**

***Tip Truck Hire**

***Bobcat Hire**

Pick up and deliveries.

