



WELLNESS

District Hand-Ups

From media release

Golden Plains Shire's Community Grants will this year distribute \$104,413 to fund 36 projects with a value of \$282,321. In our district, \$21,273 will go toward projects as diverse as painting a church and putting up some goal posts. These are among the annual distribution of funds chosen from Shire wide applications that are aimed at boosting community amenity as well as fostering local initiatives. Successful proposals this year included:

- Back to Steiglitz Ass'n - \$5,000 toward painting St Paul's church
- Meredith & District Motorcycle Club - \$5,000 toward rain water capture installations (*Tanks? - Ed.*)
- Meredith Community Centre Inc. - \$3,000 for studio roof repairs
- Meredith Community Coordinators - \$5,000 for Fitness Trail
- Meredith History Interest Group - \$1,400 for Heritage Walk
- Meredith Junior Football Club - \$1,873 for goal posts

Above - Emma delivers one of the sessions comprising the Health Awareness Day held last month at the Community Centre. Speakers from Ballarat Community Health and Alzheimers Australia made presentations and were complemented by displays, information booths and even a mobile (healthy) café.

inside



- New Ratepayers Association
- The Royal celebrates a Century
- Local "snapper" wins Photo Prize
- Judy on Child Anxiety
- ... 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

☎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 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



...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 .



"I always wanted to be somebody, but now I realize I should have been more specific."

- Lily Tomlin



Community

New Association Targets Council Rate Increases

from media release

Concerned ratepayers and residents met last month in Bannockburn for the inaugural meeting of the *Golden Plains Ratepayers and Residents Association*.

Ratepayers and residents have had a sustained concern with the increasing level of rating in the Shire for some years now – again this year the rate rise adopted, despite a petition and submissions, was 6.8%. With other increasing costs pressures, ratepayers find this to be an unsustainable situation. The biggest expense for the Golden Plains shire is wages.

These community residents became even more concerned as the Annual Budget was adopted with no projected strategy communicated to ratepayers of where trimming of spending will occur. The extra burden will be picked up by ratepayers with a projected rate rise of 7.8% for 2015/2016. Federal Government indexation of Financial Assistance Grants (announced in the May budget) just compounds this situation.

A lack of leadership from the Golden Plains Shire is a big issue with the ratepayers that met at a Public Meeting held back in May to discuss these very issues. This group grew and the decision to form a ratepayers association was agreed to. The inaugural meeting for this was held Monday evening and the core group was encouraged by the numbers that attended the meeting and very pleased with the numbers that have requested to be members of GPRRA. All office bearer positions were filled at the meeting and more attendees put their names forward to be on the committee. GPRRA expects more ratepayers and residents to become members once the association becomes incorporated in the next few weeks.

Many other issues were raised at the meeting from concern over “not-a necessity-spending”; not listening to what a community needs, and general unhappiness with a status-quo approach by Council. *For more info, contact David Evans on 0414 912874*

Meredith Interpretative Centre

Di Ritchie

Yes I know you think it is a white elephant and it would never open!!!

Well.....the big building on the highway opposite the school and church will be open for all Meredith residents and the travelling public to visit from the week commencing Monday September 8th.

No definite opening days yet but when the OPEN sign is there, then it's open. Please call in, have a look and give us your suggestions. If you would like to volunteer for a day or a morning, please call in and let us know or ring Marg Cooper, June Cameron, Di Ritchie, Tim Wood or John Diffey now.

No word yet on the official opening but we will keep you posted.

Meredith Seniors

Jim Hynds

The Meredith Seniors held their AGM on July 28. The meeting commenced at 11 am with reports from the President Jim Hynds, Secretary Robyn Gallichio and Treasurer Sandra Pearce. The President thanked the committee for their support throughout the year. He also thanked the members for their wonderful support towards the committee and gave a special thanks to the PFA and the Golf Ladies who work tirelessly preparing the lunches, all year round. Jim thanked Heather for preparing the hall, Joanne for organizing the caterers, Linda for organizing the entertainment and thanked all the others who contribute to make the group so successful. Jim also thanked Marg Cooper for supporting him all year round in preparing reports for the Newsletter.

So as per the Constitution the election of Office Bearers took place. The present committee was re-elected unopposed. They will now meet to plan the program for the rest of the year so it can be presented to members as soon as possible. A big welcome to our newest member Robert who comes from out Morrisons way.

If you need information about Meredith Seniors Contact: Jim Hynds, President: 52 868232, Jo Primmer, Vice President: 0407926412, Robyn Gallichio, Secretary: 0407683892, Sandra Pearce, Treasurer: 52 861545 and Jo Primmer, Luncheon Organizer: 0407926412.

Spring Garden Walk

Would you like to join a group of residents to take a walk around Meredith to look at some of the lovely Spring Gardens in bloom?

Then meet us at Meredith Pioneer Park on Thursday September 18th at 10 am. Bring a picnic lunch to have in the rotunda at Pioneer Park afterwards.



My fake plants died because I didn't pretend to water them.

Mitch Hedberg

Classifieds

First insertion of small ads are FREE to district residents

For Sale - Small pool table with folding legs. Incl snooker and pool balls, and some cues. \$200 ONO. Ring Cathie 5286 1508

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 for September/ October

Winchelsea every Saturday @ 6 p.m.

Bannockburn every Sunday @ 9 a.m.

Anakie @ 11 a.m. Sunday September 14th/ 28th

October 12th/26th

Meredith @ 11 a.m. Sunday September 7th/21st

October 5th/ 19th.

Blessing of the Animals - Feast of St. Francis of Assisi

Saturday October 4th at St. John's Bannockburn

Adult Faith education : Explore "The Joy of the Gospel" by

Pope Francis at the parish house at Meredith on Wednesday

September 10th/ 17th/24th at 7.30 p.m. All welcome.

St. Joey's OP SHOP

Open Wednesdays and Fridays 10 a.m. - 4p.m.

Rear of St. Joey's hall

Red Cross film night

Last Thursday of the Month 7.30pm

Come along and see

"Gandhi" by Richard Attenborough

At the Meredith Community Centre

in the Studio

Donation Appreciated.



Hi everyone,

As I write I am sitting down after a very busy and successful Health Awareness day at the Community Centre. Our speakers from Ballarat Community Health and Alzheimers Australia were informative and engaging, providing heaps of information. Our other displays and participants commented positively receiving lots of interest. Thanks to everyone who assisted us, providing delicious soup for lunch, helping with preparation and cleaning up.

Our courses this month have been very successful and we plan to follow up next term with several of them. Beekeeping and beer making were both great classes. Our beer making participants took home 8 Fat Yak long necks to enjoy, well worth the \$40.00 investment in the class.

Classes still to come in the last few weeks of this term include the Computer Bytes workshops, creating a free website, an online magazine and working in the cloud. If you still want to participate give us a call.

Our next Term will bring big changes at the Centre with us relocating while the new Community Hub is being built. We won't be going far though, just into the house across the road.

Don't forget the Centre also offers other services including internet access and our staff is on hand if you need some assistance. You can also get your photocopying and laminating done and we have rooms available for hire. Just call in and see us for assistance.

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.



computer tips

Dealing with Error Messages - If you receive an error message you don't understand:

Type the error message into Google Search. You'll find other's who have had the same issue, and hopefully someone who has found the solution as well. Don't just read one discussion or solution -- take the time to read a few different websites opinions before jumping to a conclusion.

This is an important lesson -- you can type any question into Google in plain English. It's so easy, but I am always amazed at how many people have problems "searching." Just search for what other people would search for... you are bound to stumble upon at least one person who has had the same problem as you and asked it to one of the many online discussion forums or Q&A sites like Yahoo Answers

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

Well it's great to be able to report that we have seen an ease in the crime trend of previous months. In recent weeks, I have had numerous community members contact me with information in relation to vehicles seen in and around there property and of other suspicious behaviour.

A white utility with a tray back and no registration plates was recently sighted at 1.00 am in Meredith . I have also received information that a ute fitting the same description was captured on CCTV at a farm some months ago. I know that numerous property owners have recently installed CCTV cameras at their properties which I encourage. It is not only a great deterrent but a great tool with regard to investigation.

Although investigations will continue with regard to any unsolved crimes committed within the area I continue to encourage anyone who sees anything suspicious at unusual hours to record vehicle registration details, descriptions of vehicles and/or persons and to please either let me know at the Meredith Police Station on 52 861222 or to contact Crime Stoppers direct on 1300 333 000.

Again it has been another great month for driver behaviour with very few motor vehicle related issues occurring over the last month. Again there have been no major collisions of note and driver behaviour in general on the Midland Highway and other major roads in and around Meredith from what I can see has been good.

Well kids the attached flyer says it all. We have a huge Blue Light Disco booked in for Friday the 31st of October. 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.

Message from the Mayor

Cr Jenny Blake

Golden Plains Shire Council would like to welcome the formation of a new ratepayers association based in Golden Plains. Council looks forward to it working as productively and proactively as have the Inverleigh Progress Association, Advance Meredith, Bunkers Hill Action Group, Smythesdale Progress Association and the many other reference groups and community planning groups that are active in our region. This is a great opportunity for the new association and its members to provide issues of concern and interest to Council in a practical & positive manner to ensure long term benefits for both Council and residents.

We all need to think about what Golden Plains will look like in the future and over the next two years in particular, look at how we can plan for that future rather than taking a short term popular view. The other day when I attended a meeting held at the Ballarat Gardens I marvelled at the vision and foresight of the first leaders of Ballarat to set down the planning and funds to secure such a beautiful resource for future generations.

While we would all like to see rates remain low, the long term effects of a reduced rate strategy must be also acknowledged. What do we want in 2025? Do we want roads and buildings sorely in need of maintenance or do we want well maintained and valued facilities, and road networks? How we plan and budget today directly determines what the Shire will be like in the future.

It is with delight that I see people taking more of an interest in Council and government issues, Council exists to serve the people and elected officials of Golden Plains and I again strongly encourage anyone interested in local government or in becoming a Councillor to become informed, learn about the processes and the roles and nominate for the 2016 election.

**MEREDITH
BLUELIGHT
DISCO**

**OCT 31ST
HALLOWEEN
PARTY**

7-9PM (PRIMARY AGE) COST \$5.00

**MEREDITH COMMUNITY HALL
STAUGHTON STREET, MEREDITH**

CONTACT: LSC GREG KITCHEN 5286 1222

WWW.BLUELIGHT.ORG.AU

BALLARAT BLUE LIGHT DISCO

ASK YOUR PARENTS TO LIKE THE PAGE IF YOU ARE UNDER 13

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Glass cut to size

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

Ph 5341 5500

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*Free
Quotes*



sports

Meredith Golf Club –Men

16th August– W.L.Cooks

D Gear/A Wishart Def V Drew/C Osbourne 2 up

Stroke

Winner M Colvin nett 74 Rup J Cooper nett 75

Putting comp J Cooper 25 putts

23rd August—Par and Monthly Medal

Winner D Jury +2 Rup J Cooper +1

NTP 14th 2nd shot J Cooper

Elaine Cricket Club

U13 cricket training is every Wednesday at 4.30pm at Meredith Cricket Ground. All welcome.

Enquiries Ph Coach Daryl 0418535713

Elaine Cricket Club Inc.

U13 assistant cricket coach wanted for 2014/15.

Please contact Daryl 0418535713

Elaine Cricket Club Inc.

Office Bearers for 2014/15

President: Neville Moller

Vice President: Daryl Wells

Secretary/treasurer: Murray Arnel

Committee members: Ron Read, Cade Arnel, Shane Dunne

Want to Play Cricket?

Meredith Rams are always on the lookout for anyone wishing to join one of the oldest cricket clubs in the country- founded in 1861. Old, young, experienced or a cricket novice, everyone is welcome. Training is on Sundays from 11.15 am at the Nth Geelong indoor until 7/9/14. The first Meredith net session will be on Thursday September 11th from 5.00pm. Ring Terry Hart on 0418 178513 for more information.

Want to Play Tennis?

We have 3 junior teams entered in the Buninyong Tennis Association for season 2014/15. Any boys and girls 8 years and older interested in having a game please contact Debbie on ph 53415589. No experience necessary.

Son: For \$20, I'll be good.

Dad: Oh, yeah? When I was your age, I was good for nothing.



MEREDITH TENNIS ASSOCIATION NEEDS YOU



JUNIOR & SENIOR PLAYERS

FOR SATURDAY COMPETITION

COMMENCING IN OCTOBER 2014

ALL NEW OR CURRENT PLAYERS
WISHING TO PLAY THIS
SEASON SHOULD CONTACT
JULIE CAMERON :
52861211 or 0429777883

Bogan Bingo

HALF GAME SHOW, HALF PARTY



100% FUN

DATE: 4th October 2014

TIME: 7.30pm for 8.00pm start

WHERE: Lethbridge Recreation Reserve
Stephenson St, Lethbridge

DRESS: **BOGAN** – Prizes for Best Dressed

COST: \$20.00 PER PERSON

BYO Nibbles – Drinks at Bar Prices

Raffles - Competitions

Pre-Sale Ticket Event

Info & Tickets: Sharon -0421 609 246



Kinder News for August

Jodie & Kylie



The children are enjoying their kinder days despite the cold frosty mornings. To encourage children's wellbeing and foster good hygiene habits we have a few different activities at kinder to support this. To help prevent the spread of illness, we are talking about hand washing and showing children how to wash their hands properly using soap and also demonstrating how to catch their cough or sneeze in their elbow rather than their hands. We have had Josie & Karen from Hesse Health come in to talk to the group about eating healthy and dental health. Kylie & the children have been making a pie chart relating to foods we can eat every day and sometimes food.

Mrs Cooke popped in to make some pinecone bird feeders with the group, which we now have hanging in our trees. The children noticed a couple of rosellas eating from them just the other day! There has been a lot of interest in colour mixing again, but this time using the powder paints red, blue, yellow and white. There have been some really beautiful paintings at the easel, with rainbows, houses, castles, hot air balloons, dinosaurs, horses, cats & dogs!

We have a few keen horse riders in our group so our A frames are often turned into a pony or horse to ride and some children are even bringing in all their horse gear to use in their imaginative play. Our show & share days are

fun, we have made up a song at the beginning so everyone comes quickly to sit on the mat, works a treat and makes it more exciting than group time. The children are learning how to ask a question to find out more?? The puzzle table is keeping the children busy as we add more complex ones each week with some revisiting to try & master them.

We have had a visit from Miss Seeborn & Mrs Gargan to meet the children who are attending their schools next year, in Term 4 we will be doing a little more about going off to school. To mark the end of our winter we are having a PJ day at kinder with a few short DVDs, popcorn and a hot chocolate. For father's day, the children have been putting together a few surprises for dad for next Sunday.

We Want

**We want your old fridges & freezers,
working or not.**

Free pickup & we pay you \$20.00 each unit.

For pick-up or more information

phone Bill or Julie on

0429 820 604 or 5376 9012

☎ 0429 820 604 or 5376 9012

Celebrate the 2014 Seniors Festival in Golden Plains Shire 5 - 12 October

- FREE gym sessions
- Pole walking
- Beginner's adult golf
- Film afternoon
- Tai Chi & over 50s fitness
- Performance – 'My Dog Has Stripes'
- Presentation – 'Better Living' by Beyond Blue
- Riso printing workshops
- Storytelling & cultural heritage session
- Mystery tour

Bus trips to: • Flagstaff Hill, Warrnambool
• Exhibition: 'Old Age is No Place for Sissies', Clunes

For dates, times and a festival brochure visit:
(W) gplains.vic.gov.au or (P) 5342 7000, Northern Community Centre

Special Event: History of Bannockburn, Bannockburn Library
Bookings (essential):
(P) 5281 2367, in person at Bannockburn Library or online via grlc.vic.gov.au



The “New” Royal Hotel Celebrates 100 Years

Marg Cooper

The Geelong Advertiser of December 1853 reported that two of the most splendid hotels in the colony were being erected in Meredith.

In January 1854 Goslings Hotel obtained a licence for their new and commodious premises just erected on the corner of Wilson and Staughton Streets.

But William Watson had declared that he would build a pub a storey higher than the other pub that was being erected at the same time. He built a three storey hotel on the corner of Staughton and Wallace Streets. It was called Watson’s, later to be called the Royal Hotel.

The old Royal Hotel which was built by William Watson and designed by Snell and Kawerau was the largest timber building besides the Melbourne Exhibition Building in the colony at that time.

“The Royal Hotel, at the corner of Wallace and Staughton Streets, Meredith was destroyed by fire in April 1914. The hotel was one of the oldest establishments in the township. It was a three storey building constructed wholly of weatherboard and it was often remarked by visitors that if it caught fire it would be a miniature inferno. When the owner and licensee Mr James Burke locked up at 11.30pm on Saturday evening everything was safe and railway men who passed the place between midnight and 1 am noticed no sign of fire. Soon after 2 am a neighbour living 100 yards away noticed an unusual glare and looking through his bedroom window saw the rear of the hotel well ablaze. He ran across and aroused the occupants most of whom slept on the second floor. The flames spread rapidly and the inmates were forced

to escape as best they could in their night attire. It seemed only a matter of minutes before the three storeys and the 25 rooms were blazing fiercely and when the whole building had been enveloped the conflagration made a brilliant spectacle, illuminating the country for a mile around. When the conflagration was at its height it was noticed that Mrs Leahy (Lee) was missing. In the absences of fire appliances and water it was impossible then to make any search. At daybreak the ruins at the site of her bedroom on the ground floor were overhauled and a few charred bones showed that she had met a horrible death. It is surmised that the fire originated in or near her bedroom and that her position from the outset was hopeless. Well into the forenoon the charred timbers were burning fitfully and in place of a district landmark only a few chimney bricks and a heap of general debris remained in the afternoon.”

From Geelong Advertiser: April 20, 1914.

“A contract to re-build the Royal Hotel (destroyed by fire) has been let to Smith Bros. Work is to commence at an early date.”

From Geelong Advertiser June 5, 1914.

“Good progress is being made with the rebuilding of the Royal Hotel recently destroyed by fire, and the new building is expected to be ready for occupation in about eight weeks time.”

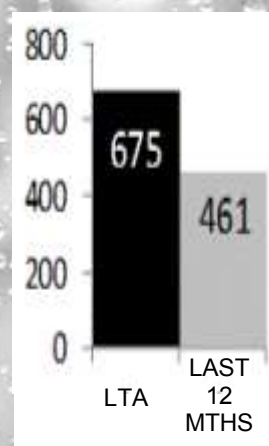
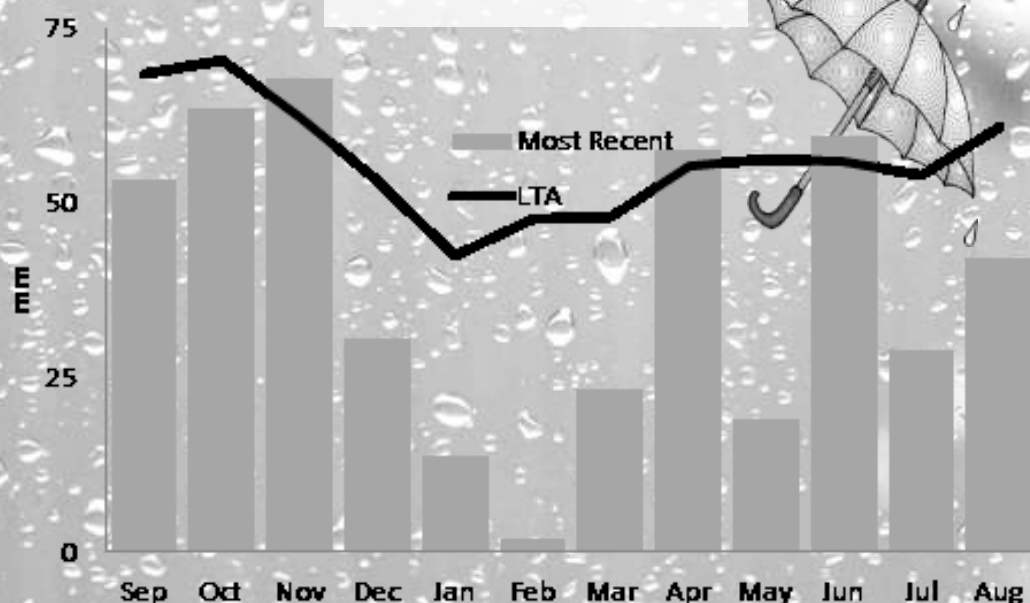
From Geelong Advertiser: August 22, 1914.

The new Royal Hotel would have opened for business in late 1914. *Damian and Claire welcome you to celebrate the 100th birthday of the Royal Hotel with them on Melbourne Cup weekend, 2014.* Details of celebrations will appear in later editions and advertisements. They would like have a collection of photos and information about the Royal for that weekend. They ask you to please look through your photos and drop in and tell them stories about your local pub.



The Winter Rain Report

Another below par season with winter's rainfall about 3/4 of the long term average (LTA) and the past 12 months producing around 68% of the LTA.



Based on BOM data. The long term average (LTA) is calculated from 1875 to 2010



Australian Government



Digital Enterprise

Meredith & Surrounds Online

DIY website or social media page. Optimise your community group, business or event through online platforms & activities.

Need to update or create a website or social media page for your community group or business? Let DigiBiz help you with our DIY website training. This FREE easy to understand and practical training is delivered by FedUni. It is supported by Golden Plains Shire council and government funding.

DigiBiz facilitators Chris Elliott, Joe Henry and Gerrie Carr-MacFie are travelling to Meredith in September to assist locals get online. Whether you have an existing website or social pages, or you are starting from scratch, pop in and receive practical help.

Workshop topics:

- Creating/updating web content
- Uploading images and text
- Trouble-shooting
- Using website platforms, including WordPress, Weebly and blogs

Join DigiBiz on   

Date: Tuesday 9 September and Tuesday 16 September 2014
(Additional training dates will be arranged with participants)

Time: 9:30am-11:30am

Place: Computer room
Meredith Community Centre

Cost: There is no charge for this training

Note: BYO laptop or tablet, or use the Community Centre computers

Book: www.digibiz.net.au

More about DigiBiz training:

Phone: 03 5327 9364 (Tue-Wed)

Email: g.carr-macfie@federation.edu.au

Online resources

Business Tools: www.digitalbusiness.gov.au

National Broadband Network: www.nbn.gov.au

Bannockburn & District Men's Shed Inc. and Meredith Community Centre Inc.
bring you

A SPECIAL PRESENTATION **BEYOND BLUE BETTER LIVING**



We welcome you to join us to hear from our Beyond Blue ambassador Tony McManus about the effects of depression and anxiety in the community and how to help our friends and family who are suffering from these debilitating conditions.

This will be followed by a short presentation by Digibiz on Health apps for your mobile phone.

TUESDAY OCTOBER 7TH 2014 from 7.00pm

Bannockburn Cultural Centre

27 High St Bannockburn 3331

Gold coin donation, light refreshments provided

For more information or bookings please

Contact Paul Dakin 0434-331-049 or bdms@iprimus.com.au

or

Pam Ridd at Meredith Community

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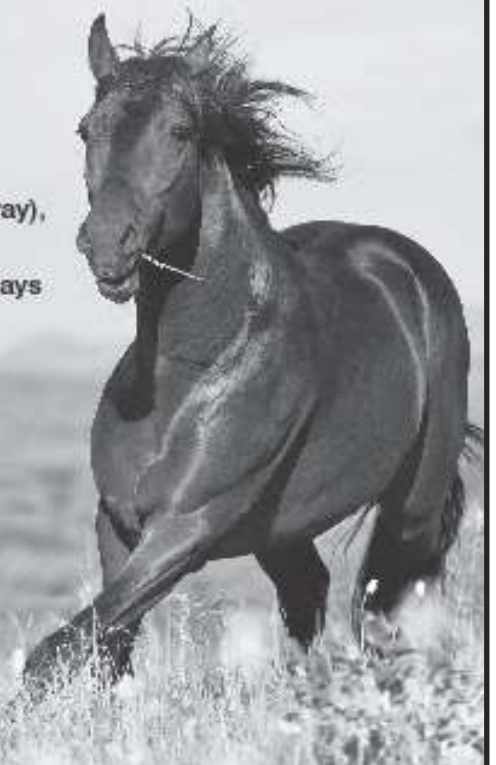
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MEREDITH PRIMARY SCHOOL 'ACHIEVING TOGETHER'

We have had a super busy few months at Meredith Primary School. Check out what we have been up to!

Enrolments for 2015 are open, so feel free to drop in to see the school in action. We'd love to show you around!

2015 Meredith Primary School
Enrolments open now!
Pop in for a visit.
Ph. 52 861313 We'd love to see you.

PHOTO OMITTED FROM ONLINE EDITION

Farewell Mr Cations

This term we said farewell to our Principal, Mr Cations. On his last day we held Footy Day (his favorite day of the year) and had hot dogs and donuts for lunch. We wish Mr Cations well in his retirement and thank him for everything he did for Meredith PS and the school community.



Camps

Our Grade 5s recently travelled to Maldon for their Bike Ed camp. We had some good weather for bike riding, and also got to do other activities such as rock climbing, archery and shopping at the lolly shop (an annual highlight!)

PHOTO
OMITTED FROM
ONLINE EDITION

At the time of writing, our Grade 3s are preparing to go on their first camp to Baanya Biarni in Anakie. There they will enjoy the giant slide, the flying fox, hut building and Archery. Have fun kids!

PHOTO OMITTED FROM
ONLINE EDITION

Family Maths Night

During Literacy and Numeracy Week we held a Family Maths Night which showcased some of

the fun maths activities and games we use here at school. The students were able to challenge their families to play a game of chess, complete some problem solving, play strategy games or see how we use the iPads in an educational setting.

Thank you to all those families who attended.



Upcoming Camps

Grades 4 and 6 don't miss out! Our Grade 4s will be heading off to Anglesea for a beach and environment camp (which includes surfing!) and our Grade 6s travel to Melbourne for a week full of 'Melbourne' experiences (such as Parliament House, The Shrine, Aquatic Centre and Queen Victoria Market).

A valuable experience that they'll remember for a lifetime!

Meredith PS Outside of School Hours Care (OSHC)

We have an excellent after school care program being run by Sharni and Janie at our school. The children are kept very busy participating in a range of fun activities which include cooking, art, crafts, games and outdoor activities.

The program doesn't just cater for our school children, Kinder children (4 year old) are able to be enrolled in the program too. For any more information, please contact Carol Cations at the school on 52 861313.

Things we've cooked in OSHC

*muffins *wraps *pancakes *cookies

All of them fun and all of them YUM!

Vale to Lorna Evelyn Smith (McNaughton)

Marg Cooper

Lorna Smith was the eldest child of Annie and Alexander (Lex) McNaughton and sister to Donald b. 1932, Ian b. 1935 and Ewen B. 1937. The family lived and farmed at "Fern Hill" at Cargerie and Lorna attended Woodburn State School where, with Neil Cameron, she learnt the alphabet: Mr A says "a", Mr B says "b" etc. It is interesting that her father built the Woodburn School on his land for the education of local children. Lorna was just finishing her secondary education at Morongo Presbyterian Ladies College in Geelong when WWII ended. She came home to help her mother as her father believed that girls should not go out to work.

She married Athol Smith a few years later and lived on his farm near Fyansford for a time before they moved to Highton. They had two daughters, Jeanette and Gayle. Her brothers affectionately known as "Red Donald", "Mr I" and "Mr E" farmed at Cargerie and Mt Mercer and did not marry.

Lorna was a keen gardener, enjoyed sewing and craftwork and was a member of CWA and more recently the Geelong Branch of the Australian Decorative and Fine Arts Society. She doted on her two granddaughters Kathryn and Tara, liked to travel and to have coffee with friends. Lorna had a great dress sense and

always looked immaculate. She attended church services and after her and Athol built a beautiful new home in the subdivision opposite Morongo, now Kardinia College, she attended Batesford Presbyterian Church.

George McNaughton b. 1838 took up land at Cargerie in the 1860's calling his property "Glenspean". He married Jessie McCallum in 1875 and they had eight children. "Glenspean" became famous when George McNaughton owned it for the quality cheeses that were made there. George's brother Donald took up the block next door and called it "FernHill". He married Catherine Cameron McCallum in 1888. They had four children including Lorna's father Alexander and his sister Maggie and brother Donald who did not marry and who also lived at "Fern Hill". The passing of Lorna means the end of the McNaughton connection to Meredith as her brothers all predeceased her.

Lorna Smith died on August 7, 2014 aged 84 years. A service was held at Batesford Presbyterian Church on Thursday, August 14 to celebrate her life. Very appropriately, the congregation sang "I Come to the Garden Alone."



It is interesting that "Glenspean" and "Fern Hill" and some other paddocks are now part of Meredith Dairy whose cheeses have been awarded prizes which follows the tradition of the early McNaughtons.

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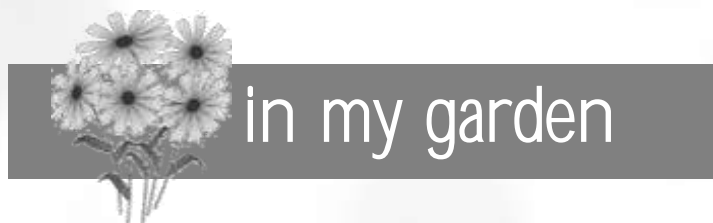
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Well joy of joys, there are signs that Spring is just around the corner, the garden and its gardener are still suffering the debilitating effects of the severe frost event that beset the area just a few weeks ago. The early morning temperature in my garden was about -5 degrees. It was so cold that the water in the fountain which is about 20cms deep was frozen solid and did not thaw out fully until the day after.

I did hear a local suggest that it was so cold it was too cold to snow. Even at first light it was immediately apparent that quite a number of plants in the garden had been very badly affected. As the plants drooped under the weight of the ice so did my spirits. My normally positive outlook was in an instant replaced with alarm, concern and despair as I surveyed the damage.

The clipped standard ficus looked as though it had been attacked with a flame thrower; the top of the mop was completely burnt. Every leaf was brown-black. (Only the day before I was admiring its lovely green leaves which is a feature in a relatively bare winter garden.) The strappy clivia leaves had turned to mush. These wonderful plants that love the shade have been unaffected by past frosts but not this one, and the sad story is repeated for the lilly pillys, statice, lime and lemon trees and other garden plants. Even some of the greenhouse plants did not escape. The leaves on the potted balsam cuttings that were close to the greenhouse walls turned to mush. Some of the capsicum plants that were wintering in the greenhouse, succumbed entirely. The scars of the frost damage will be visible for some time; at least until it is safe to

assume that the last frost has passed and one can confidently prune away the damage.

After two hours, sitting in an armchair stunned and immobilised by the sight of the frost damage, it was time to stop the nonsense, grab a scarf, don a multi-layered coat, put on the rubber boots with very thick socks and get outside into the garden to continue the pruning and other garden tasks that were waiting. Redressing and renovating garden beds is a job that I like to complete by early Spring. The beds look so nice when they are nicely trimmed, tidied, and mulched. Replanting is done as required. Of course, dead or nearly dead plants are pulled out and thrown into the barrow.

An entire day was spent planting various summer vegetable seeds in seed boxes that will live in the greenhouse until after the last frost. In addition to the usual pumpkin, zucchini, cucumber (continental), eggplant, capsicum, tomatoes, radicchio, basil and flat leaf parsley I am trying soy beans this year. Out in the vegetable garden beds there is a great crop of onions sown in a broad-cast fashion, and hundreds of self-seeded Chinese broccoli. The most advanced of these are starting to bud. The artichokes and fennel are doing very well and every week or so I am able to pick their produce. A work in progress is the preparation of the ground where the summer vegetables will grow and involves spreading the mulched products of the chicken pen enclosure, adding blood and bone and then covering with a good layer of pea straw.

Perhaps the highlight of the past four weeks has been the arrival of three Muscovy Ducks, a generous donation from some lovely Lethbridge folk. In an instant the ducks settled around the pond, with the Drake wasting no time in trying his hand at duck diving. I have built a small pea straw-bale structure as a shelter: a place for duck eggs to be laid and ducklings to be hatched. They are so lovely and relaxing to watch. The first introduced residents of the pond, the comet gold fish seem to be happily coexisting with the newest inhabitants, and all seem to be cohabitating with the original inhabitants, the frogs.

That is all for now. There is no time to waste because, happily, Spring and warmer climes are rapidly upon us.

Robyn



SUBSCRIPTIONS DUE

LANDCARE

Annual Subscriptions for the Bamganie Meredith Landcare Group are now due. Members are entitled to use the equipment which the group owns for tree planting and weed control. Members will be kept informed of any grants which might become available for Landcare.

2014 LANDCARE SUBSCRIPTION: \$44.(includes GST)

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Send to Treasurer: Phil Rendell, 85 Glenetive Rd. Bamganie 3333

The Meredith Red Cross Branch

Marg Cooper

A small booklet contains information about the formation of the Meredith Red Cross Branch:

"Founded on September 18, 1914, as a result of a meeting convened by Mrs Schefferle and Mrs Matheson, under the auspices of the Meredith Branch Australian Women's National League. From the beginning the Society prospered, Mrs Wilson being the first President, and Mrs Matheson Secretary and Treasurer, with a Committee of 19.

The formation of a First Aid Class was discussed, and a meeting arranged for every alternate week.

The Meredith Patriotic Movement generously donated £18/6/1, which helped the Society greatly.

Mrs Bell's generous suggestion of a window display during and after Xmas vacation, kept the public interest in the society and brought in many members and garments."

The booklet tells that in 1914 the Society had a membership of 90 members, in 1915, 113 members, in 1916, 115 members, in 1917, 117 members and, in both 1918 and 1919 the Society had 118 members.

It contains a list of at least 146 Members and Associates and a Statement of Receipts and Expenditure for 1914-1915, 1916, 1917 and 1918.

In 1914-1915 Receipts were £147/15/- and Expenditure was £68/6/6 for material and £53/16/- in Instalments to Headquarters. The work produced was 174 Handkerchiefs, 83 shirts, 74 pyjamas, 94 underpants, 300 pair of socks, 126 facewashers, 53 pillow cases, a quantity of knitted articles, numerous delicacies and personal comforts for troops.

"The results of the examination in First Aid of the candidates from Dr D Kennedy's classes were made available on Wednesday. Thirty five ladies attended all the lectures and of those 24 presented themselves for examination. Of those 18 passed by securing 65 marks or over."

Geelong Advertiser July 8, 1915.

"The first anniversary of the local branch of the Red Cross was celebrated on Wednesday evening by a concert and dance. The Mechanics' Institute was packed to the doors, about 400 people being present. Cr Matheson occupied the chair and in a brief address outlined the history and work of the branch. The hall was effectively decorated with the flags of the allies, kindly lent by Messrs Bright and Hitchcocks."

Geelong Advertiser October 30, 1915.

Some members of Meredith Red Cross are attending a Civic Reception in honour of 100 Years of Service of the Australian Red Cross on Friday, August 29.

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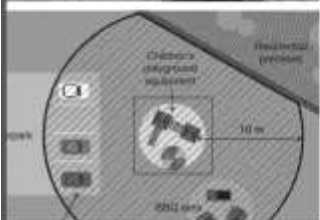
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On dewy mornings, some trees are draped with beautiful necklaces of clear drops, perhaps glistening colourfully in the early sunlight. It is a perfect time to appreciate the weaving skills of spiders. The most obvious webs are often the circular orb webs that we consider to be typical spider webs. They provide a large surface area to catch passing insects, and when not covered in drops are almost invisible – a nearly perfect trap. Spiders produce different types of silk for different purposes. It is squirted out of spinnerets on the underside of their abdomen, and quickly hardens. Their silk can be far stronger than steel cable of the same diameter, or one of the most elastic substances known.

To weave an orb web, the spider starts by producing a light line of non-sticky silk which drifts on a breeze until it catches on something, perhaps a twig or neighbouring bush. It may take several attempts for success. The spider walks along this line, reinforcing it with stronger silk, then makes a third line of silk that will sag. It sits on the centre of this line, so it forms a V shape, then drops a line down from it, making a Y. The end of this line is anchored to another line of silk, or to a stick. The middle of the Y will form the centre of the web. The spider adds more lines of silk from the centre of the Y to the outer edges. Starting from the middle of its web, it lays a spiral of non-sticky silk which forms a scaffold for the sticky silk, which it lays in a spiral from the outer edge of the web, back into the centre. The spider may make further adjustments.

When the web is ready, some spiders sit in the middle of their web to wait for prey and some find a hiding place nearby. Others, such as the leaf-curling spiders, construct a hiding place. They use a line of silk to lift a leaf up from the ground, attach it to the web, and join its sides to form a tube. Spiders have a thin layer of oil on their feet and legs, so they will not become stuck on the web, and they walk carefully so their body does not touch any of the sticky silk.

Orb webs are common, but there are many other types of webs woven by spiders. A dewy morning may reveal many small webs of net spiders among the grass. There may be a hole in the centre of the web, with a silken shelter below it. Lattice-web spiders build a sheet of dry silk, and rely on their speed to pounce on insects that land in the web. Lace-web spiders build triangular webs with many zigzagging lines that look rather messy to us. There is not a lot of sticky silk in these webs, but insects become stuck by the bristles on their bodies. The spider rushes out of its hiding place to catch the insect.

Spiders use silk for many other purposes, such as for safety lines when they are climbing, to wrap captured insects, to line burrows, to create egg sacs, and for baby spiders to disperse. They climb to a high place, create a long line of silk, and fly on the wind to find a new home.

Spiders are excellent trappers of blowflies and other nuisance insects. There are many different types of spiders, and if you are not afraid of them, they are fascinating to observe.

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From Patch to Plate

Rosemary Gargan

Meredith Primary School's Prep Class created it's own food chain recently when it harvested rhubarb growing in the school's vegetable patch to make some delicious muffins.

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And... *If you would like rhubarb but don't grow your own, you are very welcome to call into school and the children will pick you some from our vegie garden.*



Easy Rhubarb Muffins

Makes 12 muffins

Self-raising flour – 220g
Caster sugar – ½ cup
Milk – ¾ cup
Egg – 1
Vegetable oil – ½ cup
Rhubarb stems – 150g finely chopped
Cinnamon – 1 teaspoon

preheat oven to 180°
line muffin tray with paper muffin cups
in a large bowl mix sifted flour, castor sugar, cinnamon and rhubarb using a large metal spoon
in a small bowl lightly whisk the egg, milk & oil
make a well in the centre of the dry ingredients, pour in the liquid mixture and combine lightly with the spoon till completely mixed (do not over mix)
spoon into paper muffin cups to 2/3 full
bake for 20-25 minutes then cool on a wire rack

A tasty topping highly recommended: before baking, sprinkle the muffins with demerara sugar and roughly chopped almonds.

Variations: you can substitute...

- * raw sugar for the castor sugar;
 - * gluten-free, spelt or wholemeal flour for the self-raising flour (add bicarb soda or baking powder if it is plain flour);
 - * chopped apples or mashed bananas instead of rhubarb;
 - * lactose-free milk or soy milk for the dairy milk
- so this recipe can be modified to suit food allergies or intolerances.

*From "Grow Cook Eat" cookbook from
Daylesford Primary School Kitchen and Garden
by Alla Wolf Tasker and Andrew Stone*

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Pick of the Pics

Rising early and braving cold misty conditions gave Kerry Thomson the opportunity for an exhibition winning photograph. Her black and white image of her dog silhouetted on fog-bound East Road was selected out of nearly 300 pictures by Moorabool Mayor, Paul Tatchell, as the “Best in Show” at the recent LalLal Moorabool Photographic Competition/Exhibition. Kerry also gained a third place in the portrait section whilst her husband Peter’s photo of high plains snow gums was third in the flora category.

Lethbridge resident Jenny Talbot’s stunning sunset with a reflected tree was second in the landscape group. Other local residents, Trudy Mitchell and Cathy Boer, also had some wonderful photographs on display (remember Trudy’s once-in-a-lifetime picture of a koala and baby in the dam and Cathy’s exquisite dandelion seed head – both published in this newsletter).

Kerry Thomson’s beautiful early morning study, taken in East Road, was chosen “Best in Show” at last month’s Lal Lal Moorabool Photographic Competition/Exhibition. And right, Kerry poses with her winning photo and Award Plaque.



More information about the event is available at lallalphotogroup.yolasite.com. It would be great to see more local people submit photographs for the 2015 show. Start now and make the first move by submitting a snap for the “Pic of the month” in the Meredith newsletter - we’d love to have more contributors!

PIC of the MONTH is on page 29.





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Selective Sight

The concept of selective sight sounds unfamiliar, even strange. Perhaps that could be because I just made it up in order to describe a phenomenon that has occurred to humans throughout the ages who, for some reason or another, can't see what is quite literally right in front of their faces. Although likened to the concept of selective hearing in which someone could be jabbering on to you for five minutes without you hearing a single word, selective sight harbours some rather different qualities.

For one, you are actually looking for a certain object to begin with. You are not standing there in your own world when someone else decides to start holding objects in front of your face. Things that are seen cannot be unseen, therefore it wasn't selective.

No, this strange brain-to-optic-nerve connection failure has more to do with the fact that you desperately need to find honey in your pantry but for the life of you, you can't find it. Last time you saw it, it was right there, in the front on the third shelf nestled neatly between the Vegemite and the packet of cashews.

But now that you need it to complete your afternoon snack it has disappeared. The space between the vegemite and the cashews has widened and the void has been filled with a bottle of soy sauce and an overturned packet of flour. You shuffle things around and squint your eyes to see whether it could be hiding in the dark recesses of the pantry where loose sultanas and pasta live but to no avail. When the moment comes to admit defeat and call for help, your rescuer comes to your side only to reach down next to the flour and pick up the honey, handing it to you with a look of superiority on their face.

This is why I'm sure the word 'dumbfounded' was invented and that there is such a thing as magic...because that honey was not there a second ago, I swear! But then, like so many other moments in life, you move on. You make the sandwich and forget about the incident, chucking the jar of that sweet syrup back into the cupboard, not really paying attention to wear it lands. So perhaps selective sight isn't such a strange concept after all. It's almost as if it's ever-present.

Did you sit down to read this paper, wondering where your glasses were only to realise they are on your head? What about that time you couldn't find your phone and spent five minutes desperately searching your handbag only to look down and see it in your hand?

I myself just gave up looking for the dental floss, asking my mother to borrow some of hers, only to be told that it is sitting right next to my tooth brush. In fact I had just moved it out of the way to put the brush down.

And unfortunately, like selective hearing, I am afraid that it is incurable.



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Dr Andrew Bell: Monday, Thursday, Friday

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Dr Margaret Somerville: Wednesday

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Bannockburn Pharmacy Newsletter

Proprietors: Scott Wilkes & Damian Bennett

6 High Street

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Phone: 5281 1519

What's new?

New look finished

We have finished the remodeling to our Pharmacy. Last month we replaced all of the carpet in our Pharmacy which looks and feels fantastic under foot! At the end of last month we have also moved our main sales counter to allow easier access to our Children's Health, Pain Relief, and Cold & Flu Relief sections. We have removed some of our units to display our gifts but we are definitely keeping our gifts.

Another exciting change to the Pharmacy is the introduction of our new Natures Own Vitamin wall. Finding and selecting vitamins can often be difficult because there are so many to choose from. This new vitamin wall makes it easier to find and select products. You simply press the health interest you are interested in e.g. Energy & Performance, and the shelves will flash so you know where to look. Plus if you have a smart phone you can scan the QR code and you can find out more detailed information about that health interest and the products available.

Sports Nutrition & Weight Management

We all know that looking after our weight and health is very important. We now have a dedicated area within the Pharmacy to just Sports Nutrition and Weight Management. Some of the brands we stock are Optifast, Isowhey, Musashi & WPI International Protein. We also still have our Kate Morgan Weight Loss Program. If you would to any assistance with your weight loss and management goals then please come in and let us assist you.

New Giftware in store!

To make room to move our sales counter we have been clearing selected gifts which resulted in some gaps in our gift area. This month we have lots of new gifts arriving so there will be lots to choose from. Don't forget if you join our FREE Gift Club you receive a 16% discount plus an extra 5% goes onto your Chemmart Rewards Card.

Children's Pain Relief

Our Everyday Low Prices for our Children's Pain Relief is now even more affordable for families. Compare our prices and you won't be disappointed!

Children's Colouring Competition

(Win a \$100 Faber Castel Gift Pack)

During the month of September we are running a colouring competition for the kids. With any purchase from the our Children's Health section your child can take a colouring in sheet. Simply return your child's artwork to the Pharmacy, with their name, age & contact phone number when completed. We will put all entries on display and the winner will be notified at the end of the month!!

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

Don't forget we are open weekdays until 6:30pm



Marg's Book Review

The Sound of One Hand Clapping

by Richard Flanagan

The book is heart wrenching and tells the story of a girl whose mother Maria disappeared when she was very young. In the winter of 1954 in a construction camp in the remote Tasmanian highlands when Sonja Buloh was three years old Sonja's mother walked into a blizzard never to return. It is obvious that her mother couldn't cope anymore with the harsh environment, her husband, the community or what was described as relentless misery.

Sonya is left with her violent, alcoholic father who works on building a dam for a Hydro Electric Scheme. The family were immigrants from Slovenia who lived in a rough camp - which was described as being like battery hen accommodation - with many other European immigrants in the challenging physical environment of the Tasmanian highlands.

When she grows up she works at a television studio where she unearths footage of her father labouring to build a Tasmanian dam in the 1950's. When she visits Tasmania and her drunkard father in 1989 some thirty five years after her mother left her memories are rekindled and the past starts to intrude. Sonja had left her father after he beat her up in a drunken rage.

The life of Bojan Buloh is sad. His body reeked of tobacco and drink and he had lost his language so he never had enough words to tell people what he thought. Everyone in camp brooded sullenly waiting for some event to relieve the monotony. He was empty of aspirations and dreams and he belonged nowhere. He was described like the dam he was building "holding everything within, so much drink and so much more".

The title apparently comes from a Zen Koan (or parable) of 18th century Japanese Zen teacher Hakuin Ekaku Zenji. It is a philosophical riddle with no answer. "You know the sound of two hands clapping but show me the sound of one hand clapping."

The book for discussion in September is The Sense of an Ending by Julian Barnes.

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MUSELI SLICE

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Ingredients

125g butter, chopped
1/3 cup (75g) firmly packed brown sugar
2 tablespoons honey
1 1/3 cups (120g) rolled oats
1/2 cup (40g) shredded coconut
1/2 cup (75g) self-raising flour
1/2 cup (65g) dried cranberries
1/2 cup (80g) dried apricots chopped
1/2 cup (70g) almonds chopped
2 tablespoons pepitas

Method

Preheat oven to 180C (160C fan forced). Grease a 19cm x 30cm lamington pan; line base and sides with baking paper 5cm over the edges.

Heat butter, sugar and honey in a medium saucepan until sugar dissolves. Stir in remaining ingredients.

Press mixture firmly into pan and bake for about 20 minutes. Cool in pan before cutting.

Special Note

This slice is delicious and the great thing about it is that you can use any dried fruit, nuts and seeds you like. I have used pumpkin seeds and dates and the result is great. Give it a try.

From: The Australian Women's Weekly

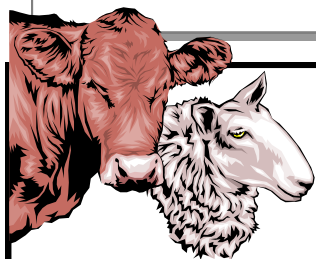
COLLECT ME

Taking the Ibis Walk

Susan Barlow-Clifton's beautiful, hand painted Ibis Walk sign, which has adorned the main road through Meredith for several years, is a little weather-worn. Happily, Ms Barlow-Clifton has agreed to renovate the sign at her studio on the Surf Coast. So, while it will be missing for a couple of months, it will come back as bright as new.



Gone to meet its maker. But it will return!



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pic of the month



The swimming lagoon on the Cairns foreshore - by Cathie Boer



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.

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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.

Do You Read Me? (Part1)

Reading on your iPad is a cheap and enjoyable activity, and there is a virtually limitless supply of reading material available. While some people don't like reading on the backlit screen of the iPad, compared to an e-reader for example, I for one don't mind it a bit. The advantages include being able to store hundreds of books on a small device and never again getting frustrated because you lost your page or your hand got tired holding open a heavy blockbuster. There are lots of free books available and if you don't mind buying, most prices are less than ten dollars per book. It takes only a few seconds to download a book which you can then start reading immediately. Picture books, such as cookbooks and travel guides look great on the iPad too.

Here are a couple of reading related apps to check out.

iBooks and Kindle

These are the two most frequently used reading apps. iBooks is the Apple product, while Kindle is the Amazon store front. Both offer access to a wide range of books for sale as well as some free books. In both, you can change the look of your page and adjust the text to the size and style you prefer. You can highlight text, make notes, bookmark pages and look up new words without leaving the book and the app will save your place automatically.

Goodreads

This free app keeps a record of your reading, lets you share comments on your books with other fans and offers suggestions for your next book based on the things that you have already read. My favourite feature is that Goodreads can send you an email once a month listing new books by authors you have read before. The site also includes hundreds of reading groups for any reading taste, from cookbooks to spy thrillers.

Freebooks

Take a look in the app store for a number of apps that access free reading material. Freebooks is one site that gathers books, many of them classics that are available to download for free. It takes only a few seconds to download Jane Eyre or Huckleberry Finn, so why not take a look?

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Judith Emond, Family Therapist

Children and Anxiety

Anxiety in children is one of the major concerns for parents, teachers and health professionals. It is very prevalent among children and is often overlooked or deemed to be silly or defiant behaviour.

What is child anxiety? Children express their anxiety in many ways but as a rule there are three main signs;

1. Fear and Worry- Fear is the critical force of anxiety. This fear becomes 'real' for the child even though it seems 'silly' or 'irrational' to an adult. Children experience many 'worry thoughts' such as, parents splitting up, family members dying, pets dying, having a car accident or plane crash or being kidnapped walking to school. As well as many self doubt worries like, I'm going to fail my school work, I'm not a good enough player to be picked for team sports, I can't do it, nobody likes me and so on. The fear and worry thoughts and the belief that something bad will happen as well as the belief that they are bad is extremely distressing for children. It is very real for them and causes all sorts of problems.
2. Physical symptoms- Children cannot always express to parents how they are thinking so it's important to know the physical symptoms of anxiety. An anxious child will experience, nervousness, stomach aches, vomiting, diarrhoea, headaches, crying, shortness of breath, racing heart, sweating, general aches and pains or become sick for no reason. Usually these symptoms become worse and escalate before an event or in response to certain situations. The key for parents is to notice if any of the symptoms begin to become a regular occurrence in response to certain circumstances your child faces.
3. Avoidant behaviour- This is a sure sign of anxiety and probably the easiest for parents or teachers to detect. Not wanting to go to school, not wanting to play sport or socialise with friends, not wanting to participate in family activities, acting out in order to be punished so as to be excluded from activities, such as, school camp, movies and special events. Or it could be needing a parent or someone to accompany them in situations they are capable of doing themselves, such as, getting dressed for school, walking to school, wanting you to attend a child's party with them, not leave them at sports practice by themselves or even wanting you to walk them into the school class room. Again the main thing to notice is if the behaviour starts to become unusual or more frequent.

The good news is that childhood anxiety can be successfully treated as long as it is detected. If it goes undetected it can lead to more serious mental health and physical health problems in Adolescence and Adulthood. Eating disorders, depression, substance abuse or irritable bowel syndrome, eczema, high blood pressure, diabetes, gall stones and cardiac problems are all anxiety and stress related illnesses. How to help? Children can successfully learn skills to

manage the anxiety they experience. Skilling children up at this age, is critical to ensure that they are less likely to have ongoing difficulties controlling the anxiety in their teens and into adulthood.

1. Learn about it- I cannot encourage this enough. Knowledge about anxiety and how it is treated gives you power to help your child to control it. There are many step by step guides and self help books on child anxiety for parents available at Libraries, Schools, Book Stores and Online. Seek professional help from your doctor, a school counsellor or a psychologist experienced in treating childhood anxiety.
2. Listen, Reassure & Explore- Try your very best to listen to your child and do not dismiss their perceived fear or worry as 'nothing to worry about'. For them it is real so you will need to hear what they are fearful about. Explore with them what they think could happen? What kind of worry thoughts they experiencing? And ask how they are feeling inside their body? Provide reassurance and assistance to enact exercises, strategies and skills learnt to manage the thoughts and physical symptoms. Guide them with examples of helpful and factual thoughts as well as calming and soothing techniques.
3. Be a good role model- Children learn coping strategies from adults. It is really important to model what you would like your child to do. It is unfair to suggest relaxation and calming strategies to them if you cannot do this yourself. Be very mindful of your own behaviour and how you respond to stress and worry. Very often children with anxiety have learnt some of their behaviour from adults in their life. This is not in anyway blaming adults but more of a reminder to check in and see if the way you are responding to distress in your own life maybe having an impact on your children. Perhaps you may need to learn new skills to manage your own stress in order to help your child.
4. Team up as a family- As eluded to above, quite often anxiety does not just impact on one person within the family. It is highly common that a parent, another child, grandparent or another relative also experience anxiety. You may have someone in your family or within your friendship network that has a 'lived' experience of dealing with anxiety. Talk to them and get some ideas on how they managed. It is also important to educate family members about anxiety and how to respond in a helpful manner. Your child will recovery well if everyone in the family assists them in the same helpful way.
5. Separate the anxiety from the child- I believe this to be critical. Always remember that the anxiety is not who your child is, it is merely a condition that can be controlled and treated. Your child is still, smart, gifted, has their own personality, has a lot of fabulous skills, is a good person and has a very promising future. Honouring the person within the child will help them immensely. It provides them with the strength and strong will they will need to fight and manage the fears and worry thoughts. It will also help them to see the good within themselves and to begin to believe that they are capable and worthy.

For more information go online to access child appropriate anxiety treatment programs at brave4you.psy.uq.edu.au, headroom.net.au or smilingmind.com.au

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it's History

Meredith History Interest Group

Taylor's Road Talk Fest

You are invited to 685 Taylor's Road on Sunday, September 2, at 1.30 pm to talk about Taylor's Road. Paul Galea has a house on Taylor's Road and he is very interested in the history of the road, the tracks to the goldfields, the buildings and the people and the significance of the road.

Paul has invited us to come to his home to conduct a Talk Fest about Taylor's Road. If you know anything about the road please come and tell us and if you would like to know about the road please come and learn. Photos, maps and documents would be appreciated. A small plate of afternoon tea would also be appreciated.

Royal Hotel Celebrates 100 years

Damian and Claire, your hosts at the Royal Hotel are planning to celebrate on the Melbourne Cup weekend, 2014, 100 years since the Royal Hotel was rebuilt. They implore you to look through your photo albums to find any photos of the hotel building at different times and of people at the Royal so they can mount a display for that weekend. They would also like to hear stories about the Royal and to have copies of any documents or newspaper articles relating to the hotel.

Golden Plains Shire Community Grants Presentation

MHIG received a Community Grant of \$1400 to re-design and re-print the Heritage Walk brochure and booklet. We see this as being an important resource for locals and tourists. During the presentation ceremony, MHIG members Marg Cooper and Jan Crump presented a report on the project "Who Lived in My House". MHIG received a Community Grant for this project in 2012 which allowed us to buy equipment to collect, copy, print, catalogue and store information about Meredith town. We are very thankful to the Shire for these grants which allow us to concentrate on history rather than baking cakes to raise money! One of the First Births at Meredith

On the last Thursday of the month MHIG members catalogue and talk history at the Anglican Church Hall from 9 am.

An interesting article in the Geelong Advertiser on October 25, 1913 states that the birth of Mr John McElane was one of the first to occur in Meredith. The Registrar of Births received a letter from Gulong NSW asking for particulars of the birth of Mr John McElane who was born at Meredith in 1845. The article also suggested that Mr McElane was possibly also the oldest resident of Meredith alive at that time. He was 68 years old.

The Koblenz Connection

Marg Cooper

Koblenz is a German city situated on both banks of the Rhine River at its confluence with the Moselle. On the corner sits a monument of Emperor William 1 on horseback. The city celebrated its 2000th anniversary in 1992 and has a long and colourful history. In 1814 it was occupied by the Russians and in 1822 it was made the seat of government for the Prussian Rhine Province.

John Eberhart was born in Koblenz. He married an English girl, Hannah Pearce, in 1864 in Geelong in the house of Baptist Minister Mr Hart. His father Frederic had been a farmer but was deceased by 1864.

John and Hannah settled in Morrison at the base of the hill beside the Moorabool River and he was a gold miner. They had two sons, Frederic and Harry. Their house burnt down in 1911.

Fred married Caroline Susan Gowty and they lived next door to John and Hannah in the Moorabool Valley. They had two children, John and Maisie. John married Clara Scanlon and Maisie married Reg East. Their house burnt down in the early 1950's.

Joyce Stanley (Eberhart) the daughter of John and Clara Eberhart and the great granddaughter of John Eberhart recently travelled on the Rhine on a river cruise with her cousin Val Connely, Marg Cooper and Eliza Emmelin. Joyce was keen to visit Koblenz, to see the town and to research the Eberhart family. Unfortunately the ship stopped at Koblenz for only a short time to unload the passengers for a tour of Marksburg Castle and then the ship travelled to Braubach to pick up the passengers.

Joyce and Val did step ashore and bought a plate and a bag inscribed with the name of the town where her great grandfather came from and she saw the town from the ship. Marg and Eliza, while on the bus trip to the castle, noticed a shop in the town advertising it was Eberhart's.

It would be interesting to know why John Eberhart left Koblenz and why he came to Australia. It may have been because of economic reasons, political reasons, family reasons or because of religious persecution or maybe he had an ambition to dig for gold at Morrison in Australia.

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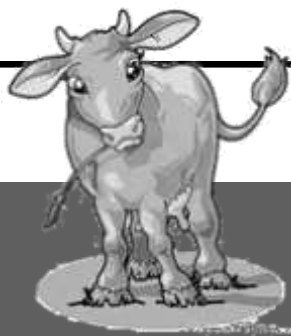
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