



Meredith & district News



August 2015

YOUR FREE COMMUNITY NEWSLETTER SINCE 1972



FIT for purpose

Great news! A new stainless steel all abilities fitness and exercise station has been erected in Pioneer Park.

The fitness station is part of a paths and trails strategy that will eventually encircle the town taking in the police paddocks and the Coolebarghurk Creek. Funding has been obtained from Community Grants from the Golden Plains Shire, seed funding for the Community Coordinators Program and the Meredith Music Festival. Extra equipment can and will be added as finances permit. It is open to anyone to use and an official launch will be held soon.

Come...have a look and a try!!!



**Calling all
photographers**
...see inside.



*Mary Foster tries one of the exercises
at the new Pioneer Parl installation.*

inside

- Parish Celebrations
- Update on Waste Disposal Options
- Dressed to Kill
- Nerene's Classic Move
- Police Paddocks Get a Sign
- Farewell Bill Middleton, Sally Miller, Cath Cooke and Keith Black
- The Tale of a Dog

...and the usual *much more!*

E: news@meredithnews.com.au **W:** meredithnews.com.au



We're compiling a new district phone directory. Make sure we've got you, and we've got it right. See inside for details.



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's
☎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 (from mobile phone)	000
Meredith Police Station	000 or 112
Power Failure	5286 1222
Nurse-On-Call	132 412
Mental Health Advice	1300 606024
Poisons Information	1300 280 737
Barwon Water	13 11 26
SES flood & storm help:	1300 656 007
24 Hour Helpline	132 500
24 Hour Drug & Alcohol	1800 629 572
Kids Help Line	1800 888 236
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 P Ryan Elaine	0409 861 296

SERVICES

CEMETERY TRUST ☎5286 1550	MATERNAL & CHILD HEALTH ☎5220 7230
HALL HIRE Meredith Memorial ☎5286 1545 Elaine Mechanics ☎5241 5596 Elaine Rec Res ☎5341 5703	PRE-SCHOOL ☎5286 1227 PRIMARY SCHOOL ☎5286 1313 RECREATION RESERVE ☎0429 841399
LIBRARY VAN ☎5272 6010	

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	
Quarter page	\$25	\$60
Half page	\$40	\$100
Full page	\$80	\$180

Note: Colour not available for all issues. A \$20 loading applies for preferred position Classifieds are **FREE** for personal notices up to 25 words 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. (Cond. 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 Office, Meredith, 3333

(BH ONLY please)

Editorial: Trudy 0429 430646

Advertising: Ian 0409 016815

Accounts: Dawn 0428 861274

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.



"The whole problem with the world is that fools and fanatics are always so certain of themselves, and wiser people so full of doubts."

- Bertrand Russell



COMMUNITY

Meredith Senior Citizens

Jim Hynds

Some 24 members attended our Annual General Meeting on July 13, 2015 (after lunch had been enjoyed first!). President Jim Hynds thanked all members and office bearers for their great support throughout the year with a special mention for Jo Primmer who worked tirelessly throughout the year for the group.

Our Treasurer, Sandra Pearce, tabled our financial position and we seem to be in reasonable shape. As per the constitution all positions were then declared vacant. Dianne Stevenson was elected temporary Chairperson and as there were no new nominations for the other positions the outgoing office bearers were re-elected unopposed.

I wish to thank all the members for their great support and all the office bearers for the work they have contributed.

We have planned a bus trip for members to the Western District on July 27. Our members are greatly looking forward to the day which is being led by our enthusiastic bus driver.

Members are reminded that the annual fees are now due. If you would like to join us please contact one of our office bearers or a member. You will be most welcome.



CERT

The volunteers and committee of the Meredith CERT would like to say a huge thank you to:

- The team at **Woolabrai** for collecting old car, truck and tractor batteries for us.
- The kind people from **R & J Batteries** in Ballarat (who had to manually load hundreds of kilos of batteries!) and paid us **\$708** for them
- The generous **community of Meredith** for rounding up all your old batteries to help support your local First Responders.



Thank You!!!



Meredith & District Community

Emergency Response Team Inc

AGM to be held at 7:30pm on

Tuesday 25th August 2015

At the Meredith Community House

All welcome

Please come along, meet the team & get involved!

We look forward to seeing you there.

martin.peters@ambulance.vic.gov.au

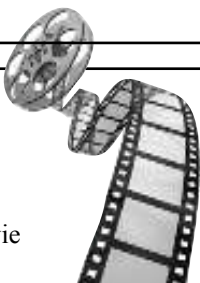
(03) 5286-1112



RED CROSS FILM NIGHT

Last Thursday of the Month 800pm

Come along and see our next movie



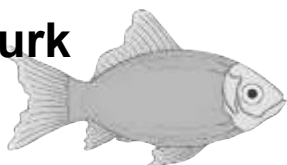
Golden Plains Mobile Library

Is at the Meredith Primary School every Thursday from 9am to 10.30am



The Coolebarghurk Creek Project

Jim Elvey



Landscape architect, artist and district resident, Isobel Paton, has lent her considerable expertise to the Coolebarghurk Creek project by offering to prepare a concept plan. This will be done in close consultation with the community and aim to identify the full potential of the creek precinct between Russell Street (the Primary School end) and Steiglitz Road. At the same time, it will be seen as part of a larger project to create a connected walking path around the town, which will embrace Pioneer Park and the Police Paddocks. We will publish details of the concept as it is developed, for community comment and input. In the mean time, if you want more information, or would like to offer a comment or idea, contact Jim Elvey on 5286 1273

Thermomix Cooking Class

Discover the full potential of your Thermomix with our Varoma Class. Learn new recipes that demonstrate the versatility of using your Varoma and impressive multi-layer cooking.

Our menu includes:

- Fruity dream, Green smoothie, Gluten free bread with Butter and a delicious dip
- Couscous salad, Soup and Meatloaf with red sauce
- Delectable desserts including Steamed lemon cupcakes

This class is suitable for all Thermomix owners and those who want to learn a little more.
All samples available for tasting.

Tuesday 25th August 2015
7:15pm to 9:15 pm
\$20 per person.

Meredith Community Centre
4 Russell Street Meredith

BOOK NOW

Ange on 0418 346 474 or ange@fitsimmons.com.au

Bookings are essential.



Hi Everyone,

We are already into our 3rd week of term 3 and starting to get settled in the new building. There is still a bit to organise. We are managing with temporary IT and phone arrangements so apologies if our phone line is a bit scratchy.

I would like to thank Desma Blow for the lovely piece she wrote in the last newsletter about the Community Centre. It is people like her and numerous others who are the heart and soul of the Centre. Even though we have a modern new building I hope we will remain true to our mission of being a welcoming place for everyone, because we are all about all of those wonderful people still involved as users, members and committee. We are also looking forward to meeting lots of new people who will be coming in to bring their children for kindergarten getting to know us as well.

We have had a great response to some of our new classes this Term. We have 1 place left in the Saori weaving class and lots of people interested in our chook and other sustainability workshops. Give us a call if you want to book in for a class or you can enrol online at our website. meredithcommunitycentre.com.au

We are eagerly awaiting the approval of the Licence to transfer our occasional care to the new room as well. We have some lovely new furniture arriving soon and we can't wait have our littlies back with us. Jo and Rebecca have lots of plans for their program in the new space.

Please come in a see the new building and join us for a cuppa.

Bye for now *Pam*

Computer Tips

Do you have annoying unwanted searchbars in your web browser? When you are downloading programs **read installers**. Even major programs can install toolbars and other unwanted pieces of software during installation. Take a few seconds to read each step to make sure you are not agreeing to install something other than the program you were actually seeking. Far too often people just push next over and over, and end up with a browser covered in various search bars that just aren't needed. In the worst of scenarios, these can have nefarious intentions.

Meredith Community Centre
5 Russell Street Meredith 3333
Ph 5286 1348

learnlocal@meredithcommunitycentre.com.au

Open: Mon, Wed, Thurs 9.00-3.00 Fri 9-12.30

From the Mayor



Cr. Des Phelan

We've had a busy couple of months. The Digital Events Calendar, goldenplainsdigital.com.au/events, was launched, putting community events and training opportunities in one central spot for our residents.

In the north of Shire, work has commenced on the Dereel Men's Shed. Community development activity has continued in Bannockburn which is now home to a new roundabout, and in Batesford which has received a fantastic 1.4km footpath.

Coming up on Tuesday 11 August, successful applicants from our Community Grants Program for 2015-16 will gather for a civic celebration at the Rokewood Memorial Hall. I look forward to presenting to our wonderful recipients; formally congratulating them on their efforts in the application process and recognising how valuable their community-mindedness and commitment is to our Shire and to Council.

A well-known stretch of the Midland Highway, where the Gheringhap-Fyansford Road meets it, will undergo a \$2.48 million State Government upgrade. Included in the plan is a new roundabout, which will encourage drivers to approach the intersection at a safer speed, giving motorists more time to make decisions. Given the number of accidents and traffic movements along this strip, this new infrastructure will increase safety and, quite possibly, save lives. It's expected the work will be complete sometime in 2017.

Residents of Bannockburn and surrounds will soon be able to see and experience pop-up activities at the Bannockburn Cultural Centre car park as part of the VicHealth Community Activation Program. Adventure and water-based play areas, art installations and more will light up the area during September. Find out more in the August edition of the Golden Plains Gazette.

We're pleased to advise some major telecommunications improvements scheduled across the Shire.

It's been announced that Batesford, Inverleigh, Lethbridge, Meredith and Teesdale will receive new fixed wireless towers. Ten fixed wireless towers have already been built across the Shire and these additional five will significantly broaden our residents' access to much-needed fast broadband. The NBN rollout will continue to expand across the Shire and we'll let you know as soon as more announcements come through.

As broadcasted last year, Bannockburn residents will have access to fixed line NBN; with construction commencing in 2016.

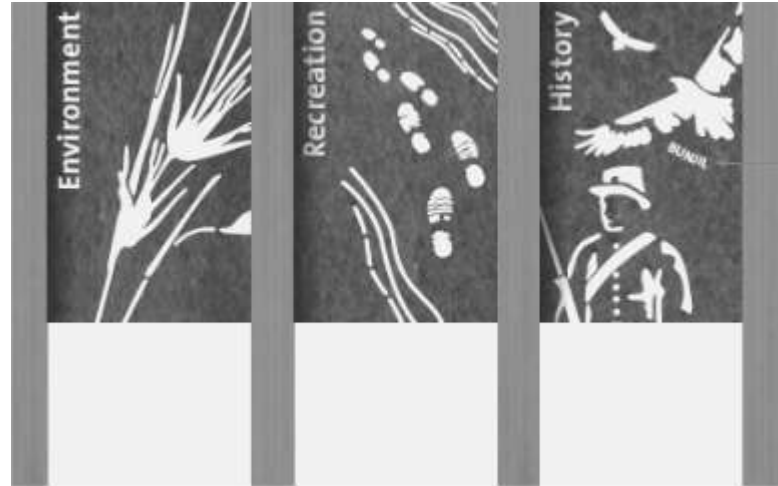
Telstra has also announced that it has added more ADSL ports in Inverleigh, and that an upgrade to Bannockburn Telstra's exchange is scheduled for October. These upgrades allow more people to connect to broadband.

Further to our widespread telecommunications upgrades, Dereel and Steiglitz are set to receive two new mobile phone towers as part of the Federal Government's Mobile Blackspot Programme.

Access to reliable telecommunications is still an issue for many parts of our rapidly growing Shire, and Council will continue to

lobby for improvements and upgrades that create a safer, more connected and technologically stronger Golden Plains.

For more information about the goings-on of Golden Plains, please check out the August Gazette, which should have made it to your letterboxes already. If not, go to our website: www.goldenplains.vic.gov.au or contact our Customer Service Centre on 5220 7111.



Paddocks Get Dressed Up

The Meredith Police Paddock Support Group recognised early that the reserve had three primary values as a community asset: environment, recreation and history. These values will now be announced to visitors by steel signs mounted at the main entrance in Campion Road. (See graphic impression above.)

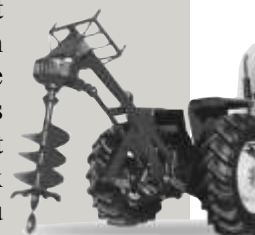
Funded under Golden Plains Shire's Open Space Strategy (2013-2017), they will form the centre piece of a planned entrance structure that will also incorporate the large information sign already installed.

The signs will give both written and graphic representation of the site's values and provide a handsome entrance to this wonderful public asset which already offers a circuit walk overlooking the steep valley of the Coolebarghurk Creek.

Volunteers will install the signs over the coming weeks. If you would like to help with this project, please contact Jim Elvey on 5286 1273

Can You Dig Holes?

The Meredith Police Paddocks Support Group (local volunteers who work with Ballarat Environment Network to improve the reserve) need holes dug to install signs and a post and rail fence. Right now, it needs only four holes (about 200mm x 600mm) but another thirty later on. If you can help, with this community project, please contact Jim Elvey on 5286 1273.



Classifieds

First insertion of small ads are FREE to district residents

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

St James. Morrisons:

Contact: 0429 146 566 or 5368 2730. The Rev. Glen Wesley

1st Sunday of the month at 5pm and 3rd Sunday of the month at 9am.

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 9.30 at Buninyong Uniting Church

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

Mass times for the Meredith parish for July/August

Winchelsea every Saturday @ 6 p.m.

Bannockburn Bannockburn every Sunday at 9am

Family Mass and music workshop at Bannockburn every 1st.

Sunday of the month at 9 am.

Anakie 11am August 9th/23rd September 6th/20th.

Meredith 11am August 2nd/30th August 16th at 2 p.m.

September 13th/27th.

Meredith Parish celebrates 140 years of Faith & Community.

Reserve Sunday August 16th to celebrate this important

milestone for the district. Mass at St. Joseph's Meredith at

2p.m. Followed by afternoon tea and historical display at

Meredith Memorial Hall. All welcome.

Trivia with a Twist Night

Friday September 4th 7 for 7.30pm

St. Joey's Hall Lawler St. Meredith.

\$10 per head byo drinks and nibbles

Supper provided

Lots of fun prizes and competitions

Tables of 8. Ph 52861230

St. Joey's OP SHOP -

Rear of St. Joey's Hall. Lawler St. Meredith

Wednesdays and Fridays 10am -4pm

Lots of great bargains. New bookroom now open.

Come and browse.

Volunteers very welcome - Ring 5286 1230

Meredith Primary School Council proudly presents



Sat 31st October 2015 7.00-11.00pm

A hilarious, funky take on Bingo.

Don your afros, dust off your platform shoes!

Venue: Meredith Memorial Hall, Staughton Street Meredith

Cost: \$20/person - Full payment at time of booking.

Tickets: Call 5286 1313 or call into the office at Meredith P.S.

BVO Drinks (glass ware) and nibbles. Raffles, door prizes and more!

ADVERTISERS full **COLOUR** ads in the SEPTEMBER issue

Only 3 pages available
so book your space

NOW!

call Ian on 0409 06815

or email us at

advertising@meredithnews.com.au

Recreation



Elaine Tennis Club and Elaine Cricket Club open day

30th August 11am

Free BBQ All Welcome

Launch of the new bowling machine

Seniors, Under 14's and 16's cricket players required to attend.

Ph Daryl Wells 0418535713

Senior and junior tennis players are also required to attend.

Ph Debbie Mair 0415969290



Meredith Tennis Association Inc Annual General Meeting

27th August 2015

Meredith Recreation Hall from
7.30pm



Junior & Senior Tennis
COMPETITION
COMMENCING IN
OCTOBER 2015

ALL NEW OR CURRENT
PLAYERS WISHING TO PLAY
THIS SEASON SHOULD
CONTACT

Julie Cameron 52861211 or
0429777883

Meredith Cricket Club RAMS Junior Cricket in 2015/16

This season the Meredith Cricket Club, in conjunction with other local clubs in the GCA will be fielding junior teams in the following age groups-

Under 11, Under 13, Under 15 and Under 17

All teams will compete in the Geelong Junior Cricket Association competition.

The teams are open to both **boys and girls** of all ages, with games being played on Saturday mornings throughout the Summer.

Damian Priddle has taken on the roll of **Junior Development Coach** for the upcoming season. his wealth of cricket experience will be a fantastic asset in junior coaching and the development of the young players at the club.

For more information please contact Terry Hart on 0418178513 or email- gattral@bigpond.com

The club held its Annual General Meeting in July with the new club executive elect as follows-

- President -Shane Grinter
- Vice President- Brendan Wild
- Secretary- Terry Hart
- Treasurer- John Brockway
- Committee- Damien Brunt, Neil Grinter, Ty Watts, Chris Hart

Pre- season training for both Senior and Junior players will commence in early August, new players of all ages and ability are most welcome.

For training dates and updated club information **follow us on facebook- Meredith Cricket Club.** or text your details to 0418178513 and I will add you to the Club message group.

Want to Join the Click Clique?

We would like to establish a group of keen photographers to help us keep up a supply of quality local images for the newsletter. There's almost zero workload or commitment in this, so why not ask for our Newsletter Click Clique Plan" to find out more? Just send us an email at news@meredithnews.com.au and we'll send it out to you.





Let's Get It Sorted!

New Waste and Recycle Service Begins

Media Release

Golden Plains Shire residents will soon see the new Let's Get It Sorted collection vehicles in their communities as Council's new waste and recycling contract with Transpacific Cleanaway begins from 1 July 2015. Mayor Cr Des Phelan said a new website, **letsgetitsorted.com.au**, is now available to residents to assist in the transition to a weekly recycling service and a fortnightly waste service.

Cr Phelan explains, "The website provides a range of handy information about the new service and how everyone can work towards reducing household waste and the amount of waste going into landfill."

According to Zero Waste South Australia, a government website, the average Australian is putting the equivalent of 3 average sized fridges of waste into garbage bins per annum. The site also reports that the average household is throwing out a fifth of its groceries annually; this is food we have purchased and not consumed and it's a habit that is costing households over \$1000 per year.

"While it is a major change for our communities, the new service is going to help reduce waste to landfill, save residents money and reduce environmental impact," said Cr Phelan. "The new Waste and Recycling Service fees and charges for 2015-16 have been reduced from previous years as a direct result of the changed service," Cr Phelan said.

The new **Garbage & Recycling Service fees** are \$200.00 per annum (plus State Landfill Levy of \$38.00)

Residents are able to take additional household waste to **Rokewood Tip (landfill)**: Corner Meadows Road and Dalys Road, Rokewood. Sunday – 10:00 am to 3pm

Transfer Stations

GEELONG TRANSFER STATION: Douro Street, North Geelong PH: (03) 5272 2613.

BALLARAT TRANSFER STATION: Gillies Street, Ballarat PH: 5334 2621.

Over the next 12 months, Council will be engaging with the community to develop a Waste and Resource Recovery Strategy, following the release of the State Waste and Resource Recovery implementation Plan. This ensures ratepayers will have a say in the document that guides Council activities around waste and resource recovery.

Council will also be rolling out a program over the next year that aims to educate ratepayers on ways to reduce household (and business) waste, help improve the environmental health of our region and, very importantly, help save residents money.

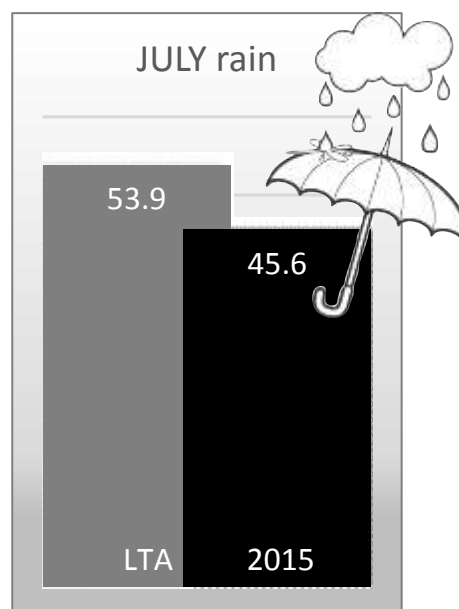
Cr Phelan explains, "We are responsible for the waste we generate – and I really believe, as a Shire, we can reduce the volume of waste we're putting into landfill."

"Council is very grateful for everyone's efforts to adjust to this significant change – thank you. Together, we can make a difference," said Cr Phelan.

For collection and service enquiries, contact Transpacific Cleanaway on 1800 230 130. For all other enquiries, contact Golden Plains Shire Council Customer Service Centre on (03) 5220 7111.



It costs Council money to dump garbage in landfill. On the other hand, recyclables earn money. Improving recycling practices will reduce costs for everyone.





Bannockburn Pharmacy Newsletter

Proprietors: Scott Wilkes & Damian Bennett

6 High Street
Bannockburn VIC 3331
Phone: 5281 1519

Prescription Co-payment discount

\$1 Co-Payment Discount

You may, or may not, be aware that the 6th Pharmacy agreement has been finalized between the Government & Pharmacy Guild of Australia. There are many changes within this agreement but a significant change is the “**Optional**” **\$1 co-payment discount** that Pharmacies can pass onto customers for medicines that are fully subsidized by the Government **from 1st January 2016**. Currently customers with a pension, concession, healthcare or repatriation card pay a co-payment of \$6.10 per prescription & the government pays the rest.

From the 1st January 2016, all Pharmacies will have the “**choice**” if they want to give customers a \$1 co-payment discount or not. So instead of paying \$6.10, concessional customers will only pay \$5.10 only if the Pharmacy chooses to pass on the discount. I have to stress that this is **NOT mandatory** for all Pharmacies to pass on this \$1 co-payment discount. If a Pharmacy doesn't want to give this discount to customers they don't have to.

From 1st January we WILL be offering this \$1 co-payment discount to our customers on fully subsidized medicines.

I hope this makes sense. If you have any questions regarding this please do not hesitate to call into the Pharmacy and have a chat with Scott who will be able to answer your questions.

New Giftware in store!

It has come to that time of the year again where we are going to Melbourne to buy new gifts for the Pharmacy. While Christmas is still 4 months away we are already in preparation.

Last month we went to Melbourne to the Salt & Pepper showroom where we have bought a lot of new gifts for the Pharmacy. Many of these new products have started arriving already and more will arrive in the coming months leading up to Christmas. Our prices are still below the recommended retail price you will pay at other leading retail stores, plus not to mention you also receive a further 16% if you are member of our FREE Loyalty/Gift Club! So come in and compare our prices and range before shopping in Geelong or elsewhere.

Glasshouse Limited Edition Candle

Available now is the limited edition **Arabian Nights**.

This candle has a RRP of \$42.95 but if you are a member of our FREE Loyalty Club you receive a 16% discount plus an extra 5% goes onto your Loyalty program.

Pharmacy Features:

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

Opening Hours:

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



Like us on Facebook. www.facebook.com/bannockburnpharmacy



Using our Senses to Manage Distress

Our five senses are designed to keep us safe from harm as well as enabling the human body to regulate itself internally. Each sense sends messages to the brain which in turn controls our body and maintains normal functioning.

In times of pain, anger, panic, grief, trauma and distress our 5 senses play a critical role in providing us with relief by regulating our emotions and internal state. In times of such distress our heart may beat faster, our breathing changes, our body aches (headache, muscle pain, stomach cramps), we can become nauseous, or begin to sweat and tremble. We can regain control or ease these reactions in our body by using our 5 senses. This works to calm us down, relieve pain and ease grief and trauma. The following examples can be used during times of distress;

- **TOUCH** Our skin is one of the most sensitive parts of our body which reacts to changes in temperature such as, a heat pack, warm blanket, water (either a swim, shower or bath) or even ice applied to the inside of our wrists. Any of these examples as well as movement such as, wriggling your toes, clapping your hands, standing on one leg and taking deep breaths will help to alter and ease physical reactions caused by distress.
- **SIGHT** Our vision can be used to focus intently on a picture, photograph, scenery or to watch the behaviour of animals, birds or insects. For example, try and describe what you can see, what colours can you see? are there buildings or people in the photo? What are they wearing and doing? If you are admiring sheep or cattle in the paddock how many can you see? What are they doing? You can really focus on anything as long as you describe it in great detail.
- **TASTE** - we know that using our taste buds can also calm our state. We are all familiar with a nice cup of tea or coffee to help us relax. We can also try eating an icy pole, sucking on barely sugar, mints or chewing gum. The act of chewing, licking and sucking will calm and sooth us the same way that it works for infants and children.
- **SOUND** - this is different for everyone so do what works for you. Listen to relaxing music, the radio or

seek out a more peaceful spot outside in the garden. Some people prefer ear plugs and silence to help them to calm down.

- **SMELL** - in the old days smelling salts were used to help control nerves and fainting spells. They smell disgusting so I don't recommend them. Instead you may like to use Eucalyptus, Tea Tree or Lavender oil. You can either sniff straight from the bottle or put some on a handkerchief. All of these oils can also be applied directly to the skin but only a few drops or mix with a massage oil.

For information on sensory items for children and adults go to <http://shopau.sensorytools.net/>



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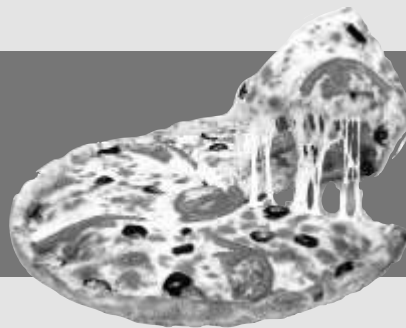
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These mornings are chilly; in fact we have had several hard frosts lately. The frost damage to some garden plants can be heartbreaking, but the crystal clear nights that usually precede a frost are thrilling. The night air is sharp and still, the lights of a billion stars glitter through the clear atmosphere and the milky-way drifts quietly overhead. These tend to be the conditions in which a frost will occur in the early hours of morning. The still clear atmosphere allows heat to escape from the earth and when the overnight temperature falls to freezing point near the ground then frost will form on plants. In addition, we live in a small valley and as the cold night air rolls down the hill it gathers in this frost hollow. Those on higher ground will not have such severe frostings.

Observation will soon show you which plants in your garden are able to survive frost and those that are likely to be badly burnt. The soft fleshy leaves of my tamarillo and cape gooseberry plants look absolutely black after a couple of frosts. The thick strappy leaves of the crinums and alocasia (scented lily) have been completely beaten. They look ragged and terrible. However I am not going to cut them back as the damaged foliage gives a little protection to the plant and pruning will expose any still living parts to further frost burn. And, as you know, pruning encourages new growth which would then be vulnerable to further frosting. I will wait until all danger of frost has passed before cleaning up these plants, as late as November around here, in the hope that they will be alive and prepared to try for new growth.

These frost sensitive plants can be covered with shade-cloth, old fabrics that maintain some warmth around the plant. Small microclimate zones can be created for frost protection – beneath spreading trees, using stacks of hay bales. We planted our lemon trees on a north facing stone wall which offers some protection. Still the trees suffered frost and we used to spray the frozen leaves with water early in the morning to melt the ice before the sun hit them in order to minimise damage.

I am always amazed at the way plants recover from that dense icy coating. Silver beet, lettuces, the cruciferous vegetables - the kales, broccoli, cabbages and brussels sprouts – all appear fresh and lively once the frost has thawed. Some gardeners claim that frost benefits vegetables by improving their flavour.

On cold days I enjoy pottering in the gardening shed. The spades are cleaned and given a lick of oil and the secateurs sharpened and oiled.

Happy gardening.

Chris



Meredith Catholic Parish 140th celebrations.

Di Richie

Meredith Catholic Parish celebrates 3 important milestones.

The Parish of Meredith has a long and interesting history. This year 2015, it celebrates some important milestones. It is 140 years since it was made a separate parish from St. Mary's Geelong in 1875. The present St. Joseph's Church is 125 years old on August 15th and around 175 years ago, the first Mass was celebrated in this area at the home of John Campion. In approx. 1840.

So in 1875 under the care of Father James Hegarty, the Catholic Parish of Meredith was established.

The district of Meredith, until the late 1850's was the first mission church of St. Mary's Geelong. It was later transferred to and served from Ballarat. In 1874 when Ballarat was created a separate diocese from Melbourne, Meredith and Elaine were transferred back to Geelong and arrangements were made to form a parish between Geelong and Ballarat.

In 1875, the parish of Meredith comprising Meredith, Elaine, Lethbridge, Anakie, Darriwil and Steiglitz was established. Although Steiglitz was a much larger population, Meredith was chosen as the Parish Centre because of its convenience to travel, being situated on the main road and the railway line between the growing towns of Ballarat and Geelong. Lal Lal was added to the parish in 1909. The Steiglitz church closed in 1928; Darriwil in 1950 and Lal Lal in 1960. Bannockburn and Inverleigh transferred from the Winchelsea Parish to the Meredith Parish in 1998 and in 2004 Winchelsea joined the parish. Lethbridge church was closed in 2012 and Elaine in 2013.

So after 140 years and many boundary changes the Parish now comprises: St. Joseph's Meredith, St. John the Evangelist Bannockburn, St. Brigid's Anakie Sacred Heart Inverleigh and St. John the Baptist Winchelsea.

Each church will have its own celebration but the main function is : Mass on Sunday August 16th at 2p.m. at St. Joseph's Meredith followed by afternoon tea at the Meredith Memorial Hall.

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“The Festival of Phryne”

Jo Mitchell

Jo and Chris and family lived in Meredith for many years and frequently return to visit friends and to attend Meredith History Interest Group events. Here's their story of a night spent stepping out in style.

In recent months, in conjunction with the third series of the Miss Fisher's Murder Mysteries screening on the ABC, the National Trust ran a number of public events under the banner of “The Festival of Phryne” relating to the star of the show – Miss Phryne Fisher – and highlighting the late 1920s period in which the show is set. A number of these events were held at the historic National Trust property Rippon Lea, including a costume display featuring clothes, jewellery and other accessories worn in the third series – not to mention Miss Fisher's pretty little pearl-handled pistol.

Along with various family members I viewed this excellent exhibition earlier in the year. In addition however, on June 12, my mother Chris and I attended a second “Festival of Phryne” event – an evening at a “pop-up speakeasy”, held in the forbidding surrounds of the Old Melbourne Gaol. Our entry ticket entitled us to two free drinks and the opportunity to win a prize by following a trail of clues to solve a murder mystery. We were also treated to a jazz trio and a display by a 1920s dance troupe, as well as having the opportunity to view the gaol's standing displays.

We arrived to begin our evening at 6pm and filed into the gaol's main corridor to find the place packed with several hundred people. Like many of those attending, we had also elected to dress in period costume - which lead to some interesting looks as we caught public transport to and from the event.

So, with champagne in hand, we sipped and wandered amongst the crowd, examining not only the exhibits but also casting a close eye over our company for the evening to see who had gone to the most effort in putting together their costumes. As the band – perched somewhat ominously over the gallows – regaled us with their tunes, we squeezed our way from cell to cell, along the corridors and up and down the narrow stone stairs, tracking down clues and looking for information until, finally, we found ourselves confronted by a selection of potential murder weapons. Then, with all the information finally in our possession, we retired to take a seat and solve the mystery. So, what was used to murder the poor victim?

Rat poison as it turned out. We submitted our answer and



Joanne Mitchell and her mother Christine Stevenson dressed fit to kill. Chris made her entire outfit, as well as their handbags.

headed off to explore some more and soak in the atmosphere. Being a rather chilly winter's evening, we decided to take advantage of the hot food vans to grab a bite to eat before walking the red carpet and posing for the obligatory photo in front of the large, black Rolls Royce provided for just that purpose.

Having seen all there was to see and still feeling as glamorous as when we arrived, we took our leave, stepping through the gates to hail a cab, half expecting Bert and Cec to come screeching around the corner just in time to collect us.





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Live Music in Meredith

The third annual FReeZA Push Start Battle of the Bands will be held at the Meredith Memorial Hall on Friday 14 August. The event will provide musicians aged 14 – 25 the chance to have live stage experience while performing in front of a local crowd.

This year will feature Indie Rock band Residual who first joined the Push Start journey in 2013 when they performed at the Courthouse Battle of the Bands in Geelong. Residual were more than willing to come back and support the event that started their road to success. Residual will join the panel of judges who will provide valuable feedback to the competing bands. Other members of the judging panel will include local music teacher Kym Ivory and Meredith Music Festival Director, Matt High. Matt says "Push Start is an invaluable tool for local amateur musicians to start being noticed and acknowledged...Starting out [in the music industry] is the hardest part of the journey and Push Start makes the first step that much easier".

The Push Start competition has been organised by the Golden Plains FReeZA Youth Development Team. The event has taken almost three months to plan and during that time the FReeZA Team have gained skills in event management, marketing and promotion, risk management, and live sound production. The FReeZA Team are excited to invite people of all ages to the event that has seen previous winners receive record labels, sign contracts with agents and perform at the Moomba Festival in Melbourne. The FReeZA Push Start Battle of the Bands will open its doors at 7.15pm. A gold coin donation will support the FReeZA Team to produce more events for other young people in the local area.

More information visit www.goldenplains.vic.gov.au/youth

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Heathyeasy and delish

selected by Stefania Parkinson

Chicken with Green Olive Paste & Green Bean Salad

Prep time 20 minutes • Cooking time 30 min • Serves 6

Ingredients

- 1kg baby chat potatoes halved
- 1 tbs olive oil
- 2 tbs fresh rosemary sprigs
- ½ cup cottage cheese
- ½ cup (75g) pimento-stuffed olives, chopped
- 6 chicken breast fillets
- 6 thin slices of prosciutto (or bacon)
- 400g green beans
- 200g snow peas
- 2 tbs flaked almonds, toasted

Method

1. Preheat oven to 200C or 180C fan forced. Line a baking tray with baking paper. Place potatoes on prepared tray and drizzle with oil. Sprinkle with rosemary and season with salt and pepper. Bake, turning occasionally, for 30 minutes or until golden and tender.
2. Meanwhile, combine cottage cheese and olives in a small bowl. Using a small sharp knife, cut a 6cm wide pocket in the side of each chicken breast. Spoon olive mixture into pockets. Wrap prosciutto around chicken breasts.
3. Heat a large non-stick fry pan over high heat. Add half the chicken and cook for 2 minutes each side or until browned. Repeat with remaining chicken. Lightly oil a baking tray. Place chicken on prepared tray and bake for 12 minutes or until cooked through. Transfer to a plate. Cover with foil and set aside to rest for 5 minutes before slicing thickly.
4. Meanwhile cook beans in a saucepan of boiling water for 2 minutes. Add snow peas and cook for 1 minute or until just tender. Drain.
5. Combine beans, peas and almonds in a large bowl. Serve with chicken and potatoes.

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1st Female President in 50 Years

Marg Cooper

When Nerene Backhouse was a youngster on the farm at Elaine her father would identify trucks, by the noise they made as they travelled up the Midland Highway. He would say, "Here comes Draffins or Whirley Wiseman or Morcombes or Berty Cardell. Nerene started to identify trucks by their noise and even now she can pick if it is a Mercedes, a Ford or an International. She describes how the family went to Ballarat every Saturday and for something to do while in the car she memorized the different models of Holdens, then Falcons. She always had an interest in vehicles.—even the tractors the owners of the Ballan Post Office collected when she worked there. If she saw some old cars she was attracted to them, so much so that when looking at family photos she tended to ask about the cars! When Nerene moved to Ballarat in 2003 she noticed many old cars driving around town on the weekends.

In 2007 Nerene watched as open top cars were assembled for the Begonia Parade. Characters from "Priscilla, Queen of the Desert" were to ride in the cars and "Coxy's Big Break" was to film them. One of the owners of a car was Ian Watson from Elaine. When he realized her interest he suggested that she join the "Vintage and Classic Car Club Ballarat". She replied that she didn't own a vintage or classic car but he told her it didn't matter and that there was a car out there looking for her.

Nerene bought an Austin A30, 1956 model on a Wednesday in February 2008 and took it in the Club's annual Begonia Rally on the Friday. Laughing, she recalls that she had to learn how to drive it "on the spot!" She said that the car was original and owned by a spinster school teacher in Ballarat for the first 25 years. The second or third time she was going to the garage to get the car she said to it, "Where are we going today, Annie?" She was going to say Austin but Annie rolled off her tongue. Apparently her grandmother was Annie Austin Bates. Nerene says it was always a dream of hers to own an old car and believes that if you hold on to a dream, one day it will come true – as hers did.

Every weekend with the car club there is something that members can do: such as the monthly club run, V8 Musters, sports car runs, classic gadabouts, motor bike runs, naked radiator runs, midweek lunches in the winter and twilight runs

in summer, showing cars at community displays and partaking in events like Heritage Weekend, the WW1 re-enactment at Creswick and the re-opening of the Avenue of Honour. Recently Nerene and Annie have been to "Historic Winton" and to "Austins Australia National Rally" in Tasmania. Next they are planning to drive to Ipswich in 2017 for the next National Rally. Her father, Kelvin Pitcher, accompanies Nerene on most weekend events. Soon to be held is the "Christmas in July" run to a surprise destination for Christmas dinner. Nerene explains that the object is to drive the car but, in addition, the events are a marvellous way to see interesting places and collections and to socialise.

Last year a special meeting of the club was held to elect a new President after the elected President died suddenly. After much discussion someone said "What about you Nerene?" She was dumbfounded and asked "What does a President do?" as she had been Secretary for four years but had never considered being President. Her election was applauded by the members and so she began the busy job. The club has 550 members, has clubrooms in Humffray Street, has a monthly meeting of members, has a monthly committee meeting, produce a monthly newsletter and have one of the largest automotive library collections in Victoria.

Nerene would like to know more about the mechanics but that may have to wait until after her term as the first female President of the Ballarat Vintage and Classic Car Club. Congratulations Nerene Backhouse. What an Honour!



Nerene with good friend, Annie.

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It's cold, the middle of winter. On some mornings the ground is white, puddles are frozen with patterns of angular lines and leaves have a covering of tiny icicles. On other days it feels as if the wind is coming straight off the Southern Ocean, but in the bush, the hakeas have opened their curly white flowers. On the roadside, the first clematis blooms have appeared with long pale green petals and a tuft of stamens in the centre of each flower. The tree violets have branches laden with lime-green buds, waiting until it is time to open their tiny creamy-yellow bell-shaped flowers and release their perfume. By the creek, the silver wattles are preparing. Their grey branches end in white twigs with feathery grey-green leaves and stalks of tiny yellow balls, not open yet, but they will be soon. For me, wattle flowers are a sign that Spring is coming.

One wattle already beginning to flower is the golden wattle. With its bright gold clusters against green leaves, it is Australia's floral emblem. However, wattle leaves and flowers aren't always what they seem. The feathery leaves of trees such as the silver and black wattles are true leaves. Young wattle seedlings have small feathery leaves, but soon begin to grow very different looking leaves. These later leaves are not truly leaves. They are flattened stems called phyllodes. They can be shaped like gum leaves, as in golden wattle, or be more sickle-shaped, round, triangular, needle-like or thorns. They still fulfil a leaf's purpose of making food from sunlight, but they are tougher, allowing wattles to live in arid places. Having very small phyllodes or just thorns means the plant loses less water, but it also makes less food, so it will grow slowly. As well as phyllodes, some wattles have thorns to deter browsing animals, or contain chemicals which taste bitter. Wattle leaves and phyllodes have glands which secrete sugary compounds to attract ants. The ants protect the wattle from other insects. Some ants will ringbark branches of neighbouring trees to stop them competing with their home tree.

Most wattles are bushes or trees. One of our more unusual locals is the thin-leaf wattle. It grows as a mat of tough stalks and short needle leaves, rarely reaching more than a few centimetres high. When it flowers in Spring, it looks like someone has sprinkled a handful of tiny yellow pom-poms on the ground. The flowers of wattles are also not quite what they seem. Each round yellow ball is made up of many tiny flowers. The fluff that we see is the stamens, tipped with anthers laden with pollen. The petals are so small that we don't notice them. Some wattles have their flowers arranged in a cylindrical spike. Their colours vary from pale creamy yellow to almost orange. The flowers are strongly scented, but do not produce nectar. Instead, insects eat some pollen, become covered in more and spread it to other flowers. Birds chasing the insects may also act as pollinators. Wattle seeds

with tough outer coats grow in pods. The pods split down the side to release the seeds, but may remain, brown and curly, on the plant long after they are empty.

Wattles can grow in poor soils and are often among the first plants to grow in a disturbed area. They are assisted by bacteria called Rhizobium which invade their roots. The infection causes a lump or nodule on the root, in which the bacteria live. The bacteria can take nitrogen, which is necessary for plant growth, from pockets of air in the soil. The wattle uses the nitrogen and in return, provides the bacteria with sugars to make energy.

Locally, we have over fifteen species of wattle, flowering at different times of the year. The latest is Mitchell's wattle, a small bush with pale yellow flowers in the heat of summer. For now, while it's cold, you can still go outside and enjoy the wattles and other flowers announcing the approach of Spring.

Wendy






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Meredith Primary School News

Working Bee Week

Special thanks to everyone who has helped out with our working bee week this week. We have been really lucky with the weather and have had great afternoons with plenty of blue sky. We've managed to spread quite a bit of mulch around the grounds and attend to a few other maintenance jobs as well. Thank you to Kenneth Medlyn and his Pop Gordon for pitching in and fixing our school wheel barrow. Kenny and Gordon went to a lot of trouble and effort on our behalf and we are very grateful. We are very fortunate to live in such a generous and giving school community.

Woolworths Earn & Learn

Meredith Primary School is participating in the Woolworth's Earn & Learn program this year. We have set-up a collection area near the black notice box out the front of the office. Here we have the sticker books which you can use to stick your Earn & Learn stickers into. Please consider participating in this promotion as it is a great one for schools that typically generates some hundreds of dollars' worth of educational resources for your children.

Disco Bingo – A HILARIOUS MUSICAL TAKE ON TRADITIONAL BINGO AND A FABULOUS ALTERNATIVE TO THE TRIVIA NIGHT!

Please consider making the time to come to our social/fundraising function on October 31st. From the Disco Bingo website:

How many trivia fundraising nights can you do without blowing something?! I mean yes you do need to raise money, and yes you need a night off from the kids, but does it have to be trivia? How many boring questions can you answer with excitement while drinking your champagne sweetie darling before you turn like a wrap around and start dancing on the table with the french onion dips and the jatz! When does the somewhat manufactured I need to support my school interest turn into a swirl of boredom mixed with auctioned toasters, ridiculous raffles of mixers for one-handed cooks and plane making competitions that are as thrilling as the current facebook ice-bucket challenges! I mean don't you do enough arts and crafts with your kids. Where's the disco? Where's the fun?!!

Tickets are being sold individually at the office, and on the night we will all be grouped in tables of ten. So, if you want to get a table together aim for that number and we'd love to see you there and have a bit of fun whilst raising money for the school.

Student Learning

I managed to pop into the prep room this week to see the Prep/1 students participating in a range of Investigations activities. Here the children created their own railway station. This part of our school curriculum provides children with an opportunity to develop a range of important learning skills and capacities. For example, and to name just a few benefits, Investigations fosters cognitive development by allowing students to be creative, to think abstractly, to use their imagination, to solve problems and to master a range of new concepts. It promotes social development by giving them opportunities to co-operate, share, take turns, resolve minor conflicts and gives children the chance to display and develop leadership skills.

Puppy Visit

The kids had a special treat on July 17th when Kylie V. and her beautiful pug puppies visited the school. Thanks Kylie, the kids loved it!

**PHOTOS OMITTED FROM
ONLINE PUBLICATION**



Marg's BOOK REVIEW

The Hunter by Julia Leigh

The book opens with the arrival in Tasmania of a man with the assumed name of Martin David, Naturalist. He is met at the ramshackle home of Lucy Armstrong, where he is staying, by her children Sass and Bike. Her husband Jarrah, a University researcher has been missing for months and she has fallen into deep depression and lies comatose with grief and barbiturates in her bed while her children run almost feral. The following morning he meets Jack Mindy and is escorted up the escarpment towards the plateau. Over the next few weeks he makes several excursions into the wilderness to find the last thylacine or the Tasmanian Tiger. He returns from each trip of ten days or so without success.

Martin David referred to as M in the book becomes the ultimate hunter when he is in the wilderness. "He mixes wombat and wallaby droppings with water to make a stinking paste which he smears all over himself, boots included until he is not quite human, a strange but not entirely unfamiliar beast." He admits that it will take some time to get a fix on his prey, to think like a true and worthy predator. He survives mostly on food that he doesn't have to cook, is careful to mark his positions and his sinewy, prowling presence increasingly becomes more animalistic and instinctual.

Each return to the Armstrong house brings him closer to the children and the revived Lucy. Martin sets about restoring power and water to the dwelling. The children cook some food for him and he tells them to call for help if he doesn't return after a set number of days. But then he is called away for a number of weeks and when he returns to Tasmania he finds the Armstrong house empty. After discovering what tragedy occurred at the house M returns to the escarpment and spends the following weeks subsisting in the forest. He comes across National Parks people but they are ineffectual as M realises his purpose.

The Hunter is the first novel by Julia Leigh. The book could be described as dark, disturbing and unsettling. A review described it as dank, clammy, with ice in its heart. The author has successfully depicted the Tasmania wilderness and how a man reverts, so easily to basic instincts when he becomes the hunter. She also included a human interest with his relationship to the Armstrong family and the question of the Tasmanian Tiger and other animals that are hunted until they become extinct. It has been made into a film starring Willem Dafoe as the hunter with a craggy face.

The book for discussion in August is The New York Times Best Seller "The Light Between Oceans". By M.L. Stedman

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Dog Gone

Marg Cooper

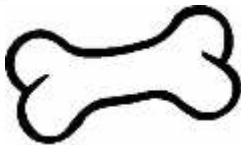
Bill, a wire haired Jack Russell went fencing with his owner, Graham Shearer, a few weeks back, down Bakes Road at Cargerie. He often does this and spends the day exploring and sleeping. But on this day, when it was time to go home he was nowhere to be seen. Graham was distraught and searched all the nooks and crannies nearby calling for him all the time. He could not be found!

Graeme slept in the paddock that night and left his ute there with the door open during the next days. With his wife Leanne, he walked the area, visited all the neighbours and rang people further afield to alert them that they may see a dog that needs to go home. Ken Mason, a neighbour of the Shearers at Scotsburn put signs in the Meredith shops, called for help on Facebook and told people who called at Woolabrai, where he works.

Three days later, Barry Wells saw a small head peek from behind his garage as he mowed his lawn. Soon Bill was sitting on Barry's knee and being petted. A joyous reunion soon followed with his owners who had dreaded all sorts of scenarios. Where he'd been remains a mystery. Bill is not telling! They think that he may have raced off from the

fencing site when he heard rifle shots and become further disorientated during the wild winds a few days later.

Leanne replaced the "Lost Dog" signs with "Many Thanks" signs. Graham and Leanne wanted to thank the people of Cargerie, Elaine, Meredith and District for their care and help in passing the word, driving and walking to help them find their Billie dog. She added the comment "Barry Wells is the hero".



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Amanda wins at Camberwell

Kerry Thomson

Amanda Hyatt's light-filled painting of New Delhi market won first prize in the Contemporary Water-Colour section of the 50th Anniversary Camberwell Rotary Art Show held in July. This is a major event with more than a thousand entries from all over Australia. Congratulations.

In addition, Amanda provides a feature demonstration article in the June 2015

Australian Artist magazine. Here she

provides a step by step guide to a painting she completed of the Salamanca market in Hobart on a recent trip to Tasmania. Also included are photographs of other paintings completed on the trip. Well worth a read.

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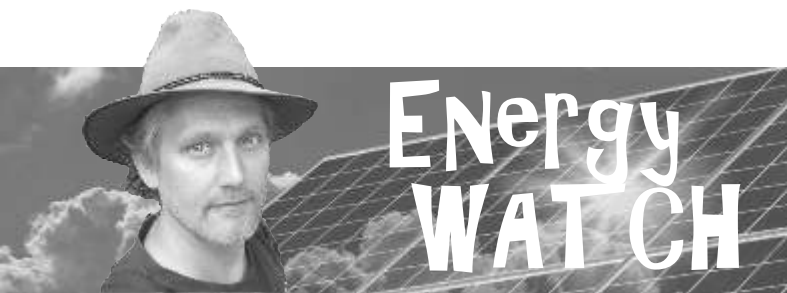
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Going Off-Grid: the Big Picture

We are moving from Centralized Generation (typically using Fossil Fuels) and Distribution (through a Mains Network) to Distributed Generation and Storage (typically using Renewables such as solar and wind plus batteries). An All-Electric Future approaches with Mains Gas increasingly uncompetitive and unnecessary. A truly well-insulated home can greatly reduce the need for active heating and cooling (the biggest energy use in a typical suburban home) and Solar Hot Water or a Heat Pump can supply up to $\frac{3}{4}$ of annual demand for water heating (the second biggest energy use), both radically reducing a households need for mains electricity. As the price of batteries falls, using solar power to charge batteries at lunchtime for use at dinnertime and overnight will become not only economically viable but economically compelling.

Many householders are now asking whether they should take the next logical step and disconnect from the Mains Grid completely. They think: "I would be in control, and confident that I am living sustainably because I actually know where my renewable energy comes from." Or: "I am sick of spiralling price rises, complicated tariffs, confusing bills.

But while many householders want to go Off-Grid, few are aware that they might be forced to go Off-Grid.

Consider this: as Energy Efficiency, Renewable Energy and Battery Storage reduce demand for Mains Electricity to a tiny fraction of what it once was, Electricity Retailers sell less and less power. With tens of billions of dollars needing to be recovered from sunk investment in poles and wires, Retailers are forced to put up their prices per kWh to make the same money back. Whereas once they sold five apples at \$2.00 each to make back \$10.00, they must now sell 3 apples at \$3.33. Further they put up the fixed Daily Service Charge. This upsets customers, who respond by using even less power ... at which point the Electricity Retailers must put up prices yet again ...

The joking industry jargon for this cycle is the "Utility Death Spiral". It is a slippery slope to stranded assets, bankruptcy, and taxpayer-funded bailouts by our State Governments. Local Councils could be asked to buy the local network but most will likely balk at the responsibility. The private foreign owners of our

networks could simply shutdown unprofitable sections leaving customers left to fend for themselves. This won't happen anytime soon in urban Ballarat or Geelong but is a real possibility in rural areas.

Think I am getting a bit far-fetched ? Ask yourself: "How many Phone Boxes are left in Telstra's Network ?" Answer: There were once 80,000, now only 30,000 and they only remain at all because the Federal Government pays Telstra with taxpayers funds to maintain unprofitable services.

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Cheers, Simon

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Forum 1 (South)

Monday 24 August 2015, 6.30-8.30pm
 BCC, Cnr High & Milton Sts, Bannockburn



Forum 2 (North)

Wednesday 26 August 2015, 6.30-8.30pm
 The Well, 19 Heales St, Smythesdale

Are you interested in healthy eating, food access and food systems? Maybe you're a farmer, community worker, chef, cook, garden enthusiast or somehow linked to food?

Be involved in discussing future food actions and take the opportunity to become part of a food network group to action ideas and priorities.

Build on the findings of the recent Food for Thought community consultations.

Learn from and be inspired by the keynote speaker Andrew Lucas from Geelong Compost and Backyard Harvest.

Engage and network with people who are passionate about accessible and sustainable food.

To book a place,
 contact Jacinta
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**RSVP by Wednesday
 19 August**

Vale to Bill Middleton

Marg Cooper



Bill Middleton grew up in Balaclava in South Australia and as a youngster he shot rabbits and sold them door to door for 1/-. He left school and worked as a mechanic, as an electrician and pruning grape vines to help his mother bring up the two younger children. When WW11 broke out he was working at a factory making Pope Products. The factory was taken over to produce ammunition and was an essential service but Bill sacked himself and enlisted. Bill and his mate intended to go into the Army but the queue was shortest to enlist in the RAAF.

He trained at Laverton and Point Cook and "Passed Out" at Townsville as a member of the newly formed 75 Squadron which was sent to Port Moresby in New Guinea with their brand new Kitty Hawk aeroplanes. Bill described how the fighting was short and quick and that Australia lost nearly all her aircraft. They were sent back to Australia to refit before heading to Milne Bay. Bill contracted malaria and was in Cairns Hospital for a few months before he was reposted to an aircraft depot at Lowood in Queensland where he was in charge of the armoury.

When the war finished in 1945 he was posted to Darwin to keep peace. Bill served for six years. He married during the war at Wagga to a barmaid he'd met at Thornbury. After 12 months in Darwin he came home to his wife and two children. He worked as a linesman for the PMG and when in Meredith putting the underground line in Staughton Street he saw the house at 42 Staughton Street and bought it. Bill had remarried to Lucy Nelson in 1950 and after living at various places they retired to their house in Meredith in 1979. They intended to travel around Australia but Lou was diagnosed with cancer

and died in 1988.

Bill continued to live in Meredith and had many dear friends.

He was a regular church goer, was a good friend of Father Tom and regularly helped Gladys Kelynnack with the gardening at the Catholic Church. Bill and Ray Fox enjoyed a bet on the races and many people enjoyed his company at the local hotels including Jim and Linda Hynds. Nan Ward recalls Bill and Gladys attending grandparents day at school for her children and from then on they called them Grandpa Bill and Grandma Gladys. For the last years of his life Bill lived at Hepburn House, a retirement home in Hepburn.

A Mass was held for Bill at St Joseph's Catholic Church, Meredith on Friday June 19th. There was quite a crowd including locals and residents of Hepburn House. One woman explained how she and Bill became good friends after she knitted him a jumper which he loved to wear.

Bill described himself as "an ordinary digger" and was very proud of the 75 Squadron. He was a member of their social club and received newsletter so he knew what the "Magpies", which are based in Tindal just outside Darwin, were doing.



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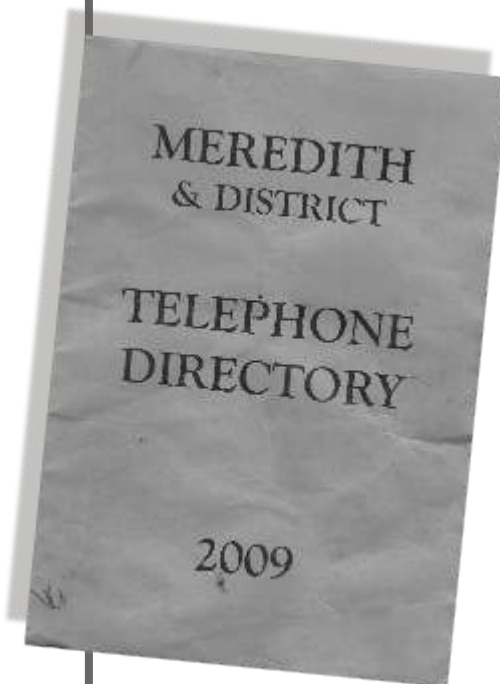
IT'S TME

...we updated our community directory.

It's around six years since the last Community Directory was published by the Meredith Town Team, and the Newsletter team has decided it is overdue for a refresh. So, after painstakingly scanning the 2015 directories published for both the 052 and 053 districts, we have compiled an updated draft, which will be on display from Friday 14th August to Monday 31st August at the Elaine and Meredith Post Offices, as well as online, at meredithnews.com.au/extras.

We have attempted to capture all residents within our readership area, which roughly includes Meredith, Elaine, She Oaks, Bamganie and parts of Maude. Mostly, we have not included mobile numbers, because we can't relate them the district, but will if you ask us to. We have not included fax numbers.

So please, pop into either of the district post offices in the second half of this month, (or pop online) to review and, where necessary, correct the list we plan to publish.



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Vale to Keith William Black

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Marg Cooper

Keith grew up on a 530 acre farm at Buckley between Winchelsea and Mt Moriac. He went to a one teacher school and remembered the teacher as innovative and conscientious and a great teacher. He had the children debating against the parents, inventing and building boats and racing them on a nearby dam. When Keith left school after Grade 8 at 13 years of age he worked on the farm with his father and worked around the district in shearing sheds. Keith went to night school to obtain more qualifications.

When Keith was 19 years of age (1941) he joined the Air Force and trained with "Empire Air Training Scheme" which trained air crews with the plan to send them to England. He trained as a wireless operator and air gunner. After being stationed at various places he joined the Heavy Bomber Squad No 25 which was based in Western Australia and which flew air raids on the Indonesia Islands. Keith said it was a 13 hour round trip from Cunderdin in the B-24 Liberator Aircraft.

In July 1946 he married Aileen, the girl next door and they farmed at Barrabool on 136 acres which his father in law sold to him. He later sold the small farm and applied for a Soldier Settlement block. He was allocated 570 acres on what is now Lower Plains Road at Lethbridge which was part of the "Moranghurk" estate. The family described how it was 520 acres of rocks and tussocks and 50 acres of land that grew enormous thistles. Keith and Aileen and their six children moved to the block in 1957. Keith ran merino sheep and grew peas and onions.



Keith was very proud of his eight children: Ray, Judith, Carmel, Lindsay, Graeme, Denise, Murray and Tony who all went to private secondary schools with the help of scholarships and most of them going on to attend university.

Keith and Aileen sold the farm in 1988 and moved to Lethbridge where they bought a big house so all the family could come home and visit. They planned to relocate to Torquay but Aileen became ill and subsequently died so Keith remained in Lethbridge surrounded by family and friends until five weeks ago when he moved to Bannockburn Aged Care.

Keith was keen on playing sport, supporting sport and watching sport. He especially enjoyed the annual golf trip to the Murray River with 11 or so local golfers. Jeff Cooper recalls that Keith was very competitive but very fair, loved a joke, loved playing cards to all hours of the night and had a lot of sensible sayings such as "everything's relevant!" He walked the courses until his legs gave out and he was forced to ride in a golf buggy.

On his last trip when he wasn't hitting the ball as well as he used to he told the men that a problem had been solved, "I won't have to buy a new set of golf sticks!" Jeff remembers him scoring 40 stableford points on that same course a few years before. Twenty five years ago he announced to his fellow golfers that "he wouldn't be around for much longer" as no male member of the Black family had lived past 70 years.

A funeral service was held on Thursday, July 16 at Lyndon Grove Receptions. Judith and Denise recounted details and stories about their father and grandson Daniel presented visual items to illustrate attributes of Keith like courage and wisdom. The opening music was "Unforgettable", sung by Nat King Cole. What a wonderful choice of song for an honourable man.

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Holiday Braggers

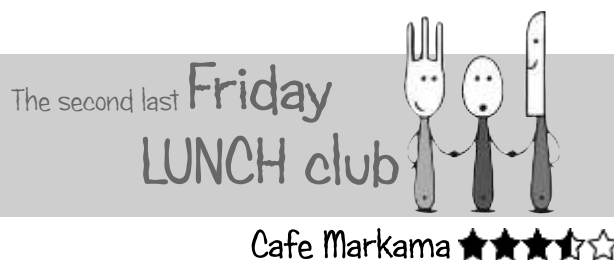
In the depths of winter there is one thing that grinds my gears more than anything. More than rain when I know I have holes in my shoes or winds that cut through the warmest of coats. That is holiday braggers. They have no problem waltzing into your life and telling you where they are jetting off to in the next week and how they'll have so much fun being warm in the European summer. Even strangers can seem to slip it seamlessly into a conversation while in line at the supermarket or waiting for the bus. But being in the business of luggage and travel goods, I feel that I may just get the influx of bragging just a little more often than most. People will come in and contemplate long and hard about which suitcase would be most suitable for a two month cruise around the Greek Islands or which wheeled bag will make the less noise while bouncing over the cobblestone walkways of Venice.

I'll smile and say things like 'Oh, that will be lovely!' and smile and nod while they decide how many shoes and skirts they think they'll need to fit into a medium sized case. I have to pretend that every mention of a grand trip isn't cutting deep into my self-esteem and reminding me of why I am not able to pick up my bags and go on a jolly holiday. I'll help them pick locks and colourful luggage tags and listen to stories about the last time they went to this place and did that and what they are planning to do this time. I like to think of this as a double brag. Not only are they getting away from our nasty winter, they are bringing up the fact that this is certainly not a rare experience. These people have the ability to ruin my day in an instant.

However, since booking my own European getaway I have to admit, being a holiday bragger is not only an extremely compulsive and uncontrollable act, it is also extremely fun to watch the jealousy light up in strangers' eyes when you slip it into a light-hearted conversation.

So far I have tallied up a large number of brags including, but not limited to, at the dentist, at work, at the bank, at clothing stores where I'm stocking up on my summer wardrobe and especially to every customer who walks in the door and makes any mention of how cold it is outside. I can't help it. It comes out like word vomit and I find that when in contact with other braggers, it becomes a bit of a brag-a-thon. Who can out match the other with exciting activities to be had on said trip? I would like to formally apologise for doing it, yet again, here. I just can't help it. Another summer is in my sights and I won't stay silent for anything!

Gemma



Something quite different this month for Meredith's intrepid epicureans, a BYO Ethiopian café, Café Merkama, in Doveton St North in Ballarat, directly opposite the entrance to the Mid-City Motel. On arrival each couple, we seemed to make a staggered entrance, was greeted by the owner with a small cup of slightly sweet spicy chai tea. The menu hand written on a blackboard is on the wall behind the counter, however our waiter suggested as this was our first experience of Ethiopian food we may like to try the tasting plate. There would be eight separate dishes served with a house made flatbread, total cost \$20 per head. How could we resist? The coeliac amongst us would get a bowl of rice, instead of the flatbread. Corkage for our wine, a term now surely outmoded but no doubt less offensive than screwage, was \$4 per bottle.

There was quite a lengthy wait for our meal, but at least that indicated it wasn't all sitting waiting to be microwaved and served in a flash. The chef delivered to the table and explained each dish and how the Ethiopians tore pieces of bread off and used it to collect the food out of the tasting bowl. He said it took them most of their childhood to become accomplished and suggested we may feel more comfortable ladling onto our piece of bread with a spoon. The bread, each piece covering the large dinner plate entirely attracted considerable comment. Not much thicker than a crepe it had the texture of a crumpet and was well rated by the diners. The coeliac's rice was curried which gave it both colour and flavour. There were two meat dishes out of the eight, others included lentils, cabbage and beetroot, all flavoured with spices which provided an array of interesting tastes with none causing a problem to anyone with a less adventurous palate.

There appeared to be two desserts on the blackboard menu but we weren't offered any, and though considered, in all fairness we didn't ask for them either. After paying the cashier, who also happened to be the aforementioned owner, waiter and chef, a true one man band, we adjourned a few doors up to the wine bar for a leisurely coffee. An interesting luncheon experience, not a *don't miss it*, but well worth trying and a worthy contender for a drop in meal during shopping. Although not licenced there was a large fridge with an array of soft drinks available.

We would love to hear about your eating out experiences too. Nothing unduly derogative of course, but an honest appraisal of your dining adventure would be most welcome. - Ed.

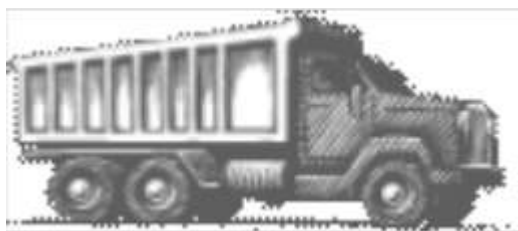


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Salute to Sally

Peter Baird



Sally Miller, artist, teacher, designer, gardener and life-long friend to a great many people of wide interests and locations across Australia, has died.

Sally lived near Meredith for close to 30 years before severe illness forced her and her partner and carer, Stephen Oakes, to relocate to Healesville in order to be closer to the support of relatives and medical services. She and Stephen left Meredith early last year.

Throughout her life she was, most of all, a passionate artist. But her life and career also embraced a broader view of the arts to include theatre and film. As a teacher of art, she lectured in Print Making at the University of Ballarat and later worked as the director of Art Unlimited in Geelong, operated by St Laurence Community Services.

Sally put her own stamp on Art Unlimited to make it a nationally recognised professional facility for artists with a broad spectrum of disabilities. Based at the old Geelong Gaol, she developed the space as an attractive and well-resourced studio, promoting works in many media and organising exhibitions and sales outlets for the artists. For participants, the encouragement and recognition they received was life transforming. Sally also turned a grim and forbidding prison exercise yard into an attractive landscaped garden area that was an integral element of the studio.

Her last exhibition, titled *Zooanthropomorphism*, was held in the Ballarat Fine Art Gallery from January to March this year. It featured sculptures and works-on-paper of figures with human bodies and animal heads, a representation that dates back as much as 30,000 years. The exhibition drew on a substantial body of her work toward a PhD thesis which her illness had forced her to abandon.

Friends are seeking to organise a retrospective exhibition of Sally's art works later this year.

Sally died in mid-June after a struggle against the remorseless advances of Multiple System Atrophy (MSA), a disease that steadily cripples movement and bodily functions before culminating in death. She fought the symptoms with huge courage right to the end, directing renovations and redesign of the Healesville house and garden from her wheelchair and completing a series of pencil drawings to reflect her experience of MSA's harsh and progressive assaults.

Throughout this time she retained her sparkling sense of humour (if becoming a little darker) and her engaging interest in the lives of her friends and family.

Less than a week before her death she organised her own wake, attended by many of that crowd of life-long friends. It was a party she didn't want to miss.

What turned out to be the last item on her wish list was to spend a little time by the sea. She and Stephen reached the Gippsland lakes just in time to salute a spectacular ocean sunset with a champagne toast. Sally died in the early hours of the following morning.

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Vale to Amy (Cath) Cooke

15/3/1925 – 18/6/2015

Marg Cooper (compiled from her eulogy written by her daughter, Joan Clements.)

It was in 1952 that Cath and Harold Cooke came to Meredith to start farming on the property they named "Wahroonga". It was Block 6 on the "Moranghurk Estate" and was just west of the railway line on the corner of Mt Mercer and Shelford Roads. Cath had met Harold when he was a patient at the Bonnie Brae Rehabilitation Hospital in Wahroonga. He was suffering from pneumonia and she was working for 3/- per day for the Red Cross Hospital.

As with most of the Soldier Settlement families, life was not easy, initially. With two small children (Gowan was only three and Joan was one) they lived in a corrugated iron shed with a concrete floor which was freezing in winter and like an oven in summer. It must have been a grand day when they moved into their weatherboard three bed-roomed house even though it was some time before they had floor coverings and curtains. Cooking was on a cast iron stove heated with a wood fire, washing was done in an old copper with a firebox underneath and the clothesline was a wire strung between two posts which was raised and lowered with a wooden prop that frequently dropped the clean sheets in the mud.

Harold worked from dawn until dusk fencing the property and Cath joined him in the paddocks collecting and stacking rocks and stones from this ancient volcanic plain so that the land could be ploughed and improved. They stocked their farm with merino sheep and in the early days there were chickens for eggs and a cow for milk. For what must have seemed many years to Cath, every penny they made went back into the farm.

Spring time each year was notable not for the blossoming fruit trees of her childhood in the orchard growing regions of NSW but for the annual shearing when she cooked for half a dozen hungry men. Mid-morning and mid-afternoon she carried a basket containing fresh scones and thermoses of tea to the shearing shed. This trip had to be timed to perfection so that it was not cold when they stopped for smoko but neither were they kept waiting. At lunchtime they would come to the house, take off their boots, wash their arms to the elbows in the laundry and then march in to sit at the kitchen table where she served them a hot meal. This was what Cath described as "good plain fare" and plenty of it. Corned beef and onions with mustard sauce and lashings of potatoes was a favourite followed by jam roly-poly with custard and more cups of tea.

Over the years as work on the farm became less all-consuming Harold took up interests in local government and sport and Cath's faith life developed. She was a stalwart of the local parish church and one of her dearest friends was Fay McFarlane with whom she shared a close prayer fellowship. In 1982 Harold sold the farm and he and Cath retired to Newtown in Geelong where she transferred her allegiance from The Church of the Epiphany in Meredith to

All Saints in Newtown. They spent sixteen happy years in Geelong before Harold's arthritis became more painful and he was driven north to escape our bracing Victorian winters. One year they took their caravan to Mission Beach in far north Queensland but on the long trip home they broke their journey for a time at Woolgoolga. They enjoyed it so much that this then became their winter destination until they finally found a house and moved there in 1998.

When Harold died last year, Cath lived for a time in an independent living unit until, in February of this year, she was diagnosed with cancer. She died at Woolgoolga Aged Care. Her funeral was held at Woolgoolga on June 26, followed by a private cremation. Her ashes will be laid to rest with Harold's in the Memorial Garden at All Saints in Newtown.



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Meredith History Interest Group

Treasure Time Again

You are invited to the Anglican Church Hall on Sunday, August 31 at 1.30 pm for Treasure Time. Please bring a treasure which may be a story, a photo, an object or an idea and tell us about it. Please also bring a small plate of afternoon tea. A very enjoyable and interesting Treasure Time was held in 2013 and we were asked to do it again.

Who Lived in My House?

34 Staughton Street, a narrow block of 10.6 metre frontage that runs from Staughton Street to Lawler Street with an easement which was put in place for the adjoining property on the east side, allowed both properties to have access from Staughton Street.

Owners were: Hugh & May Wilson sold to Edmund Kennealy for £25 in 1888. The executors of his estate sold it to maybe Rhoda Randall in 1925. She sold it to John Booth in 1928. He sold to Edmund Doepel in 1930. His executors sold it to George Enoch Mayo in 1943. William Eric Mayo sold it to Hilda Annie Simpson in 1960. She sold it to Walter Barwon Wilkinson in 1961 who sold it to Gregory Andrew Letts in 1964. He then sold it to James Henry Gray in 1974. Mr Gray sold it to Athanasios Dritas of Richmond for \$4,700 and in 2003 she sold it to Doug and Fay McFarlane. The easement was closed and the McFarlanes, in agreement with the owner of 32 Staughton Street, Kylie Kirwood, subdivided both blocks. The front half of 34 Staughton Street became part of 32 Staughton Street.

John McRae: Soldier WW1: Distinguished Conduct Medal

John McRae was born in 1875 at Meredith to John and Sarah McRae. They had other children born at Bacchus Marsh, Terr., Echuca and another son Thomas born at Meredith in 1880. John enlisted on 13/7/1915, was a labourer and his father, who was next of kin lived at Bairnsdale. He embarked on 11/10/1915, was wounded in the field in France on 10/8/1916 and was awarded the DCM on 4/10/1916 for conspicuous gallantry. *"Though badly wounded, he continued to direct the construction of a strong point, under heavy fire, after his officer and NCO's had been wounded."*

The DCM was awarded for gallantry at Pozieres. *"All day long the ground rocked and swayed backwards and forwards from the concussion and men were driven stark, staring mad."* He was killed in action on 11/4/1917 at Bullecourt and is commemorated at the Australian National Memorial at Villers-Bretonneux. Where did the McRae family live at Meredith?

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MURDER AT MEREDITH

(from our own correspondent)

Thursday. A horrible and revolting murder was committed here last night, by which a saddler named William Patrick Purcell lost his life. There lives in a corner of the Racecourse Reserve an old decrepid man named Thomas Dawson, whose wife is a notorious drunkard. Yesterday afternoon she was drinking in the township, and as it was usual with her husband to refuse her admission when she was in one of her drinking bouts, it appears she persuaded Purcell to accompany her home, that he might intercede with the husband to have her admitted. However, all that is known is that Dawson called at the police station, gun in hand, between 12 and 1 o'clock this morning, and gave himself up to Constable Wilson for shooting Purcell. After locking the murderer up, Constable Wilson proceeded to Dawson's hut, and in the garden which surrounds it there found the body of the unfortunate man, shot through the heart, quite dead. The body lies still in the same position, awaiting an inquest. Purcell leaves a wife and seven children, the eldest only 11 years old, totally unprovided for, and the eighth expected hourly. The deceased was about 33 years of age, a native of Cork, from which his parents emigrated to Tasmania when he was but very young.

Geelong Advertiser (14/3/1879)

Jan McDonald, Meredith History Interest Group

Catalogue Day: We meet on the last Thursday of the month at the Anglican Church Hall. Visit us if you can.

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