



Interpretative Centre Opening

The Meredith Interpretative Centre or “Midway on the Midland” was officially opened on Tuesday, October 7 by The Hon Simon Ramsay MLC, Member for Western Victoria and Sarah Henderson MP, Federal member for Corangamite. And assisted by Jenny Blake, Mayor of Golden Plains and Diane Ritchie, Chair of Advance Meredith.

The building was full of Politicians, Golden Plains Councillors and Staff and members of the Community of Meredith.

Cr Jenny Blake said that the centre was a great asset for Meredith because it provided space for displaying historic and visitor information as well as toilets, amenities and visitor parking.

Simon Ramsay explained that funding to build the centre had been obtained from Regional Development Victoria and Golden Plains Council and funding to fit out the centre had been obtained from the Australian Government, from Heritage Australia, Geelong Community Foundation, Sovereign Hill Trust and Advance Meredith.

Sarah Henderson said the centre provided the opportunity to research and share the rich and significant history of Meredith and is the first of its kind in the Golden Plains Shire.

Diane Ritchie described how Meredith, with the new centre, will continue to provide hospitality to locals and travellers as it has done in the past. The Meredith Interpretative/Visitor Centre is a focal point for the community to connect with each other and the vast number of travellers on the Midland Highway and will also be a place to showcase district tourism, environment, community and business information and displays by local businesses and groups.

The centre commemorates Sir Henry Bolte, a local farmer and Premier of Victoria for 17 years. He divided public opinion with his unique, often unwavering leadership style and was the cartoonist's dream. A special display of “Openings by Henry Bolte” was set up including Sovereign Hill, Bungal Dam, Alcoa, Tullamarine Freeway and his wife, Jill Bolte switching on the electricity in Meredith.

The Shire indicated that almost 5,000 vehicles travel through Meredith per day. They estimate that the opening of the Visitor Centre will see an additional 5,000 visitors stopping in Meredith per year.

Community displays will change monthly and will showcase various aspects of Meredith and District. Volunteers are very welcome. Please call Fay McFarlane on 52 861283 or drop in when the flag is out!

Below: Simon Ramsay MLC. Cr. Jenny Blake and Sarah Henderson MP, at the opening ceremony. On the same day, Terry Mulder MLA turned the first sod was also turned for the building of the Meredith Integrated Community Hub.



inside



- Meredith Tickets for Locals
- Controlling Serrated Tussock
- Vale Margaret Fink
- Your Ideas for the Ibis Walk
- An 80 YO who was Quick at the Net
- Meet our New Principal

...and the usual *much more!*

Meredith & 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:

B&W colour

Business Card	\$14.00
Quarter page	\$25.00
Half page	\$40.00 \$100
Full page	\$80.00 \$180

Note: Colour not available for all issues, and a \$20 loading applies for preferred position. Classifieds are **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 \$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) General: Jim 5286 1273 or Accounts: 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 online 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

☎0419 423 960

BLUE LIGHT DISCO

☎5286 1222

BOOK CLUB

☎5286 8201

CFA

(000 for fire calls)

Elaine

☎0417 533516

Meredith

☎5286 1502

Morrison

☎0417 770 765

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

FRIENDS OF THE BRISBANE RANGES

☎5286 1252

LIONS DISTRICT CONTACT

☎52 815391

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 flood & storm help:	132 500
24 Hour Helpline	1800 629 572
24 Hour Drug & Alcohol	1800 888 236
Kids Help Line	
24hr 5-18yo	1800 551 800
Golden Plains Shire	1300 363 036
A.H.: all services	5220 7111
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



Horse sense is the thing a horse has which keeps it from betting on people."

W.C. Fields

...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



As I write this week we see the builders have taken over the site for the new Community Hub and ground works are underway. We have relocated to the house at number 5 Russell St opposite our building and we are settling in well. Our Occasional Care and Playgroup are located in the portable building at the Primary School which we are sharing with after school care. We are also still able to use the portable studio building for classes and meetings.

We are well into our final term for the year and already planning and seeking funding for next year which is really scary. We are also planning our programs for next year, so if you have something you would like us to deliver or a skill you would like to share please call in, give us a call or post on our Facebook page. We would love the Facebook page to also become a community page, so if you have any information you would like us to distribute give us a call.

Computer tips

Do you have problems sending files like images or presentations by email because they are too large? Have you lost important information because your memory stick has corrupted or you have lost it? Have you thought of using a cloud based solution? My favourite is Dropbox where I store files; access them on both my home and work PC and on my mobile devices and even share a folder of file with others. I rarely use a memory stick these days. If you want to know more about working with Dropbox, Evernote and Google Drive enrol for our class on 4th December. These are all great tools for helping you get organised.

Also coming up in November, find out how to set up a simple website for yourself using freely available tools. You can still jump in to our iPad class; we still have room for you. We do have iPads available if you don't have one just so you can learn what they are all about. Our ever popular free ABC open photography class is coming up on 8th November too.

We will be holding a community lunch as our Centre Christmas Celebrations in December and will post the date in the next newsletter.

5 Russell Street Meredith 3333
Ph 5286 1348 Fax 52861 563
learnlocal@meredithcommunitycentre.com.au
"Working for our community"

Meredith Kindergarten Cookbook

Pip McLane Fundraising Coordinator

Please note the proposed Meredith Kindergarten Community Cookbook has been delayed until 2015.

Look out in 2015 when we will celebrate the construction of the new Kindergarten and Community Hub with the release of our Cookbook".

Can you help your local Lions Club?

Lion Les Cropley

You can join people young and old, who enjoy both social activities and the satisfaction of being part of a team that has the ability to raise funds and make improvements in their Community making a better place for all to live in.

If you are interested and would like to be part of the team to form a Lions Club in your district, please contact me, Les Cropley on 0428 466 446 or at safet1@netspace.net.au

We would love to hear from all people who can and will be an asset to their Community Improvement.

Teesdale Country Market

9am -1pm **23rd November**
@ Turtle Bend Reserve
\$25 stall fee, Market Stalls,
B.B.Q., Coffee Van,
Jumping Castle, Music



Thank you to everyone locally who has given us support and encouragement regarding our lost dog Niki. If anyone has info please tell the corner store - Fiona & Rob.

Classifieds

First insertion of small ads are FREE to district residents

For Sale – Ashton 5 piece Drum Kit. Fantastic first drum kit. Hi-hat stand, cymbel stand. (sorry no cymbles), skins replaced 6 months ago. Red in colour. In excellent condition and well looked after. \$150.00 phone 0438 861 566
Yamaha Electronic Keyboard. Great keyboard whatever level of player. Can fully program. Hardly used and in excellent condition. \$95.00 phone 0438 861 566

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

Baptisms, Weddings, Funerals, pastoral care

Father Herman Licayan 52861230

-St. Joseph's Mass times

Weekend Masses

Winchelsea every Saturday @ 6 p.m. Bannockburn every Sunday @ 9a.m. (Family Mass every 1st. Sunday of the month)

Anakie @ 11 a.m. Sunday November 9th/ 23rd.

Meredith @ 11 a.m. Sunday November 2nd/16th/30th.

Please note change of dates for November due to Sunday November 23 rd Thanksgiving and Commissioning Mass and Barbeque at Meredith.

Confirmation : Sunday November 30th @ 2p.m. for Meredith Parish to be held at Holy Spirit Church, Manifold Heights.

Melbourne Cup Day Garden Chicken & Champagne Lunch at St. Joseph's Meredith. All welcome. Lots of fun and prizes for best outfit and hat etc.

RED CROSS FILM NIGHT

Last Thursday of the Month 7.30pm

Come along and see our next movie

"The Invisible Woman"

(a true story of Dicken's mistress)

at the Meredith Community Centre in the Studio (Donation Appreciated).

A Red Cross Christmas Lunch will be held on 4th December at the home of Rosemary Hart, 1050 Shelford-Meredith Road at 12.30. Members and their friends are very welcome.

A plate of food would be appreciated.



DO NOT CALL

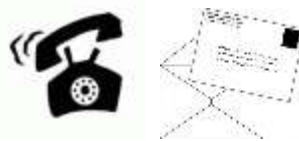
The Australian Government has introduced legislation to change the Do Not Call Register so it will only be necessary to place a phone number on the Register once, as opposed to re-registering after eight years.

"This change means households will no longer have to remember to renew their registration and it will help them avoid the frustration of being disturbed by unwanted telemarketing calls at dinner and other times,"

The Do Not Call Register is a free government service and registration of a phone line, mobile phone or fax number can be done on line in five easy steps, at www.donotcall.gov.au, by phone on 1300 792 958 or by post.

Where a householder registered on the Do Not Call Register receives a call from a telemarketer, they can report this to the Australian Communications and Media Authority – who can investigate and take action including issuing infringement notices and hefty fines.

Some organisations have an exemption and are able to make unsolicited calls, these include charities, educational institutions and political parties. Phone numbers that are primarily used for business purposes may not be registered however any fax number can be listed on the Register.



...and, DO NOT OPEN

Martin Peters

I have seen this one doing the rounds recently, and thought it was worth warning readers, especially as it just turned up in my inbox this morning!

If you get an email in your inbox from 'Australia Post' or 'Post Service' or similar – do NOT open the link in the email!

What you get looks innocent enough, but when you click to get the details of your parcel, it manages to lock you out of your computer and all the files on it. You then get another email offering you an unlock key for a fee off your credit card!

Having had to 'rescue' a couple PCs from this in the past, and knowing how damaging it can be, it is probably a timely reminder to:

1. Back up your important stuff to a USB storage or similar
2. Keep your virus checker up-to-date
3. Be suspicious of unsolicited emails, and
4. NEVER open attachments or follow links on emails unless you are sure you know what they are

St. Joey's OP SHOP – Rear of St. Joey's hall
Open Wednesdays and Fridays 10 a.m.- 4p.m..

Meredith POLICE news



Generally crime has been at quite a low level within the Meredith Township and surrounding areas over the past month. We have still seen some minor theft activity in and around Bamganie and areas west of the Meredith Township where spasmodic thefts are continuing. Burglaries and Thefts are still occurring frequently at larger townships on our borders however.

Driver behaviour is always of major concern to Victoria Police and a clear example of extreme poor behaviour on the Midland occurred in recent weeks where the male occupants of a Kia Carnival were observed in an intoxicated state allegedly assisting a younger male. This occurred near the Meredith Township and the vehicle was the subject of numerous other police enquiries during the course of the day due to the driver's behaviour. This matter is currently under investigation.

Not a day seems to pass where there is discussion and concern on television or radio with regard to the drug Ice. Crystal Methamphetamine is having a horrific effect on communities large and small across the country.

On Monday evening the 17th November starting at 7.30 p.m., at the Meredith Community Centre a drug awareness night will be run where a Senior Victoria Police Detective attached to the Werribee Crime Investigation Unit will be attending together with myself to attempt to answer questions and to give a detailed insight into this illegal drug and its effects on family and the community.

If you have children and want to learn more I would think this will be a valuable opportunity to gain some detailed knowledge and insight.

The Halloween version of the Blue Light Disco will be run on Friday the 31st of October at the Meredith hall. Disco Des from Ballarat will be in great form on the evening and there will be plenty of great prizes to be won. I will be advertising the disco through the school and in the next news letter before the big night.

Kindest Regards, Greg KITCHEN

Officer In Charge – Meredith Police Station.

Meredith Music Festival Tickets for Locals

An allocation of tickets for Meredith Music Festival will be made available for locals living between Elaine and Lethbridge to purchase from the Meredith Corner Store (15 Wallace Street) from 9am on Tuesday 11 November. For more information contact us on 0430 091 120 or via auntym@mmf.com.au. The festival website is www.mmf.com.au

Calling for Nominations !

from Media Release

2015 Australia Day Awards Nominations are now open. Golden Plains Shire Council is inviting nominations in the following categories:

- Young Citizen • Citizen,
- Senior Citizen • Community Event of the Year.

Do you know an outstanding citizen or event? Nomination Forms are available at goldenplains.vic.gov.au.

Contact Alice Fraser, Events Officer on 5220 7245 or at alice.fraser@gplains.vic.gov.au. Nominations close at 4pm Wednesday 26 November 2014.



Kinder Report

Our days are flying by in October, we celebrated Children's week with dress up days, face painting & cooking activities. We had a lovely Print making session with Anne Langdon where the children made tote bags using a variety of print making techniques, Anne will visit again to ensure every child is able to enjoy this experience. We had our annual Kinder photos a few weeks ago and of course it was on one of those terrible cold rainy days!! So unfortunately we didn't get to play outdoors and let the photographer capture those lovely outdoor moments in the sunshine. But the Kinder children are remarkably adaptable to changes in the program due to the weather and they still had big smiles for the camera! Thank you to our extra families /parents for your patience who came in especially on the day too.

We have our AGM coming up on the 13th November at 7pm at the Kindergarten. This is when families enrolled for 2015, new families can pick up their enrolment packs, meet the teachers and committee members and even (hopefully) join for the committee for the year ahead. We always need new people on board to get involved in the kinder community and have some input throughout the year.

November is very busy with frequent school transition days happening at individual schools, Transition statements are being written and we will have to start planning for Christmas!

Thank you to David Jones who came in on short notice to mow the crazy kinder grass that grows too fast. Thanks also to our Kinder parents who take the washing bag home to help us keep smocks and things clean and thank you to Lyn Symonds (& husband) who made and donated a great wooden trestle table for the outdoors.

Jodie & Kylie

Recreation



Craig (Dougie) Whitehand Hall of Fame Inductee

The Victorian State Indoor Awards were announced last Friday night. The celebration highlighted the achievements of Craig "Dougie" Whitehand of Meredith Cricket Club who was this year's sole Hall of Fame inductee.

After dedicating 17 sterling years of service to Victorian indoor cricket, Whitehand was recognised as both a player and a volunteer, helping the juniors come through the ranks.

An outstanding leg-spinner and capable batsman, Whitehand has represented Victoria and Australia, in both indoor and outdoor formats.

Only the second member of Victoria's Lord's Taverners side to be inducted, Whitehand noted that it was a great honour and that winning five indoor titles had been the highlight of his career. "It was a great feeling being inducted," Whitehand said. "Winning the 2014 Lord's Taverners Shield has definitely been a highlight for me."

Elaine Tennis Club

Congratulations to Max Kocon and Brady Dunne on being runners up in the Buninyong and District Tennis Association U16 doubles championship.

Anyone interested in coaching contact Deb Mair ph 0415969290

Below: Back row left to right

Deb Mair(President) Ashleigh Williams, Brady Dunne, Molly Dunne, Tristan Mair, Montana Mair, Julie Golightly(Coach), Natasha Ford, Matilda Dunne, Megan Farhall, Sophie Mair.

PHOTO OMITTED FROM
ONLINE VERSION



Left: Craig (Dougie) Whitehand Hall of Fame Inductee

Go on...smile!



On the other hand, you have got different fingers.

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Phone 0409 850611 8am - 5pm

Meredith Golf Club

Weekend Results 18th October 2014 Stableford
1st D Gear 29 pts
2nd by countback, J Cooper 28 pts

Meredith Annual Golf trip 2014

Vin Drew Club Captain

This years trip saw us going to Rich River Golf Resort at Moama. All though our numbers were down on last year we all had a good time. We arrived at Rich River on Saturday the 5th July, all though it was fairly cold the rooms were well air conditioned and the resort club is very inviting. We had 4 days of golf. 3 days of Stableford and on the last day a game of Ambrose was enjoyed. Rich River has 2 courses, the East Course and the West Course. With the Pro Staff alternating us between courses it allowed us to get a feel for what they had to offer.

The golf was very competitive with Simon Wilson and Janet Donghi dominating the golf. To try and share the awards around we handicapped each days winner 2 strokes with those strokes going to the days lowest scorer. This gave yours truly a win on the third day. The Ambrose event saw 3 teams of 4 people have a very close contest with the team of Denis Gear, Danny Jury, Lyn Drew and Vin Drew coming out winners. I would like to thank everybody who came this year. It makes for an enjoyable trip away when everyone gets along so well. I hope we can all get together again next year for another enjoyable trip.

Elaine Cricket Club U13

Elaine Cricket Club trains at the prestigious MCG(Meredith Cricket Ground) and plays on the luscious oval at the ECG (Elaine Cricket Ground) Big thanks to S Ludowyk from ECC who played for the opposition team as they were short on numbers.

Elaine v VRI/Delacombe VRI Delacombe 8/33 dec (15 overs)

Best bowlers Elaine A Miller 3/1 H Macdonald 2/3

Elaine 1/127 (25 overs)

A Hogarth - 5 retired, A Miller - Bowled 4, N Pantzidis - 20 retired, T Flood - 3 retired, F Macdonald - 11 retired

K Wells - 4 retired, S Dunne - 6 retired, T Miller - 4 retired

H Macdonald - 2 retired, D Lyons - o not out, K Medlyn-0not out

Encouragement Awards:

Royal Hotel Meredith Aaron Miller, Fergus Macdonald

Hungry Jacks Hamish Macdonald

Macdonalds Award: Seth Ludowyk

Meredith Roadhouse Award: Angus Hogarth

18 Oct 14-25 Oct 14 Mt Clear **84** AS Miller 4/2

N Pantzidis 2/2 A Hogarth 2/2 def by Elaine

9/213(cc) N Pantzidis 51* SO Dunne 50* J Jeffrey 2/9

D Hocking 2/20 I Hucker 2/23

Congratulations to Nicholas Pantzidis and Seamus Dunne for making the Ballarat U13 representative team that will play Geelong U13's on 16th November in Geelong.

From the Mayor

Golden Plains Shire has been provided with a significant number of grants over the past three months for some excellent community projects and we thank the State and Federal Governments for their support. Projects include:

- Bannockburn Family Services Centre Expansion
- Meredith Community Hub
- Rokewood Kindergarten Upgrade
- Teesdale Kindergarten Upgrade
- 18.5km Water Pipeline into Golden Plains Food Production Precinct
- Events, Ma+rketing and Communications Strategy
- Once Upon A Shire Arts Project
- Rural Community Facility Funding
- Graffiti Prevention Arts Project
- Smythesdale Hub Upgrade
- New Bannockburn Primary School

On the first Tuesday in November, Golden Plains Shire Council will elect a new Mayor. It has been both a pleasure and honour to represent our municipality in the role as Mayor for the past two years. The role of Mayor has become increasingly demanding, to being almost a full time position, especially in Federal and State election years which require so much more lobbying and advocacy by Council. I acknowledge the outstanding support given by my own community and especially by Kevin, my husband. It has been very satisfying to see many of the aspirations set through the community planning process now being funded and becoming reality across the Shire.

The dedication of many people who are willing to raise their own funding to contribute toward their projects, such as the kindergarten committees have done, ensures that planning by Council can be realised. Council simply cannot fund all the needs of our communities and funding from other sources is less plentiful. So, good ol' community 'do it ourselves' is essential to achieve all the local infrastructure we need.

As Mayor it has been pleasing to witness the commitment and diligence that our Golden Plains Councillors pay to their task of developing good, long term strategic management in an ever challenging climate. We must not forget that Council is a creature of the State Government and must work within very tight perimeters. It has been privilege to work with other Mayors and CEO's across both the Central Highlands & G21 regions developing and promoting the regional plans that will guide the future of these regions.

It has also been rewarding to work closely with politicians from all parties at quarterly meetings with each sitting member to discuss community priorities and issues. I was pleased to be in attendance at the House to hear David Koch, Member for Western Victoria give his farewell speech. David served our municipality well, being readily accessible and providing good advice over many years. We also farewell Minister Joe Helper, Member for Ripon, who has likewise Support Golden Plains very well during his time in office. We thank David and Joe and wish them all the best for the future.

Buy Australian owned and grow yourself a job.

Cr Jenny Blake Mayor, Golden Plains Shire Council

In my GARDEN

October



There has been a lush response in the garden to the warm and slightly moist Spring weather. The garden is almost fully awake following the winter sleep and blooms abound. The wisterias, Banksia roses, flowering cherries, crab apples and Dutch iris have been in full flower and bring shades of pink, yellow, blue, white, mauve and purple to the garden in volumes. The lawns are soft and green. There is much activity in the pond with the gold fish doing what gold fish do in the Spring. I feel very fortunate to be able to enjoy such a beautiful home environment.

In addition to beauty Spring also brings bounty. The vegetable garden is now almost fully planted with summer vegetables. The pumpkins (Queensland Blue), zucchinis (mixed heirloom varieties), cucumbers (continental) and tomatoes (cherry, Roma and Oxhearts) while enjoying the warm days still need to be covered at night with a frost blanket as they do not like the cold nights at all. Even a mild frost will kill these tender young plants. Snow peas are emerging along with a new crop of assorted lettuces. Broad beans are almost ready for the first picking and I like to pick them when the pods are small and the beans are very sweet and tender, as you would with peas.

This year I have grown potatoes in large pots and it is my view that they are doing much better than the potatoes grown in the ground. Potatoes are another crop that will not grow if exposed to frost. The other advantage of growing potatoes in pots is the ease of harvesting. The pot is simply turned upside down and the potatoes picked out of the soil. This avoids stabbing potatoes with the fork when digging them out of the soil.

Of course, weeds abound in garden beds, lawns and paths and have been dealt with in the usual ways. My preference is to cover emerging weeds with pea straw as it has the advantage of moisture retention in the soil but there is a limit to how many bales of pea straw I can purchase. Consequently, the great majority of weeds are removed manually or by the judicious use of weed killer. Regular mowing of lawns and grassed areas are also part of my weed management: preventing weeds from seeding is essential. Achieving this gives me the opportunity to do what is possibly my very favourite garden work – mowing the grass.

Weekly spraying of roses continues and has kept the black spot well under control with the result that the roses are looking very lush and beautiful. I think that roses are a mainstay of any sizeable garden and their health has a major impact on the overall look of the summer garden. While black spot may not kill a rose bush it certainly will limit growth and flower production. Although it is good to try and limit the use of chemicals in the garden, I have learned that black spot control is not one of those things that one can

ignore and I am not aware of any effective non-chemical remedy.

As the days have warmed I have moved the potted orange trees and the banana tree from the greenhouse. They are moved back into the greenhouse on nights when the minimum temperature is predicted to be 6 degrees or below, or are covered with a frost blanket. Potted fuchsias and hydrangeas have been moved into shady areas beneath trees along with other assorted shade preferring plants. I think that this helps create a lush look that can be difficult to achieve if relying on plantings in the ground. In fact, I use potted plants anywhere there are gaps and a little something extra is needed. The greenhouse makes the propagation of plants very doable and it is wonderful to have a cheap and ready supply of new plants to replace the inevitable failures.

As usual, there is much to do, so until next month, happy gardening.

Robyn

OCTOBER rain

70.4



36.2

LTA

2014

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

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IN OUR NATURE

Wendy Cook

Two pools

I am sitting beside the creek. I still think of creeks as flowing streams of water, but this one rarely flows. For a few days, or perhaps weeks, each year, there'll be a small trickle of water flowing downstream. I've seen it in rare flood, a fast-moving brown snake, filling its bed and in a few places overflowing the banks, carrying sticks, soil, uprooted reeds and rubbish downstream towards the Moorabool River, the Barwon River and the sea. For most of the year the creek bed is dry between regular pools of water. Some of these pools are shallow and dry up in the heat of summer, but most are deep and permanent. Some are long enough that I can imagine the creek is flowing.

I am sitting on a rock beside a small deep brown pool, partly shaded by the eucalypts and wattles that surround it. The banks are quite high and steep in places, lower in others. One side has sedimentary rocks, some with swirling patterns of brown and grey, and all with layers, perhaps formed beneath the floor of an ancient, long-gone sea. Grasses, indigenous flowering plants, bushes, saplings and mature trees flourish on the banks. Lichens cover the branches of one bush. Aquatic plants grow around the edges of the pool. There are reeds, milfoil with its circles of small feathery leaves, and water ribbons with long flat leaves lying on the surface like bright green ribbons, a few with white-green flower spikes standing up out of the water.

On the surface of the pool are beautiful reflections – dark trunks, feathery wattle leaves, a grassy bank and blue sky with a few white clouds. There is movement on the surface caused by a gentle breeze, and ripples of busy water beetles held up by the surface tension. Small leaves float among many silvery-winged insects that landed in the wrong place. Other insects fly above the pool. A honeyeater hops through the branches. A bird of prey soars high above. I hear other birds, a distant kookaburra's laugh, a cuckoo calling for a mate to lay an egg in someone else's nest, a fairy wren perhaps building a nest in the dry reeds downstream of the pool.

A dragonfly flits over the surface, perfectly reflected in the now still water. It turns at the end of the pool and flies back downstream. I follow it, climbing over rocks where small lizards, warmed by the sun, leap off as I approach. I arrive at the next pool. It is shallower, narrower and longer. This pool is sunny, surrounded by clumps of rushes, grasses and smaller plants. There is one tree, a small blackwood wattle, its twisted trunk growing out of the side of an eroded section of

bank, then upwards. The trunk of a larger blackwood lies across the pool. Grasses and rushes grow on the cracks in the top of it. As they die, they breakdown to form soil. Maybe, one day a small bush will grow here. The trunk creates a stripe of shade in the sunny pool. It is surrounded by small water ribbons, and milfoil growing little yellow flowers above the water. I watch the dragonfly, its wings silvery in the sun. There are few other insects. The silver-winged insects that landed in this pool are now just silver wings floating on the surface, their bodies eaten by the many tiny fish below, risking death themselves as the water mostly dries up in summer. Some must survive for there to be so many. I saw no sign on them in the deeper cooler pool. The surface of this pool has a milky layer. I see fewer water beetles and no nearby birds. The dragonfly prefers it here, flying back and forth across the water, as is a smaller red-bodied dragonfly.

The two pools are only a short distance apart, but perhaps the presence or absence of shady trees, has created two very different habitats, each suiting different plants and animals.

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Golden Plains Shire Council is inviting nominations for Council's 2015 Australia Day Awards. Nominations are invited under the following categories:

- Citizen of the Year
- Young Citizen of the Year
- Senior Citizen of the Year
- Community Event of the Year

Nominations Forms: Visit Council's website: www.goldenplains.vic.gov.au
Nominations close 4.00pm Wednesday, 26 November 2014.

Enquiries: Alice Fraser, Events Officer on 5220 7245, 0408 719 215
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2015 Australia Day Awards



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Things you can only get away with on Holiday

Having recently returned from a short, relaxing getaway, it came to my attention that there are certain things that you allow yourself to do on holiday that you wouldn't ordinarily do at home. So here is a list of my own (hopefully relatable to you) holiday habits that for the most part go against my grain but all aid in the process of complete relaxation.

1) Looking like a tourist.

Nobody *wants* to look like a tourist, but let's face it, who doesn't love practical footwear even if you have paired runners with a summer dress and a mismatched hat? Not to mention being able to justifiably use practical bags...even if it means using a bumbag so that you have your hands free to swat away flies and take photos of clichéd touristy things.

2) Having the dirtiest hair of your life.

And I don't just mean dirty. I mean the oiliest, most sand-filled, chlorine starched hair you've ever experienced.

Think about it. You don't know anyone here so forgoing this particular hygiene habit will go completely undocumented by everyone you pass. And to be honest, you're only going to be trekking back to the beach/pool tomorrow morning so why ruin the hard work of washing it and taming it into some sort of submission? The only down-side of course is that by the time you *have* to do something about it, the receptionist in the lobby of your hotel will not recognise you.

3) Not cleaning up after yourself.

Now I'll admit, I generally struggle to clean up when I'm not on holiday but this situation is different. In this situation, you have magical elves called Housekeeping that will flitter into your room while you're down by the pool and make the bed, change the towels, put away the dishes (clean dishes...I'm not that lazy) and wipe away any remaining toast crumbs. AND they work around the clothes you've left all over the floor...those troopers.)

4) Undue Vigilance

Being obsessively vigilant about locking all of your favoured personal belongings into your TSA approved suitcase while not in the room.

Re: item 3. Magical elves that can enter your room *while you're not there*.

5) Spending money like a maniac.

Because 'you're on holiday!' As a recent Bachelor of Arts graduate who hasn't yet become one of those

'employed in the field' statistics, I need daily reminders during vacations that this is a great time to forget about your bank account and spend an insane amount of money on overpriced cocktails and chips with every meal. But once someone has chanted the money mantra, it feels liberating and aids in the relaxation process. Until you get home of course.

6) Not buying anyone souvenirs.

Justified by the thought 'they've all been here before so that makes it ok, right?' Probably not, but you did just spend all your money on piña coladas.

Gemma



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Control Serrated Tussock NOW

Roger MacRaild

Many people will have seen 'Control Serrated Tussock Now' signs on roadsides, from freeways to tiny local roads, but when is now?

With many weeds there is a clear season of opportunity to apply effective treatment, and outside of the given season much of the effort to control the weed will be wasted. However with Serrated Tussock there is a range of treatment options to choose from, which means there are methods appropriate for most times of year, and using a combination of techniques will achieve the best outcome.

Cultivation can be used whenever it's timely to put in a crop. Not only will good cultivation itself kill the plants present, the vigorous competition of the crop or new pasture is the best thing to combat the re-emergence of Serrated Tussock. Even cultivation left fallow can be used to help beat an infestation by promoting the germination of seed sitting in the soil, providing an excellent opportunity to undertake follow-up treatment the following season. Herbicide application may be the best option for non-arable areas. The herbicide Flupropanate will selectively kill Serrated Tussock without killing many other desirable species, it does however take several months for plants to absorb the herbicide through their roots but it will last in the soil for a number of years, killing new Serrated Tussock seedlings as they germinate. Glyphosate can take effect in a couple weeks, so can be applied to prevent seeding most of the year, it has no residual effect and is non-selective, so needs careful application and frequent follow-up.


Grubbing or digging out is great for small infestations anywhere any time of year, but preferably before October in order to beat seeding. If there are seeds present on the removed plants, whole plants should be placed in bags on site and incinerated when safe to do so.

Grazing management is also important year round, it is essential to maintain a competitive plant cover by avoiding overgrazing, this will minimise the occurrence of bare ground and reduce the opportunity for weed invasion.

Serrated Tussock treatment should always be done with the aim of preventing plants from setting seed. Flowering generally starts in October, with seed development occurring over the warmer months, and the mature seed ready to blow across the landscape in December.

So the right time to control Serrated Tussock is always NOW.

For more information contact Roger MacRaild on 0459 622 588 or go to www.serratedtussock.com



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Managing Loneliness

I assist many adults and young people who are lonely and are seeking out friendships, love, someone to share their life with or simply desiring more social interaction. Not having friends, family connections, a partner, access to employment, transport or social and recreational activities can damage our soul. *"No man is an Island"* Each of us need some level of companionship in our lives to survive.

Loneliness can fill us with a sense of fear and doom. We may feel lonely at times for a number of reasons, such as, being single, living alone, being isolated from family and friends, or when we spend long periods of time by ourselves. During such times it is common to become overwhelmed, distressed and scared about being alone. Most people struggle to cope on their own if they do not know how to enjoy their own company.

Enjoying your own company and knowing how to fill in spare time is the first step to managing loneliness. Once you have found a way to *'play happily on your own'* it becomes much easier. The next step is to then reach out and seek the company of others (including animals).

Here are some tips to overcome feeling lonely;

Discover how to occupy your time when alone, recall those times when you were a child and could *'play happily on your own'* I suggest that you let your imagination run wild and see where it leads you!

Pets provide companionship, love and enjoyment. It is well known that pets can be more comforting and understanding towards us than we are with each other.

- Reach out to others and embrace opportunities to socialise. Remember we are social animals. Visit the local Meredith Community Centre and drop in for a cuppa, try out an activity on offer or perhaps consider becoming a volunteer or member of an interest group. (See *"Connect"* on page 2 - Ed.)

Keep in contact with friends and family or seek out companionship through facebook, skype, and internet social sites. Those not comfortable with this level of technology may wish to pick up the phone or write a letter.

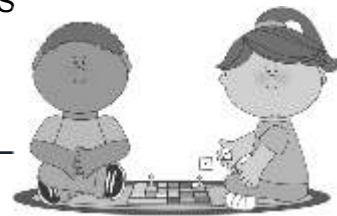
Place yourself *'amongst the pigeons'* so to speak. Visit places where it is not unusual to see other people by themselves. For example, go to a busy café and blend in with the crowd, you will not be the only patron dining alone but you will feel the company of others vicariously.

Lastly, I'll share a practical strategy my grandmother used to feel less alone. She tuned into talk back radio on lonely nights and claimed that it was the best company ever!

Resources: <http://au.reachout.com/All-about-loneliness>

This column first appeared in our April 2013 issue.

Judy



MEREDITH PRIMARY SCHOOL OUTSIDE SCHOOL HOURS CARE

What is OSHC SERVICE?

Meredith Primary School OSHC Program is sponsored by the Meredith Primary School Council and offers a quality After School Care program for up to 20 children. This service operates according to Commonwealth Government Regulations and is approved for Child Care Benefit.

Staffing

Coordinator – Sharni Holtz – Certificate III in Children's Services (currently undertaking Diploma in ChildCare)

Assistant- Janie Knight – Certificate III in Children's Services Staff have current Level 2 First Aid, Asthma and Anaphylaxis training and Working With Children checks

Why Use OSHC Service? The service offers families in the local Meredith community, a program that provides a friendly, safe, well supervised care with age appropriate and stimulating activities for school aged children. In addition the service provides healthy snacks and drinks to assist in maximising the education opportunities offered at school. This also enables parents to benefit by having their children in enjoyable, quality care while they meet work or study commitments.

Meredith Primary School OSHC Service is licensed for 20 places per session and is available for primary school-aged children.

When is the Program Available?

After School 3.15pm to 6.00pm

Early Finish Days Care commences when school finishes.

How To Enrol

Enrolment /Booking Procedure

All families are encouraged to enrol their children with the OSHC Program, allowing them to access the service on a casual and emergency basis as required.

Children cannot be accepted into care at the service if completed enrolment forms have not been received. Enrolment forms are available from the Meredith Primary School office and from the school website www.meredithps.vic.gov.au

Bookings can be made through the coordinator or the school office, in person or by phone.

If requiring emergency or casual care due to unexpected circumstances, please contact the school office on 5286 1313

Cost of Care

Prior to Childcare Benefit (CCB) the **fee** has been set by School Council at \$14.00 and includes snacks as appropriate. This fee can be reduced by registering for the Commonwealth Government's Child Care Benefit (CCB) subsidy. Parents/guardians are required to apply for Child Care Benefit with the **Family Assistance Office on 13 61 50**. Parents/guardians must be assessed prior to commencement of care. Both families and the service will be notified of eligibility. Parents/guardians are required to pay their part of the fees (i.e. the balance after subsidy) directly to the school. We will accept cash, cheque, EFTPOS, Credit Card.

Families may also be eligible for Child Care Rebate (CCR). If you are using approved child care for work, training or study related reasons, the government will provide you with 50 per cent of your out of pocket child care costs.



Drug Awareness Night

with a focus on Ice in our community

Do you know what to look for? Do you need to know more?

Monday 17th November 2014

7.30-9.30pm

At the Meredith Community Centre

Join

Leading Senior Constable Greg Kitchen
and

Our guest speaker is Detective Leading Senior Constable David Reynolds
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All welcome

For more details please call

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The Meredith Community Centre on 52 861 348



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it's History

Meredith History Interest Group

Royal Hotel 100 Year Celebration

MHIG members and friends are invited to the Royal Hotel (Beer Garden) on Sunday, November 9 at 1.30 pm to celebrate the history of the hotel, some stories about the hotel, a tour of the hotel and out buildings and afternoon tea. I'll drink to that!

If you have owned the hotel, worked at the hotel, lived at the hotel, been a customer of the hotel or know stories about the hotel please join us.

Damian and Claire have organized a calendar of events throughout the month of November to celebrate the 100 year birthday of the new building, including a photo wall, music, freebies and Clydesdales.

MHIG Web Site

Some of us took advantage of a free course run by Digital Enterprise {DigiBiz} to create a free web site. The good news is that our web site is almost ready to publish. It is anticipated that some of the content of the site will be updated regularly and that it will put us in contact with people, far and wide.

World War I Soldiers

The soldiers on the Memorial Hall Roll of Honour, the State School Roll of Honour and the soldiers listed on "Mapping Our Anzacs" as being born at Meredith, are being researched. It is intended to record their family, some of their war service and their connection with Meredith. Some are hard to find!

Thomas B. Thomas is on the State School Roll of Honour. He was Killed In Action. A Thomas Bernard Cooper Thomas was born at Steiglitz in 1896 but there are details of his marriage in 1916 and him living in Melbourne until about 1942. His brother Timothy Thomas b. 1894 at Steiglitz enlisted in the AIF and was killed in action in Belgium on 3/10/1917. But no record can be found of a Thomas B Thomas in the service records. Can you help?

There are several others that pose problems: Eric Bird, W Taylor, A Johnson, D Jones, P Burke, W Potter and A Price. If you know of any of these families living around Meredith before WWI please contact Marg Cooper on 52 868201.

Catalogue Day - On the last Thursday of the month we catalogue at the Anglican Church Hall from 9 am. You are welcome to come to catalogue, to talk history or to contribute to our collection.

Vale to Margaret Lorraine Fink

Marg Cooper

Long time Meredith resident and postmistress, Lorraine Fink met her husband Lyndsay at P.F.A. meetings in Dandenong and married in 1952. They had four daughters: Alison, Julie, Jenny and Merrilyn.

They farmed at Tarwin, near Meeniyan in South Gippsland, then share-dairy farmed on the Mornington Peninsula before being allocated a Soldier Settlement block on the Heytsbury Settlement about 1965.

On the 12th of May 1975 Lorraine and Lyndsay purchased the Post Office in Meredith. Lyndsay was the postmaster for two years, worked in the Post Office and delivered the mail on the country run. After that he got a job as a gardener with Ballarat City Council. Lorraine was Postmaster from 1977 until they sold the Post Office business to Pat and Derrick Dodson, who owned the General Store known as the "Top Shop" in Staughton Street. The Post Office business involved selling stamps, sorting mail, payment of utility accounts Commonwealth Bank and organizing mail runs to Bamganie, Durdidwarrah and the town.

Dot Hearn tells that Lorraine also made good coffee. When Dot came to the Post Office after escorting children across the road at the school crossing or between mail runs, Lorraine would have a hot cup of coffee ready for her on cold mornings.

Lorraine was always friendly, professional, discreet, efficient and competent. She helped people by hearing their stories, advising and caring for everyone. She was a Justice of the Peace and was awarded the Australia Day Citizens Award on 26th January 1994. A yellow scented gum tree was planted in Pioneer Park, Meredith to honour the Citizen of the Year award given to Lorraine.

Lorraine and Lyndsay were a devoted couple who enjoyed many interests together, including a love of gardens and gardening, the Field Naturalists Club, Legacy, photography and sharing photos, Lions Club, history and their church.

They moved to a unit in Sebastopol in 2002. Lyndsay died in 2010 and Lorraine lived by herself in the unit until she suffered some ill health and moved into care about 14 months ago. She died on September 24 and a Committal Service was held at Doveton Park on Tuesday, September 30.

Thanks, Lorraine, for your very professional service to the town of Meredith and your friendship to everyone.



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Welcome to Wendy Abraham's App alert for iOS devices. Android users should check the Play Store anyway - many of these apps are there too.

Built in Apps (Part 1)

If you have an iPad you will have noticed that the device comes with a number of Apps already loaded, but have you explored what these Apps can really do?

The Calendar

Any calendar or daily organiser is only as useful as you make it, but there are some good reasons to consider using this one. You can set up one-off appointments or schedule regular meetings. You can send invitations to others on your contacts list, and set alerts to let you know when an appointment is coming up. If you receive an email or message with a time and date in it, your iPad will ask if you want to create that as a new event in your calendar. Once you get the hang of the appointment menu, it is easy to add, delete or change events you have scheduled. Whether it is for a dental appointment or coffee with friends, the calendar helps you keep organised.

The Clock

I do like having a clock that automatically adjusts to daylight savings, but this clever little tool has other features as well. Do you know someone overseas? You can set up separate clocks for any of dozens of cities, so you know not to call someone at 3am in Brazil! The world map shows you briefly what the weather is in each of your chosen destinations as well. The clock also has an alarm, a timer and a stopwatch. I rarely do anything fast enough to make a stop watch worthwhile but the timer can remind you to take the cake out of the oven or when your favourite show is about to start.

Contacts

If you have an iPhone, you will already have a contacts list, and your iPad will synch with it automatically. I find it much easier to add to or amend my contacts on the iPad with the larger screen and keyboard. It is worth taking a few minutes to set up your regular contacts as this information can then be used in other applications. For example you can easily send a message to a contact, use FaceTime to video call them, or ask Siri to take a message to that person. We will discuss these apps in more detail next time.

Why not explore your Apps further? Or join our classes at Meredith or Bannockburn to really develop your skills and confidence. You would be made very welcome.

Wendy

Looking for a Sign

We previously reported the dilapidated Ibis Walk sign had been removed for renovation. Unfortunately its state of disrepair put it beyond that and the original artist Susan Barlow-Clifton, cannot commit to reproducing it. So the handsome steel frame will be placed in storage and replaced with a standard tourist sign. This is a great pity as the sign and frame were beautiful pieces of public art unique to the town. The community has the opportunity however, to rethink the use of the frame and, indeed, the further development of the Ibis Walk which provides an attractive walk path between the education hub area and Steiglitz Road. This area also features Barlow-Clifton's art and designs, along with a host of beautiful tiles produced by school children and depicting local wildlife.



Council will review the need for renovation of the pavilion and associated structures and is open to community proposals for its further development.

Any ideas?

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It's Time to Get FireReady

Be Prepared This Fire Season.

Spring is well and truly upon us and with vegetation growth at its peak it is a timely reminder that the fire season is just around the corner and you should be fully prepared.

It is important to prepare before the fire season and Council is urging all residents to take the necessary steps to ensure they are Fire Ready now.

High Fire Danger Expected.

The Bushfire and Natural Hazard Cooperative Research Centre has released its Southern Australia Seasonal Bushfire Outlook, which forecasts a trend towards an increasing number of bad fire weather days.

The forecast for Victoria is for an above normal season in many areas of central, north and western Victoria. Key factors informing this forecast are the below average rainfall, a warmer spring and potential for the fire season to start earlier and end later.

SOUTHERN AUSTRALIA SEASONAL
BUSHFIRE OUTLOOK 2014-15



Heavy Infringements if you put others at risk.

Council's Fire Prevention Officers will commence inspecting properties in November to ensure flammable material located close to homes is cut or removed to reduce the risk posed by fire to lives and property over the fire season.

Almost 1000 fire prevention notices are issued each year to residents who place their neighbours and themselves at risk by not undertaking reasonable management of their properties during the fire season.

This year in accordance with the CFA Act (1958) and in light of the continued irresponsible behaviour and significant community risk these properties present, Council will be issuing fines in excess of \$1400 to any person failing to respond to a fire hazard notification. Non-compliant property owners will also be responsible for the costs associated with removal of the hazard.

Excuses for placing the wider community at risk will no longer be tolerated.

For more information on preparation for the upcoming fire season:

Visit the CFA website - www.cfa.vic.gov.au

Call the Bushfire Information Line - 1800 240 667

Visit Council's website - www.goldenplains.vic.gov.au (under Fire Prevention).

Protect Your Family - Keep Informed

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Heathyeasy and delish

selected by Stefania Parkinson



Chicken Sang Choy Bow

Serves 4

Prep time 10 mins

Cooking time 10 mins

Ingredients

- 100g rice stick noodles 2 teaspoons vegetable oil
- 500g chicken mince 2 tablespoons oyster sauce
- 1 medium red onion, chopped finely
- 1 tablespoon curry powder 2 tablespoons char siu sauce
- 1 large carrot, chopped finely
- ½ small wombok, shredded coarsely
- 100g snow peas, sliced lengthways
- 8 large wombok or lettuce leaves

Method

Place noodles in medium heatproof bowl, cover with boiling water, stand for 3 minutes, drain. Cut into random lengths. Heat oil in wok or frypan. Stir fry mince and onion until mince changes color. Add curry powder, stir fry until fragrant. Add carrot, stir fry until carrot softens. Add sauces, wombok and peas to wok. Stir fry about 2 minutes or until vegetables soften.

Divide wombok or lettuce leaves among serving bowls. Toss noodles with mince mixture and divide among wombok cups.

From: Women's Weekly- Food for healthy kids

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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)

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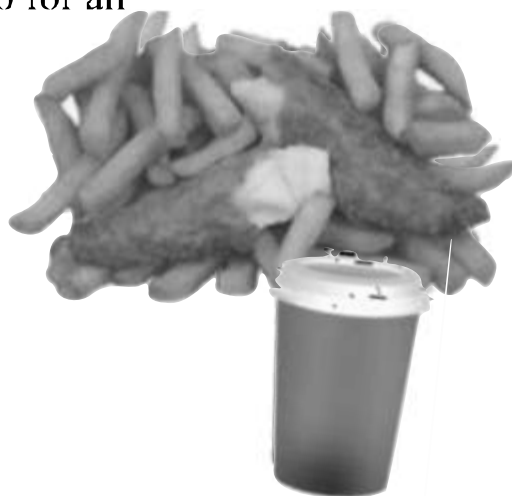
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- SUN NOV. 2ND STENNO & GRACEY PLAYING LIVE MUSIC IN THE BEER GARDEN FROM 3PM.
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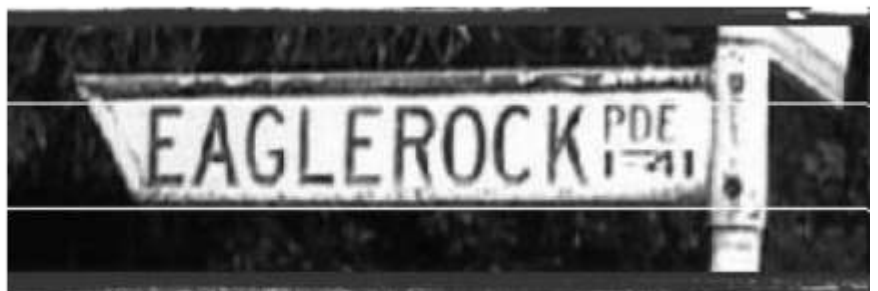
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Marg's BOOK REVIEW

“Barracuda” by Christos Tsiolkas

Daniel Kelly is such a prodigy at swimming that he wins a scholarship to a ‘posh’ Melbourne private school with the finest swimming program. His whole life Danny has only wanted one thing: to win Olympic Gold and every thought, every dream, every action takes him closer to that moment of glory. He is given every chance to make a heroic dash for the prize but at what cost to his family, his friends and himself.

Danny finds that he can’t always achieve what he sets out to do and the shame that comes with this almost ruins him. For a long time he battles with his personal character and believes that people pity him. He struggles with alcohol, leftover resentments from school, hatred of himself, his nation and many others. He sees others achieving but cannot get himself out of the mire.

It has been described as a social realist novel. It is about class and sport and migration and politics and education and about families. The author favours a frankness of language and has some explicit descriptions of bodily functions. It has been described as an unflinching look at modern Australia and has a texture of how people really live and speak.

The language is also filled with watery metaphors like drowning, floating and freestyle that have both swimming and non-swimming meanings. Breathing is important in swimming and Danny later found its importance in living and coping.

The book has been described as structurally cunning in that chapters proceed non-chronologically. We know from early on that Danny has been in jail but the precise nature of his crime is lengthily withheld, although hinted at.

At different times in the story that covers 16 years Danny is known as Danny, Dan, Dino and Barracuda. This range of names reflects the unstable identity of the swimmer who suffers both class and sexual confusion. Almost every major character is an immigrant or emigrant of some kind. The book explores both the personal character of Danny but also the national character and what it means to be Australian. Is the image that is promoted by politicians and marketers, who we really are?

The book raised many issues for discussion but is not a book full of joy and positive thoughts. Only at the very end of the book do we see a small ray of sunshine, maybe! Christos Tsiolkas is also the author of the much acclaimed book “The Slap” which is described as another startling, profound novel about modern Australia. Many bookclub members loved this book.

The book for discussion in November is “The Immortal Life of Henrietta Lacks” by Rebecca Skloot.



Anzac Centenary

Mal Johns President Inverleigh RSL

Sub - Branch

Australian forces first involvements in World War One was an attack on the German Wireless station at Bitapaka southeast of Rabaul on New Britain on the 11th September 1914. The force consisted of 3 officers, 25 naval reservists and 15 support personnel. Lt Rowland Bowen was in charge

The first Australian casualty of the war, Able Seaman Billy Williams From Northcote and an ex employee of the city of Melbourne, occurred at this battle. In all, six Australians were killed: 2 officers and 4 able seamen. These servicemen now rest at the Bitapaka War Cemetery established in 1945 when World War 1 graves were transferred from Rabaul cemetery in 1950 and the old Kokopo German cemetery in 1961. In all, the graves of 32 world war 1 servicemen are at Bitapaka

Also in the cemetery is the Rabaul Memorial in memory of 1,200 members of the Australian Army and Airforce and personnel of the PNG local forces and Constabulary who lost their lives in the area in Jan/Feb 1942 and from Nov 1944/Aug 1945 and have no known grave

Last November, my wife and I went to the Milne Bay area and Rabaul and visited the Bitapaka war cemetery. Like all the cemeteries throughout the world, it is well maintained. At Bitapaka, rows of graves with numerous panels with names of all who died in various conflicts in the region and as prisoners of war, sit in a peaceful setting. We also located a memorial to those Allied POW'S who perished on the *Montevideo Maru* when sunk off the Phillipines. We laid a poppy in Remembrance to two of the local men from Teesdale: Richard Bromilow and Keith Wilson, who perished along with all the others. Their names are listed on the monument at Teesdale

Submarines

AE 1 lost off Rabaul Sept 15th 1914 35 crew no survivors

AE 2 scuttled after penetrating the Dardanelles straits by the crew who were picked up and remained POW'S for three and a half years

Source: Commonwealth War Graves Commission Web Site and Australian War Memorial Web Site

The Inverleigh RSL Sub-Branch

The Inverleigh RSL Sub-Branch will hold a Memorial service at the Inverleigh Monuments on Remembrance day with assembly at 1020am with a service and laying of floral tributes prior to the playing of the Last Post at 1100am, members of the Community, Schools and Community groups are invited, and to lay floral tributes if they wish in memory of those Service Men and Women who paid the ultimate Sacrifice in all areas of conflict. On completion of Service a light morning tea will be available at the Sub-Branch.

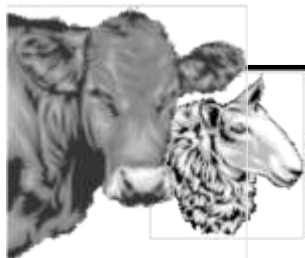


pic of the month



Photo by Jim Elvey

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

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Quick at the Net!

Marg Cooper

Joyce Stanley (Eberhart) celebrated her 80th birthday in August with a family lunch at Craigs Hotel in Ballarat.

Joyce has been a sportswoman of considerable talent and enjoyed playing tennis and golf. Recently she recalled that she started playing tennis around 12 years old, at Elaine where she grew up. The tennis court at the Recreation Reserve was the meeting place for the young people of Elaine at that time. She recalls that Girlie Le Maitre asked Mavis Connell and herself to play in the Elaine team on Saturdays when Dot Randall and Kath Randall went to horse gymkhanas. (The team mainly consisted of members of the Le Maitre and Randall families.) Girlie told Joyce that she liked to play with her "as long as she ran".

Joyce had a special talent when playing on the net. She moved quickly, anticipated the play and won a lot of shots. She remembers that one opponent always tried "to put the ball through the player on the net" and scared his opposition so that they wouldn't play on the net. Joyce was frightened but was determined to not let him bluff her. So she stayed on the net and learnt to volley the ball for winners.

A Mooney Cup team that consisted of all Elaine players except Mondo Kennedy and Theo Irvine won Country Week (played in Ballarat) A Grade in 1951. Joyce played with the team in 1952 and 1953. They won the A Grade in both of those years and because they won the cup for three consecutive years they were allowed to keep it.

While women tennis players usually wore dresses or skirts and shirts, Joyce wore a shirt and shorts. She says that she never played with anything but a wooden racket. She would practice hitting balls on the door behind their house. There was a bitumen back yard that gave a good bounce but her father 'went crook' when she missed the door and the ball went through the plaster wall.

Joyce played most of her tennis with Meredith teams in the Mooney Cup Association although she did play two years with Morrison in her early career. She also helped to get juniors playing in C Grade teams before Saturday morning tennis for juniors started. She retired from tennis in her mid-forties.



Back Row - H.LeMaitre, H.LeMaitre, C.D.Mooney, T.Randall,
T.Irvine.
Front Row - R.LeMaitre, J.Eberhart, D.Coghlan, H.Randall.

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Paddock Plans

Jim Elvey

The Police Paddocks Support Group met last month to review progress for the year and plans for the year ahead. Of immediate concern was the annual fire abatement strategy, which will again include slashing a broad strip along the western boundary after the growth season. The Group plans to attempt a narrow "natural" path across the Coolebarghurk Creek as the northern end of the site by selectively poisoning and clearing vegetation. It will also seek the permission of Ballarat Environment Network (which manages the site) to plan and construct enhanced entrances at both Campion Road and Nuttall Street entry points.

Another focus will be the maintenance of the newly established wildflower patch and the construction of another one or two next autumn. It is intended that this will form part of a primary school engagement project.

A third project for the coming year, will be the first stage of a wetlands development in the natural "soak" area near Nuttall Street. This has potential to be quite extensive and build on the site's biodiversity as well as adding further visitor interest.

If you would like to join the Group, or simply be kept informed of developments at the Police Paddocks, contact Jim Elvey 5286 1273.

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Meredith Music Festival TRAFFIC CONDITIONS

Traffic management plans for Meredith Music Festival scheduled to occur on Friday 12 December – Sunday 14 December, 2014, in summary, are outlined here:

- We will implement one-way traffic on Mount Mercer Road from Bamganie Road to Cameron's Road from approximately 4am on Friday 12 December to approximately 7pm. Traffic within the one-way zone traveling to Meredith will be diverted down Cameron's Road.
- We will implement a speed reduction on Mount Mercer Road and Cameron's Road from Thursday 11 December – Saturday 12 December.
- We have assigned traffic controllers to the corner of Staughton Street and Midland Highway on Sunday 14 December to assist vehicles turning left or right onto Midland Highway.
- We will install a no-parking zone along Mount Mercer Road and some surrounding roads.

If you have any questions or concerns please contact us on 0430 091 120. Thank you for your support.

Festival Planning Team



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Katoomba for a day: Again!

Marg Cooper



The Meredith Art Group attended the Opening of Warwick Fuller's Art Exhibition at Lost Bear Gallery in Katoomba on Saturday, October 4 at 3pm.

We flew from Avalon on a 6am flight to Sydney. Breakfast was enjoyed at Lindsay's café at the Norman Lindsay Gallery and Museum at Faulconbridge in the Blue Mountains. The house and surrounding land was first purchased by Norman Lindsay and his wife Rose in 1913. Lindsay was a celebrated artist (lots of nude women) and writer (Magic Pudding) who grew up at Creswick. After breakfast we toured the buildings and estate and saw preparations being made for a wedding to be held there later in the day.

We then travelled on to Katoomba in our two hire cars. After viewing the mountains at a popular spot in Katoomba we went to the gallery to see the art works, which included a garden full of rusty sculptures, to speak to Warwick and to attend the opening ceremony.

Warwick who is a brother to Lyn Fischer who is a member of Meredith Art Group has painted landscapes for over thirty-five years. This exhibition featured predominately local Blue Mountain landscapes. He has an amazing ability to capture the light and texture of the Australian landscape.

We were told that Warwick had a wish to produce a "coffee table" book containing his paintings accompanied by poetry. He was delighted when Sean Murphy from ABC Landline offered to write the poetry. Sean read several poems from the book at the opening and we all admired the book.

Dinner was enjoyed at Springwood on the way to the airport. A twenty one hour day but full of fun, education, inspiration and friendship. Ten artists are planning to go again next year but we may make it a two day expedition!

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MEREDITH PS

See what we have been up to this month!

Grade 5&6 Business Project

This week the Grade 5&6 students entered into the business world under the Marie & Maria Biscuit Company. We have seen flurry of activity as logos, uniforms and office spaces. There is much more fun to come as we develop products marketing and packaging over the next few weeks.

Book Fair

Thank you to everyone who visited the Book Fair during the week. The school was lucky enough to choose over \$400 worth of books for our classroom libraries.

Congratulations, Leah!

During the term the grade 3/4 students created posters to enter into the Water Wise poster competition run by Barwon Water. Congratulations to Leah Canavan whose poster was chosen as a runner up. Her poster will appear in the 2015 Barwon Water: Water Wise Calendar. Well done, Leah!

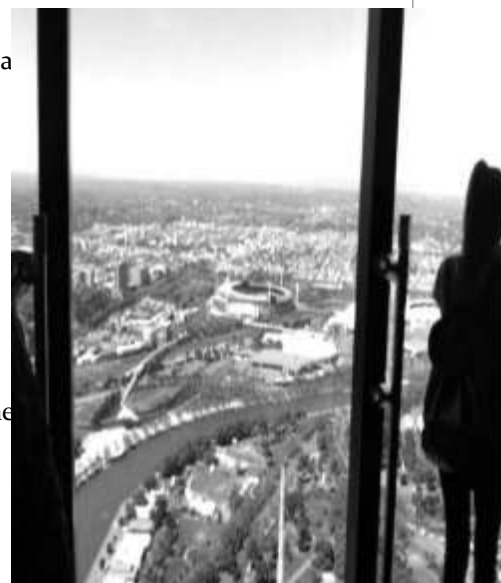
Welcome to Mr. Brown!

PHOTOS OMITTED FROM
ONLINE VERSION

This term we welcomed Mr. Christian Brown as Principal of Meredith Primary School. Mr. Brown comes to us from Cape Clear Primary School and lives in Ballarat. He has been spending lots of time getting to know the students and staff, and is excited to start working with the school community.

Grade 6 Camp - Melbourne Experience

Last week the Grade 6 students ventured to Melbourne for their Urban Experience Camp. They had a very full timetable that included visits to a number of iconic Melbourne sights (such as Eureka Tower, Old Melbourne Gaol, the MCG and Parliament House) and got to eat out at restaurants every night! Tom's favorite part of the camp was getting to walk down the race at the MCG and Elijah loved the State Library and seeing Ned Kelly's armor.



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'Inspire the Plains' Youth Programs Funding Success!

Media Release

Young people of Golden Plains will enjoy the benefits of a \$120,000 grant from the State Government's Engage! Funding Program. This positive youth development program will benefit young people, families and communities of Golden Plains Shire. 'Inspire the Plains' will help young people to become more actively involved in their local communities and will help them develop a fuller sense of belonging and connectedness to their home towns. 'Inspire the Plains' will enable Council's Youth Team to work with young people across the Shire to help them reach their full potential and to actively participate in the workforce and community life.

"The teenagers in our community need programs such as this to help build their connection to their communities. Having to travel out of the region to attend school and other extracurricular activities really limits their natural connections. Key developments outlined in the project include; leadership development, mentoring opportunities, education and employment transition pathways and arts based development and community volunteering opportunities. Specifically the project will expand current activities and develop new programs in the following areas;

- Youth Voice committee, community events and projects
- Volunteering • Involvement in Council's Youth development Strategy • Short courses and skill development
- Primary to secondary transition program • Employment and career forums • Leadership forums • Health support group development • Cultural awareness initiative
- School holiday activities • Art Mentorships

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Say Hello to the New Principal

My name is Christian Brown, I was born and bred in Ballarat, Victoria and currently reside there with my wife of 14 years – Mel Litchfield.

Previous to my role at Meredith Primary School, I was principal of Cape Clear Primary School, a small rural school, 41km south-west of Ballarat. I was principal of Cape Clear for 3 years and prior to that was employed as a classroom teacher there for a period 2 and a half years. Initially, I began my teaching career at Berwick Lodge Primary School, a large metropolitan school in Berwick, Melbourne and taught there for 6 years. I was trained at the University of Ballarat where I obtained a Bachelor of Education, Prep - Year 10, majoring in English and graduating with honours. I also possess a Masters of Education: School Leadership, Policy & Change from Monash University (Clayton Campus).

My initial impression of Meredith Primary School is that is a great school of which the community can be justifiably proud. It is operated by an intrinsically motivated, dedicated and talented staff, who have achieved excellent outcomes for students and the community over an extended period of time. The school precinct is currently undergoing a major infrastructure upgrade with the addition of a million dollar community house extension/refit, which once complete, will position the school as a premier rural Victorian education facility for generations to come.

I eagerly look forward to working with the Meredith community to provide their children with an outstanding education, based upon the tenants of developing each child across academic, physical, social and moral platforms. I will work hard to continue to develop myself and my relationships with people within the school community, and bring enthusiasm and experience to my new role.



I am an advocate of work-life balance and community participation, and as such, I have in the past and currently pursue many broader social interests. I love sport, having played a wide variety of them, at a range of competitive levels, over the years including: football, cricket, tennis, squash, racquetball and basketball. Presently, one of my main passions is music, whereby I am developing my ability to play the electric guitar, being a member of a Ballarat based cover band.

I am looking forward to getting to know all of you, and would love to discuss and explore ways of strengthening the community's connection with the school.



A woman walked into the kitchen to find her husband stalking around with a fly swatter. "What are you doing?" she asked. "Hunting Flies" he responded. "Oh! Killing any?" she asked. "Yep, three males, two females," he replied. Intrigued, she asked. "How can you tell them apart?" "Well, three were on a beer can and two were on the phone."



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We have your Christmas shopping covered

Well it's hard to believe that Christmas is less than 8 weeks away! Most of us will be thinking "Don't remind me" and there will be others who will have already started their Christmas shopping. If you haven't already started your Christmas shopping, then why not kick start it at our **Christmas Shopping Night** on **Thursday 27th November**? We have had a lot of new gifts arriving during the past few weeks so we are stocked up and have gifts for everyone. We also offer lay-by and free gift wrapping, and don't forget if you are a member of our free Gift Club you are entitled to your member discount.

Christmas Shopping Night

Don't forget our annual Christmas Shopping Night will be held at the Pharmacy on **Thursday 27th November** from **6:30pm to 9:00pm**. Last year we had a huge number of people attend the evening that had a great time. Again this year there will be lucky door prizes drawn every 30 minutes and there will be in excess of \$2000 worth of prizes to give away on the night! Plus there will be finger food and drinks provided throughout the evening. On the night will be offering our Gift Club Members **30% off all gifts!!** Remember to join our FREE Gift Club so you get this fantastic discount on the evening if you aren't already a member. This will be a great chance to kick start your Christmas Shopping if you haven't already started! Please bring your friends and family and join us on what will be another fun and enjoyable evening on Thursday 27th November from 6:30pm to 9:00pm.

Toy Christmas Catalogue

Our annual Toy Christmas Catalogue is out now!! There is a great range of toys available for children of all ages. If you don't receive a catalogue in the mail then please call into the Pharmacy and collect one and have a look at what's available this Christmas.

Spotcheck

Do you have any moles or spots that you would like checked to see if they are safe but find it hard to get to a Doctor?

Spotcheck is a new skin cancer screening service offered by Chemmart, which utilises the expertise of doctors currently practicing skin cancer medicine.

Spotcheck assesses up to 3 individual spots, freckles or moles, especially those that are new or changing in colour or appearance.

Spotcheck makes skin cancer checks quick, convenient and easily accessible to everyone. It uses the latest technology in mole analysis to accurately assess your spots, and with no appointment necessary, you can have your spots checked in store and get peace of mind within 48 hours.

Spotcheck costs \$35 for 1 spot, \$50 for 2 spots & \$65 for 3 spots. If you require more than 3 spots to be checked, we recommend having a full skin check by a qualified health professional.

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Saturday:	8:30am - 1:00pm
Sunday:	Closed
Public Holiday's:	Closed

Christmas Shopping Night (Thursday 27th November: 6:30pm – 9:00pm)

Walking the Paddocks

Wendy Cook

On a warm sunny Sunday afternoon, fourteen members of the Meredith Police Paddocks Support Group went for a walk in the Police Paddocks. Our aim was to see the results of our labours and to look for spring wildflowers. We started our walk following a grassy path down the hillside to the creek, passing healthy young trees planted and cared for over the last few years. We saw that birds have been using the nesting boxes constructed by the schoolchildren last year. In the mud of the creek bed, we found plants just starting to produce white flowers. These were later identified as one of two species of watercress, possibly edible, but definitely an unwanted weed. They will hopefully be removed at our next working bee, allowing space for more desirable plants. Two other discoveries were made on the nearby creek flat, both indigenous to the area. We found a small group of bulbine lilies with a few yellow flowers opening on the stalk of one. We also found a beautiful big brown spider on the grass. Its large round abdomen earns it the name of football spider. On its underside it had a bright orange stripe with a black stripe in the centre, giving it its alternative name of badge huntsman. Its legs were also striped with black, orange and blue-grey.

We walked back to the hilltop and followed the track with its views over the valley. We stopped to check on a recent project, the creation of the first wildflower patch. A range of

local wildflowers have been planted around a patch of naturally occurring milky beauty-heads, which creeps along the ground with small grey-green leaves and spherical heads of tiny white daisy flowers in autumn. Further along the path more of this lovely plant was found, giving us another place for a wildflower patch. On the steep slope on the opposite side of the path, purple-blue flowers of bluebells are growing among the rocks.

The northern part of the Police Paddocks has been grazed recently to remove excess grass, both to benefit any native plants and to reduce the fire risk. There are plans for the walking track to continue through this area, across the creek and along the escarpment on the far side, enabling walkers to enjoy this area and the views, before circling back across the creek. Among the tall reeds, we found large rocks which may form the basis of a natural creek crossing. A few indigenous woolly teatree bushes are growing beside the creek here, and the long green leaves of water ribbons were seen in the water.

We returned to the grazed area and made another discovery. We found rocks laid out along three sides of a rectangle, with a low bank of earth along the fourth side. We suspect that this may be the foundations of a lockup built in the mid to late 1850s, the oldest European building in the Police Paddocks. We finished our walk satisfied with our work, excited by our discoveries and wondering what other secrets we'll uncover as we keep working on this beautiful reserve.

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FReeZA

YOUTH DEVELOPMENT PROGRAM

What's FReeZA about?

FReeZA gives young Victorians the chance to enjoy live band gigs, dance parties and other cultural and artistic events in supervised and safe venues. All FReeZA events are drug, alcohol and smoke-free.

Using a 'by youth, for youth' approach, FReeZA supports young people to lead the delivery of events in their local communities. These events include community music festivals, movie screenings, skate and BMX competitions. The program provides important performance opportunities for local musicians and emerging artists through state-wide competitions such as FReeZA Push Start Battle of the Bands.

FReeZA team

The Golden Plains FReeZA team is made up of people aged 14-25 who live, work or recreate within the Golden Plains Shire. Each year Council invites people to apply to join the FReeZA team.

The FReeZA crew have the chance to:

1. Decide what type of events they want in their community
2. Meet and learn from event professionals in the music industry
3. Learn how to plan and deliver events
4. Gain practical experience in event management, sound and lighting, graphic design, stage management, photography and much more.
5. Explore education, training and employment pathways
6. Meet great people and make new friends
7. Develop skills, including teamwork and leadership
8. Participate in your community as volunteer

"The experience I gained through FReeZA events played a big part in being accepted into a Bachelor of Creative Industries Management".

FReeZA crew member

How do I join?

To join the Golden Plains FReeZA Team you must

- » Be aged 14 – 25
- » Live, work or recreate within the Golden Plains Shire
- » Attend regular FReeZA committee meetings and events
- » Have a willingness to learn and volunteer in your local community

For more information

Contact the Golden Plains FReeZA Worker on 5220 7177 or visit www.goldenplains.vic.gov.au/youth

Motorcycles Roar into Meredith

Marg Cooper

On Saturday afternoon of October 25 about fifty leather clad, helmeted members of the BSA Motorcycle Owners Association roared into Meredith and parked their bikes on the verge opposite the Interpretative Centre in Lawler Street. Quite an impressive site!

The club has over 400 members who all have an interest in BSA motorbikes. "Birmingham Small Arms" factory began in the 1700's and built motorbikes from about 1911 until the early 1970's. The club has monthly meetings, monthly newsletters, have many rallies per year and a big rally at Newstead on Anzac Day.

Stewart, who lives in Geelong, organized this weekend rally. Members stayed at Barwon River Tourist Park, rode through Ceres to Bannockburn to Maude to Steiglitz and to Meredith where their afternoon tea was catered for by the Community Centre and then were to proceed to the Reservoirs via Slate Quarry Road and back to Geelong. A ride on Sunday morning around the Bellarine Peninsula was planned before members packed up and went home.

The ride was well organized with "corner marshals" who wore bright coloured vests and waited at strategic points for all riders to pass so no one got lost. They could move on when "tail-end-Charlie" came through. He followed all the riders in a vehicle with trailer and picked up any bikes with mechanical failure. A 1958 bike was on the trailer at Meredith.

Apparently the modern electronic ignition that had been added to the bike had failed.

Rick said that it is a good club, that most members have several bikes and that it is a hobby that doesn't take up much room. He has been a member for seven years and has just bought a BSA motorbike. He has been playing with bikes since he was fifteen years old and does that in his garage in Melbourne.

Selena would like more women to join the club. Selena is one of two women members who were riding their own motorcycles on the day.

Although one-make motorcycle clubs tend to have predominately male members, the BSA club welcomes men and women members and organises events that are family-friendly. The day culminated in a dinner organised to which a number of wives/partners attended. When the club travels they support local communities by getting local organizations to cater for their lunches and afternoon teas. The Community Centre which included Playgroup were pleased to supply delicious food and drinks. The Interpretative Centre proved to be a very suitable site for the event with plenty of parking, tables under cover, some history and tourist information and toilets amidst gardens and lawns.



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