



John's Really Big Bike Ride

Marg Cooper

On a Sunday morning in August 2008 on Macka's ABC radio program "Australia All Over", it was announced that a "Great Australia Bike Ride" was being planned. The ride was to start in Mornington in March 2009, circumnavigate the country—including Tasmania, and would be finishing in October 2009. There were to be 9 stages and participation was open to anyone. The purpose of the ride was to fund raise for mental health awareness on behalf of Australian Rotary.

John Farrugia, at the age of 61, started training, riding approximately 2,000 kms before he started the 204 day ride. His wife Denise volunteered as escort for Tasmania and the east coast but by Townsville her patience at driving 20kms per hour, "was shot". She rejoined the ride for the "across the top" section.

One hundred riders rode out of Melbourne (including 20 exchange students who were heading to a Rotary Conference in Hobart). Riders joined for various stages of the ride and various bike clubs rode for a day. The largest contingent rode the Tasmanian stage. A convoy of nine vehicles accompanied the riders including a bike mechanic, first aid, two bike trailers and a motor home where food was stored and prepared and from which meals were served. The riders stayed in various accommodation: including home stays, camp outs, a Police Academy, caravan parks, a mansion, hotels, motels, a paddle steamer and a funeral parlour.

Riders visited over 200 Rotary Groups, numerous schools and heard speakers at breakfasts, dinners and lunches. They met every State Rotary Governor and CEO, most town Mayors, visited 52 McDonald's and learnt a lot about mental health. John raised an amazing \$31,000 out of the total \$250,000 raised (after expenses).

The most difficult part of the ride was from Geraldton to Adelaide as the weather was cold, windy and miserable. John rode one handed for 17 kms on the Nullarbor carrying a stumpy-tailed lizard with a can jammed on his head to the nearest roadhouse so that the can could be removed. The longest time on the bike was for 8 hours riding into a head wind. He came down four times and had four flat tyres. In the north of Australia the riders started early and finished by midday. The longest distance travelled in one day was 193 kms from Fitzroy Crossing to Derby. They had many functions to attend and created their own fun with "Christmas in July" for the riders and much more. A newsletter was

(Cont. On page 28)

Sally Miller's
(literally) fantastic
"Me as a Chough"
page 28



inside

- Apply for a Community Grant NOW
- Chance to Detox Your Home
- Disability 'Infographic' Launched
- Chance to Speak Up
- 230 Years of Bithdays
- Learn Some French

...and the usual *much more!*

Meredith & district News



The Meredith and District News is published by a volunteer sub-committee of the Meredith Community Centre comprising: Jim Elvey, Dawn Macdonald, David Jones, Trudy Mitchell, Stefania Parkinson and Ian Penna

NEWS & VIEWS

Subject to the conditions outlined below, contributions accompanied by the contributor's name (which will also be published) and contact details, are most welcome. Please email to

news@meredithnews.com.au or deliver to the Meredith Corner Shop.

DATES AND DEADLINES

The Newsletter is distributed on the **first Thursday** of each month (except January). All advertisements and submissions must be lodged by the **last Thursday** of the preceding month, but earlier is **really** appreciated.

ADVERTISING

Advertising in the M&D Newsletter is a great way to let district residents know about your business. Contact us for full details and lodgement forms. Rates are as follows:

B&W colour

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

Note: Colour not available for all issues, and a \$20 loading applies for preferred position. Classifieds are **FREE** for small, personal notices from residents. Otherwise \$7.50 or \$5.00 if paid on lodgement.

Community Groups can have a 1/4 page ad for free or a \$25.00 discount on larger ads. (conditions apply)

SUBSCRIPTIONS

If you are outside our delivery area you can subscribe for \$25.00 p.a. (11 issues) and get the Meredith and District News posted to you anywhere in Australia.

CONTACT US

Post: Post Office, Meredith, 3333
Email: news@meredithnews.com.au
Ph: (BH ONLY please) General: Jim 0409163169 or 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.

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

PSL

☎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 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.



"A woman without a man is like a fish without a bicycle. - ."

Gloria Steinem



Welcome Back

It's a New Year and we welcome you back to our community newsletter. Again in 2015 we aim to inform and amuse you and our wonderful team of contributors and columnists are here to do just that.



Wendy Abraham

We get the benefit of Wendy's expertise and experience of the iPad environment in her regular review of apps to make our life easier, more organised or just more fun.

And this year, we dip deeper into colour production with four full colour cover issues to mark the start of each season.



Wendy Cook

Wendy's delightful and erudite observations of nature will continue to give us fascinating insights into our local environment.



Marg Cooper

Marg is our most prolific contributor and fills several pages every month with her account of local people, events and history. She even finds time to read and review a book each month for her regular book club column.



Judith Emond

Judith, a qualified family counsellor, writes every month about how to deal with life's hard moments. Her practical and expert advice has something for everyone.



Gemma Hanan

It's the whimsy, absurdities and frustrations of everyday life that catch Gemma's attention, shared with us in her 'Little Gems' column.



Greg Kitchen

Senior Constable Kitchen, our popular "local cop", keeps us abreast with crime activity, occasional reminders about safe practices and security, as well as any youth activities he is mounting for the locals.

And we invite everyone, especially **YOU**, to use the newsletter to share the significant, funny, surprising and interesting things of life ...stories, photos, jokes, achievements, embarrassments...anything! GO ON...join in!



And... we have a new feature with a group of locals each month reviewing a district restaurant. YUM!



But... there will be no Robyn in our garden! Our garden of all her readers, we thank Robyn for her affectionate & humorous account of the gardeners' ongoing wrestle with climate and the insect world. If you, or somebody you know enjoys both writing and gardening, we would love to hear from you.



COMMUNITY

Co Co Monkey Now

Kim Ali

Christian College Geelong is excited to announce, we have recently purchased the former Co Co Monkey Café venue in Meredith. This new café venture will work in conjunction with the existing Back Creek Farm, Rural Studies Experiential Education centre which has been established for almost 20 years in Scotsburn. To complement our agriculture studies program and highlight the importance of Victoria dairying and food production, the focus of the café will be on giving our students a practical and hands on understanding of the hospitality industry, whilst providing fantastic coffee of course!

We hope the café will be a welcoming place for both locals and visitors to the town alike. We will be happy to help out the community by being a venue for meetings, parent groups or other local interest gatherings. Please feel free to contact us regarding this, once we are established in the new year.

Community Grants Now Open

Applications for the Golden Plains Shire Council's 'Community Grants Program' are open during February. The Program enables community groups to further meet the needs of the wider community in a partnership with Council.

Grants are available to community groups for projects that provide outcomes for the benefit of the community. Examples include new community programs and events, purchase of equipment and facility improvement projects.

Funding is provided by Council on a dollar for dollar basis with the Community group's contribution provided in-kind or by cash. All applications must meet Council's Community grant application criteria.

The guidelines and application forms are available online at www.goldenplains.vic.gov.au and from the Bannockburn and Linton Customer Service Centres. You can also contact Michael Hynes on 5220 7182 at communitygrants@gplains.vic.gov.au to obtain an application form.

Applications close **5.00pm Friday 27 February, 2015.**

Community members are invited to participate in Community Grant Information training sessions with tips in successful grant writing at the following venues:

- Bannockburn Bannockburn Cultural Centre
Monday 2nd February, 2015. 6 – 8pm
- Smythesdale The Well - Smythesdale Business Health & Community Hub
Wednesday 4th February, 2015. 6 – 8pm

Thank You (Postie) Tanya and Mandy would like to thank all who donated and helped with shave the posties head for Mandy! The event raised \$1,529-75

Meredith Senior's Xmas Party

Jim Hynds

On December 15, 2014 members and guests gathered at the Meredith Hall for our Christmas Dinner, with a huge turnout. The party was in full swing by 12 o'clock. Heather and Joe and other volunteers had done a great job setting out the tables and chairs and decorating the hall.

So, on with the celebrations! The dinner was catered for by the Meredith PFA and school children. A splendid meal with deserts was enjoyed by all and had us in great spirits. Well done ladies and children

Throughout the day the Seniors were entertained by the local band "Whiskey River". Great entertainment indeed. They had us clapping and singing along in no time at all.

Throughout the afternoon Joe Primmer (in a splendid Elf outfit) and Heather Banks sold the tickets for our popular raffles. These raffles are supported by many local businesses including: The Corner Store, Royal Hotel, Roadhouse, Woolabrai, Meredith Dairy and Bob? Many thanks to these businesses. Your support is greatly appreciated by the Seniors.

In all it was a highly successful day. Great meals, great entertainment and our personal Elf, always full of good fun. Many thanks to the seniors who helped to clean up the hall after the festivities.



Lions Club Meredith

You are warmly invited to to a meeting to form a **Meredith & District Lions Club.**

This is an exciting event for the community as Lions International members work not only for local projects as well as international causes but is a great social group to be part of.

Tuesday February 10th At 7.30pm.

Royal Hotel Meredith

COFFEE AND CAKE PROVIDED

CONTACT: Claire at the Royal Hotel.

Classifieds

First insertion of small ads are FREE to district residents

For Sale - 2000 AU Ford Falcon Sedan 12 months rego RWC approx 220,800kms \$2200 phone 0417 846 293 evenings

Baby sitter available

18 y.o and live locally. Experienced with children aged 3-14, have WWC and licence. ph: 0421 081 192

Casual/Part time Farm Work- Meredith/Morrison's

Physically fit and energetic worker required 2-3 days per week. Flexibility would be available to fit in with your other commitments. Apply via e-mail jeanettemid@bigpond.com. or 0409 958 615 (after 7.00 p.m).

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 Mass times for February and March 2015:

Winchelsea every Saturday 6pm

Bannockburn every Sunday 9am

Meredith 11am February 1st/15th March 1st/15th/29th

Anakie 11am February 8th/22nd March 8th/22nd

Pancake Weekend February weekend of 14th/15th after all Masses

Ash Wednesday Wednesday February 18th Mass and distribution of ashes Winchelsea 5pm Bannockburn 7pm

Family Masses are held on the first Sunday of the month at the 9 a.m. Mass at Bannockburn.

A youth band provides the music and Mass is followed by donuts and chocolate biscuits for morning tea.

Religious Education Classes

Wednesday 4th March at Bannockburn 4pm - First Eucharist classes commence.

Enrolment for Grade 3 Reconciliation and Grade 6 Confirmation Wednesday 11th March.

Mass at 6pm followed by a bar-b-que tea for all parents and children.

Venue Bannockburn Cultural Centre.

This evening is essential for parents to learn about the program for the year. Enquiries 52861230.

World Day of Prayer

Friday March 6th at 2 p.m. at Meredith Anglican Church.

This year's service has been prepared by the Christian people of the Bahamas and has taken for its theme:

Jesus said to them: "Do you know what I have done to you"

Please come along to join with more than 3 million people in over 170 countries to celebrate unity in Christ and diversity in culture.

Please bring a plate of afternoon tea to share.



Meredith Community Centre
working for our community

This newsletter coincides with the end of holidays and the beginning of the year. It promises to be as busy and productive as the last. We are looking forward to significant changes this year with the sharing of our new facility and we will keep you up to date as this progresses. The latest report when the architects visited recently is that the building work is on schedule.

I hope by now you will have received your copy of the new Course Guide for the First Term. Did you make a New Year Resolution to get fitter and healthier this year? Our Fun and Fitness class is designed to provide an individual program for each participant according your needs and capabilities. Call us to arrange an individual assessment. Our Tai Chi classes are going from strength to strength as more people realise the fantastic benefits of this gentle and relaxing form of exercise. We now have classes at Meredith, with additional classes added at both Bannockburn and Teesdale this year.

We also of course have our very popular computer and technology classes. Take a look at what is available in the Course guide here in the Newsletter.

Jo and the Childcare team are back on 9th February and looking forward to seeing the children again.



Computer Tip

Interesting things you can do in Google - Did you know you can use Google for a timer countdown? Just type into Google "set timer (followed by the amount of time e.g. 5 mins)".

Look forward to seeing you at the Centre in 2015.

Bye for Now

Pam Ridd

Volunteers Needed.

The Meredith Community Centre opens on a Friday morning from 9.00 to 12.30. We are seeking the assistance of some volunteers to do some reception work and office duties. We run a rotating roster so you would do a morning every few weeks. It is a great chance to gain some workplace experience if you are looking for job references. Please contact Pam on 52 861 348 for more details.

5 Russell Street Meredith 3333

Ph 5286 1348 Fax 52861 563

learnlocal@meredithcommunitycentre.com.au

"Working for our community"



Meredith POLICE news



I sincerely hope that all readers of the Meredith and District news have had a safe and festive Christmas and New Year with family and friends.

Firstly I would like to acknowledge the great work done by many local volunteers at the Meredith Music Festival in December. From my point of view the festival ran extremely well. Once significant arrest however was made with regards to a male trafficking in a large quantity of amphetamine. This male was detected by staff who alerted police members on site. After his arrest, police located a large quantity of drugs and cash in his vehicle. He was arrested and interviewed and consequently charged at the Meredith Police Station.

The male made admissions to selling large quantities of amphetamine and was charged with trafficking and possession of amphetamine and possessing the proceeds of crime. He was bailed to appear at the Frankston Magistrates Court for hearing in March.

On the 22nd December 2014 I arrested and charged a local 27 year old male with multiple burglaries and thefts which have been committed in Steiglitz over a preceding period. He has been charged with burglary, theft and deception related offences and has been bailed to appear at the Geelong Magistrates Court for hearing in February. A portion of stolen property has been recovered and returned to its owner.

As I have mentioned in previous articles, driver behaviour is of major concern to Victoria Police. A recent fatal accident near Inverleigh highlights all too well that accidents can and do occur even on straight sections of road. This matter is currently under investigation.

On Monday evening the 17th November, 2014 I ran a drug awareness night in Meredith with a focus on ICE usage in the community. Senior Victoria Police Detectives attached to the Werribee Crime Investigation Unit and Clandestine Drug Unit based in Melbourne attended and gave a great insight into the effects. It was great to see so many people attend and gain some great knowledge. I intend to run another night mid-year and hope to target more teenage kids. I would like to thank Trudy Mitchell from the Community centre for her assistance and motivation with assisting in organising the night.

Kindest Regards, Greg KITCHEN

Officer In Charge – Meredith Police Station.

WHY NOT?

...send us your photos, stories, jokes, family absurdities. We promise we won't laugh!



From the Mayor

Cr Des Phelan, Mayor

On Tuesday 27 January, Council held its 2015 Australia Day Awards Ceremony and I am very pleased to announce the award winners are;

- Citizen of the Year – Dale Smithyman of Teesdale,
- Community Event of the Year - Battle of Bannockburn,
- Senior Citizen of the Year - Jeff Howson of Bannockburn, and
- Young Citizen of the Year - Angela O'Neill of Enfield.

Congratulations to all winners, you are most deserving of the accolade.

Less Landfill, Less Cost, Better Environment

Council has made a commitment to changes in waste management because Golden Plains' households are amongst the highest producers of waste in Victoria. The average Golden Plains household discards 13.4kg of rubbish to landfill per week. The average of households in our neighbouring Council areas is 8kg per week.

In Golden Plains Shire approximately 17% of the waste being deposited in landfill is actually recyclable material. Council is changing the kerbside collection service to weekly recycling bin collection and fortnightly rubbish collection. This will provide more opportunity to recycle and encourage residents to be more conscious of separating rubbish from plastics, cardboard, paper, glass and other recyclable materials.

The changed service could see a reduction in waste to landfill by as much as 900 tonnes per year. Community change requires everyone to play a part in reducing the amount of waste sent to landfill and Council will be making changes too. We are already investigating a range of new initiatives and services to benefit both the community and the environment.

More information at goldenplains.vic.gov.au

Meredith Playgroup Timetable

Term 1 2015

Feb 5th- Summer Craft

Feb 12th- Paint Your Name

Feb 19th- Dress Up Day, come as your favourite movie/book character or super hero!

Feb 26th- Pasta Necklaces

March 5th- Make a Rainbow

March 12th- Play-doh

March 19th- Autumn Craft

March 26th- Sea Creatures

April 2nd- Easter Craft & Egg Hunt



Recreation



Meredith Cricket Club Ram News

Terry Hart

The 2014/15 season has been extremely successful for the Rams, with just 6 weeks of home and away cricket remaining all three teams are still in contention for the finals.

The 1st eleven have been leading the way, having lost only 2 games to this point in the season and are a genuine premiership chance. Ty Watts and Jason Murray have been in great form all year with both bat and ball, Ty having made over 500 runs at an average of 53 and Muzz taking 20 wickets and averaging 64 with the bat, including an innings of 101. Other highlights have been a knock of 87 to Troy Bott and Andy Forster taking 6/34 with the ball.

The 2nd eleven have been inconsistent, but remain in contention. Sam Wight has led the way with the bat averaging over 33, including 2 half centuries, while Russ Baddely is leading the bowling with 25 wickets. Russ equalled the club record for most wickets in a match claiming 14 scalps in the game against Corio, great effort. Other highlights for the twos have been a spectacular 195 by Matty Jefferies and the improvement of the younger players including Lachie Cameron who took 4/35 in the current game

The 3rd eleven have been the surprise packet for the club this year, having won the majority of their games and sitting well within reach of a finals berth. Gerry Gotch as captain has led from the front taking 22 wickets so far, and it is great to see some of the younger players at the club enjoying success. Mitch and Aaron Miller, Alex Hart and Nate Gladman have all been consistent performers and are improving with every game. Johnny Brockway made a fantastic 145no and has been in great form with the bat averaging 49, while Scotty Crighton has been in terrific form with the ball taking career best figures of 3/30 last week. The most surprising wicket taking performance of the season would have to be Patty Lanen claiming an impressive 4/29 earlier in the season. Brendan Rayner made a welcome return to form with the bat last week compiling a solid 68. Keep up the good work boys.

On the social scene the club held a very successful "I pod Shuffle, Pink Night" late last year, raising much needed funds to help in the fight against breast cancer. An enjoyable night was had by all those that attended. Winner of the \$500.00 first prize for the last song played on the night was Chris Hart.

The club is seeking as much community support as we can for "RAINBOW DAY" on SUNDAY FEBRUARY 22nd AT THE REC RESERVE. This day is being organized to raise funds to assist Mandy Pattenden (Johnny Brockway's

partner) in her battle with stage 4 cancer. All money raised on the day will go to help Mandy with her treatment and to give her the opportunity to spend as much time as possible with her family during this difficult time.

Any donations from local businesses or community members for this event would be greatly appreciated. We will require assistance on the day so if you would like to volunteer or think you can assist in any way, please contact either Terry Hart on 0418178513 or Karen Pritchard on 0400152869 for more information.

The club would also like to take this opportunity to thank its 2014/15 season sponsors for their continued support-

The Royal Hotel Meredith, Lara Taxation
Totally Workwear Geelong and Hoppers Crossing
Foxys Pizza, Damien Brunt Joinery, Prime Plastering



Moorabool Valley Crocs News

Sid Jones

Well it's that time of the year again. Pre season Footy training will start on Sun 1st Feb @ 10.30am at the MCG and then every Wednesday Night at 6pm from 4th Feb. We hope to see all the old faces there and it would be great to see some new ones too. Over the summer break we held our AGM and there has been a change of Committee.

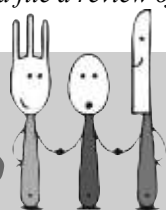
We would like to welcome Damian Kelly from the Royal Hotel as President. We would also like to thank our out going President, Chris Hart, for all his time and effort he has put into the club over the years. This year we hope to hold a few fundraisers as the Club is looking to purchase a bus to ferry Players around to games.

If anyone is interested in sponsoring the Club, please call in and see Damian @ the Royal Hotel. We love the support we receive from the local community and look forward to seeing everyone at our first game, which we will have dates for in the next newsletter.

"GO CROCS"

A small group of locals (who must remain anonymous to preserve their flagging reputations) have decided to catch up for lunch at a regional eatery each month this year and file a review of their findings. Here's their first.

The second last **Friday**
LUNCH club



The Cafe Meigus ★★★★★

We chose Café Meigus Bridge Mall Ballarat for this month's treat.

If you want to go to Spain and can't afford the airfare here is the next best thing. Café Meigus is a small intimate Spanish café located off the Bridge mall in Ballarat.

When we arrived, there was drinking water on the table and menus ready to go. Wines on offer were predominantly Spanish and we ordered sangria – a red wine based punch laced with diced fruit - very pleasant on a warm day.

We let the waitress choose our meals, comprising several tapas dishes to share. They were all tasty and reflected the typical Spanish foods you read about, varying from seafood to pork and chorizo sausage cooked in apple cider; all really tasty.

We checked out the dessert menu to finish off a great lunch. There are only a few sweet things to choose from but all are yummy, from Chorios (Spanish doughnuts with a warm chocolate sauce) to crème caramel, plus some really nice looking cakes etc. Larger serves and, at around \$7.00 each, offered good value. The coffee is good without being outstanding. The service was great with friendly, helpful waiting staff.

All up, cost per head was around \$35 including drinks. Café Meigus - really good value.

And 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.

Christmas Carols in Meredith

Di Richie

A warm balmy night, attractive surroundings of the gardens of the Meredith Interpretive/Visitor Information Centre, babies, toddlers, young children, and lots of people of varying ages sitting in comfortable chairs made for a lovely evening of carol singing and community christmas spirit. Kym Ivory was a wonderful m.c. and delighted us all by leading the carols accompanied by our own very talented musician Dawn Macdonald, and then gave us an awe inspiring rendition of O Holy Night.

Thank you to Jarna Kelly for operating the technology and of course we were very thrilled to have that jolly fellow with the red suit and white beard - Santa - make an appearance and give out lollies to good children and adults. We all joined in together for a cuppa and some Christmas nibbles and left for home wishing each other a Merry Christmas and a wonderful New Year 2015.

MEREDITH AUCTION

Reserve the Date : SUNDAY APRIL 19th.
10 a.m.

Venue: ST. JOSEPH'S GROUNDS.
LAWLER STREET MEREDITH

Start cleaning out those sheds now-
always a great day!

Enquiries Di Ritchie 52861291



ANZAC DAY 2015

A Special service will be held this year to commemorate the ANZAC Centenary.

ANZAC Day will be observed with our usual Service at the Memorial Hall Meredith followed by a march to the Cenotaph for the laying of wreaths.



RED CROSS FILM NIGHT

Last Thursday of the Month 7.30pm

Come along and see our next movie:

"Surprise- to be decided"

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



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

ST. JOEY'S OP SHOP has reopened after the Christmas break.

Lots of back to school bargains- come along and have a browse.

ELAINE EXCAVATIONS PTY. LTD.

CONTACT

Warwick Mob. 0408 508 303

A.H 03 53 420329
FAX 03 53 420387



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GIVE US A CALL!

“Midway on the Midland”

Marg Cooper

Since the official opening of the centre in October, volunteers have had the doors open and have welcomed locals and tourists. A few groups have visited and enjoyed morning tea including the Austin 7 club. Various functions have been held at the centre with the latest being “Carols in Meredith” on December 21. Needless to say, the toilets are very popular!

If the yellow flag is out the door is open. The centre stocks free tourist brochures, booklets and flyers and sells Meredith History books. A display of “Openings performed by Sir Henry Bolte” has been in the display cabinet and smaller displays about “100 Years of Red Cross”, the Music Festival and the 1954 visit to Australia by the Queen have been of interest also.

It is planned to have a display relating to “Meredith Soldiers of World War I” in the display cabinet by April and a smaller display about your local Fire Brigade soon. It is a pleasant space and an attractive building into which a group of volunteers are breathing life. It would be nice to have more volunteers so the centre opening times can be extended. More flyers advertising local businesses would be a welcome addition. A letter will be distributed soon to your business about this matter.

Drop in and see! Come and help! Suggest ideas or materials for displays! Volunteer an hour or two!

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IN OUR NATURE

Wendy Cook

As I walked past the hakea bush in the garden, I saw some small curls of brown leaf or old petal suspended in gaps between the branches. I looked closer. Each little piece of brown was positioned in the centre of a neat round spider's web. Even closer, and each had eight tiny legs bunched up under it. They were well-camouflaged spiders, each with an unusually long abdomen pointing upwards as it sat in its web. A long narrow hakea leaf fell into a web. I saw the spider hauling it into position. When I returned later, the leaf was above the centre of the web, in line with its abdomen, making it appear even more like a piece of old plant. The spiders were female scorpion-tailed spiders. They curl their abdomen like a scorpion's tail when they move around, but have no sting. The males are much smaller and lack tails.

Spiders and many insects use camouflage as a way of being less obvious. This can help them to sneak up on prey, or to avoid being eaten themselves, or both. A bright green praying mantis on a green stem can be almost invisible, as it watches an unsuspecting insect, waiting until it is close enough to pounce. A pale brown striped wolf spider sitting motionless can be impossible to spot on a patch of sand or amongst dry leaf litter. They are using their colour and immobility to hide, but others, such as the scorpion-tailed spiders seem to have been shaped to look like something else. There are spiders that are shaped and coloured like a lump of bird dung. Others are narrow and brown. They stretch out their long legs to resemble a stick. Some use the reputation of more fearsome creatures to avoid predation. They may look like ants, and even disguise their extra pair of legs by holding them up like an ant's antennae. Many birds don't like the taste of ants and other predators may be wary of them. These spiders may even fool ants, making it easier to turn one into a meal.

Stick insects are well-known for their camouflage, but hard to find. Their bodies are long, narrow and brown, with long, even narrower legs. Sitting still on a twig, with their wings neatly folded away, they look like part of the tree. Some caterpillars use a similar trick. They are brown or green and hang on to a twig with their body stretching at a similar angle to a leaf stalk or smaller twig. They keep perfectly still, an important part of their camouflage.

Many species of moths are experts at hiding. Some may be green like a fresh leaf or brown like a dead leaf. They may be coloured to look like a gum leaf and may even have lines resembling leaf veins as part of their wing pattern. Other moths are brown or grey with intricate patterns of squiggles or tiny dots. On the trunk of a tree or among leaf litter they are almost invisible, with no straight lines on their wings to give away their position. Some butterflies are brightly patterned when they fly, but sit with folded wings. The duller underside of their wings can make them appear to be a leaf. The disguise is only revealed when they feel threatened and fly away. Grasshoppers can be coloured green like the plants they eat, or can be quite large and brown, resembling a dead gum leaf or a scrap of bark. Some hold their antennae together, looking like a thorn.

Over many generations, animals can change. Those that have the best camouflage are less likely to be found by predators or may be the most successful hunters. They are more likely to have offspring to whom they will pass on their camouflage. Over time, the shape and colour of the species can change, as the best camouflage pattern becomes the commonest pattern. For these creatures, being least visible is the best way to survive and reproduce.

'Disability' Infographic Promotes Inclusion.

A new infographic on 'Disability' has been developed as part of an initiative to provide helpful information to the community about disability.

Golden Plains Shire Council in partnership with its Access and Inclusion Committee developed the infographic to confront myths and perceptions the community may have related to disability.

It will stimulate conversations and challenge members everyone to think about how they approach 'disability' within their club, event, committee, business as an individual or volunteer.

The infographic highlights approximately 1 in 5 people having a disability, and provides practical methods in developing conversation, planning and a greater understanding, education and awareness about disability.

Businesses and community groups are encouraged to display the infographic in their venues to influence a positive change to the lives of 4 million Australians who have a disability.

Want a copy for your venue? Contact Craig Donaldson, Council's Rural Access Officer at cdonaldson@gplains.vic.gov.au or on 5220 7188.

Residents Speak Up!

Media Release

The first phase of Golden Plains Shire's Events, Marketing and Communications strategy is complete with the Speak Up community survey now closed. Residents, business owners, volunteers and event organisers shared their thoughts and ideas, providing valuable feedback. There were 397 responses received, representing 38 communities.

The Gazette, Community Newsletters and Social Media are the top three ways residents want to hear about what's happening in the Shire. Community consultation is a hot topic and most residents would like more opportunity to have their say about the major projects of Council.

Next steps will see the delivery of . Council will invite various groups and event planners, to participate in four Speak Up Sessions which will aim to build on the survey findings.

How can Council better inform, communicate, consult and engage with you? Book now to take part in an engaging hour, enjoy a delicious Maude Valley Catering supper and share your views:

Volunteer and Event Organiser Speak Up Sessions

1. 7pm, Tuesday 17 February, Bannockburn Cultural Centre
2. 7pm Wednesday 18 February, Haddon Community Centre

Business Owner and Resident Speak Up Sessions

3. 7pm Tuesday 24 February, Smythesdale Well
4. 7pm, Wednesday 25 February, Bannockburn Cultural Centre

Would you like to RSVP? There are limited places to so please let us know if you'd like to come along. Note your preferred session to Executive Unit Support Steph at schapman@gplains.vic.gov.au or call on 5220 7207.

Who?

?



In Australia over **4 million** people are living with a disability.

Approx. 1 in 5 people have a disability

In Golden Plains Shire there are 3800 people with a permanent disability and 1300 with a temporary disability.

What?

?

DISABILITY,
MOST PEOPLE think of a person who uses a wheelchair.



Around **88%** of disabilities are not visible.

THERE ARE MANY TYPES OF DISABILITIES.



Disability

Being Inclusive in your community.

Where?

?

We all have a role to play in making our community more inclusive.

It is **YOUR ROLE** to *think* of disability when:

BUILDINGS & PATHS

Planning
Building designs
Parking
Footpaths
Trails

COMMUNITY

Schools
Events
Activities

GROUPS

Membership Committees
Sporting groups
Children's play groups
Volunteers

PUBLICATIONS

Print material
Websites

BUSINESSES

Shops
Accommodation
Employment

Why?

?

DISABILITY is relevant to any community or business.

1 in 3 people either has a disability or is likely to be close to someone who has disability.

Disability can occur at **ANY STAGE OF LIFE**. People can be born with a condition or others may acquire it through ageing, accident or illness.



What works

RESPECT the person

TALK to the person

PROMOTE accessibility

POSITIVE attitude

TALKING about disability

If you are not sure... **ASK**

Involve **ALL PEOPLE** in decision making and planning



Don't Talk to Strangers

As children, we are taught by our parents to not talk to strangers. They decided who we would make it into contact with and who we wouldn't.

They did all of our talking for us, filtering out the friendly from the not so friendly and disapproving our choice of 'bad' friends.

But as we grew, we began to be able to make our own decisions about who to converse with and who we should avoid. From here we were able to learn new things, make new friends and discover lives so vastly different from our own.

As a regular user of public transport, I have encountered a plethora of people who scared, shocked and enlightened me. Whose unhygienic habits have disgusted me and whose heavy accents have left me gaping like a fish trying to utter a response to the question I believe they just asked me.

Brought together by a mutual anger at a late bus, conversations spring up between commuters to fill the long silence broken only by casual, yet desperate, glances down the road in hopes that you'll see the bus coming into view over the horizon.

Usually beginning with an off-hand comment about punctuality, this communication sometimes turns into a rather awkward game of one member of the party trying to continue on to other subjects. So what started off as a way for you to quell your fear of 'did I read the wrong timetable?' has now turned into a one-sided discussion of the state of the world before usually moving off into the woes that they are experiencing in their lives.

Now I'm not sure whether I have the face that naturally invites people to talk to me (especially about their deepest worries and sad stories) but this is a common occurrence for me. While quite harmless, it tends to be an uncomfortable few minutes for me trying to muster up something to say in between the other person's interlude between stories so that I don't appear rude.

All in all I find most bus-stop strangers to be quite pleasant. Most. While I was waiting for an abominably late bus recently, an elderly gentleman sat down next to me and made a comment about the sunshine. I responded as one usually would on a subject as trite as the weather and he took this as an invitation to discuss his day. As he started to talk about his trip to the movies, I realised all too late that he was about to ruin not only the plot but the ending of the movie. Before I could stop him he unleashed a world of disappointment upon my hopes of seeing the movie later that night. While most of my stranger experiences have been positive (despite the tediousness), this man was a prime example of why sometimes you just shouldn't talk to strangers.

Gemma

We want to know...

What if there were no hypothetical questions?
Is there another word for synonym?

Where do forest rangers go to "get away from it all?"

What do you do when you see an endangered animal eating an endangered plant?

Would a fly without wings be called a walk?

Why do they lock petrol station toilets? Are they afraid someone will break-in and clean them?

What was the best thing before sliced bread?

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'Detox your Home'

Media Release

Golden Plains Shire residents are being urged to 'Detox your Home' – a safe, free and easy-to-use service to dispose of common highly toxic household chemicals without harming your health or the environment.

The Detox your Home mobile collection is coming to Lovely Banks on Saturday 14 February from 8.00am to 4.00pm and Golden Plains Shire, in partnership with Sustainability Victoria, is encouraging residents to take the opportunity to get rid of unwanted – and potentially dangerous – items like pesticides, detergents and weed killers.

"Household chemicals can harm your family and your pets, add extra fuel to a house fire, release toxic fumes and pollute the environment for future generations, which is why residents should take advantage of the free Detox your Home service to safely dispose of unwanted items."

Cr Phelan warned residents against putting chemicals out with the regular rubbish collection where they could explode, ignite, leak or mix with other chemicals. He also cautioned against pouring them down the drain where they could pollute waterways, harming animals and vegetation, contaminating the drinking water supply and making rivers and beaches unsafe for swimming.

"The good news is you can reduce the risk of poisoning, environmental pollution and bushfire hazards, as well as improve recycling rates, by dropping off unwanted chemicals at the Lovely Banks' Detox your Home mobile collection, its easy and its free," Cr Phelan said.

The collection will be held at Corio Operation Centre, 299 Anakie Road, Lovely Banks. Residents simply need to turn up on the day with their unwanted items and the expert Detox your Home team will do the rest. The products collected are recycled for recovery and diverted from landfill. Find out what you can bring at meredithnews.com.au/on-line-extras

The following items are not accepted:

- Paint
- Car batteries
- Household batteries
- Fluorescent lights
- Ammunition or firearms
- Asbestos
- Chemicals used by businesses
- Farm chemicals
- Gas bottles.

Motor oil, household paint, batteries and compact fluorescent lamps can be disposed of throughout the year at a permanent drop-off site at the Corio Operation Centre, 299 Anakie Road, Lovely Banks. For more information call 1300 363 744, visit sustainability.vic.gov.au/detoxyourhome, or contact your local council

The Ballan Art Show

Council Chambers Stead Street Ballan Vic 3342

Opening Night - March 20th 7:00pm to 9:30pm (Preview & Presentation of Awards)
Saturday March 21st – 10am to 5pm
Sunday March 22nd – 10am to 4pm



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THE MEREDITH COMMUNITY NEEDS YOUR HELP

On Sunday the 22nd of February at the Meredith Recreation Reserve
We are running RAINBOW DAY to raise funds to help Mandy Pattenden in her fight against stage 4 cancer.

HOW CAN YOU HELP?

By donating goods or vouchers that we can raffle/auction on the day or by making a cash donation that we will pass on directly to Mandy's Family. We are also seeking volunteers to help on the day.

Any businesses or individuals donating goods or cash will be recognised in a thank you notice in the Meredith Newsletter
For further information please contact –
Terry Hart- 0418178513 or
Karen Pritchard- 0400152869



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judith emond FAMILY THERAPIST

The Essence of Change

I thought that this topic would be appropriate for this time of the year especially those of you who have made new year resolutions. Most of us would like to change, tame or cut back certain habits. However, we end up giving up on the idea because no matter how hard we try we end up reverting back to our old ways. The behaviours or habits become so embedded and they occur automatically as though we function on 'auto pilot'. Many of us believe that people cannot change and support the idea that 'you cannot teach an old dog new tricks'. I totally disagree with this and will share with you how you can develop self mastery over any behaviour or habit you want to change. The essence of change is to believe that you are capable and to start by focusing on the small things. It is the small things that make the biggest difference!

The DO's and DON'T'S to consider when working towards change;

DO

- do research and gain as much information about the behaviour or habit that you can muster. Google the topic, talk to others who have succeeded, borrow books from the library. This new knowledge will give you the power and motivation you will need to begin.
- do start small in order to regain confidence in yourself and grow the belief that you can make a difference. Begin with something tiny and achievable it may even be unrelated to what you want to change, for example, try going to bed 30 minutes earlier one or two nights a week. Then build it up to 5 nights per week. Or else try eating a healthy home cooked meal one or two nights a week. Begin by changing a small aspect of your usual routine no matter how tiny it is!
- do be kinder to yourself as our habits often make us feel disappointed especially when past attempts to change them have failed. Add to your day 10 mins of leisure or a daily activity that gives you pleasure and makes you feel good about yourself. This is contrary to most methods where abstinence and deprivation are promoted. I like to suggest that you add a new 'healthy' behaviour and have it well established before tackling the core problem. It also provides the best foundation for motivation. We achieve great things when we feel better.
- do recruit support and a team of helpers, we are more likely to make changes if we have someone on our side encouraging us and keeping us on track

- do practice and practice doing something different again and again. We all know that this is required in order to learn new skills. It's a similar approach to riding a bike, driving a car or using a touch pad phone. Practise makes perfect!

DON'T

- do not set impossible goals and impose strict timelines, this often results in bitter disappointment.
- do not focus on what you cannot do. Instead focus on what you can control and have control over already.
- do not give up! If you do not succeed try try again...it is well researched that it takes a number of attempts to change, learn new skills or create new habits.
- do not seek support from negative sources or those who do not have faith in you. Seek information from your local doctor, teacher or health professional.
- do not keep doing the same thing if it is not working. Try a different tactic or strategy as what works for someone else may not work for you. Trial and error is to be expected.

Remember that 'any old dog can learn new tricks' as long as they go about it the right way. For more information on the topic of change check out the following sites;

<http://www.theshedonline.org.au/health-lifestyle>

<http://www.cci.health.wa.gov.au/resources/consumers.cfm>

<http://smokefree.gov/about-smokefree>

<http://beatalcohol.com.au/>

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it's History

Meredith History Interest Group

On April 25th the 100th Anniversary of the Anzacs landing at Gallipoli will be commemorated. A book is being produced documenting everyone who went to WWI from Meredith. During the year it is hoped to publish in the newsletter interesting articles about Meredith and the war.

World War I Soldiers

If you can **help** with any information about Meredith service people, soldiers or nurses, please contact Marg Cooper on 52 868201. Has anyone got "a framed illuminated memento" or a postcard of the Honor Board? The departing soldiers received cigarette cases or pens and the returning soldiers received gold medals. Are there any of these mementos left? Information on some soldiers is proving very hard to find: Eric Bird, P. Burke, A. Johnson, D. Jones, W. Kennedy, W. Potter, A. Price, J.M. Randall, L. Stafford and Thos. B. Thomas. If you had a relative at the war you may be interested in sharing their story with the History Group or by publishing an article in the newsletter.

"The parents and the wife of deceased soldiers will receive a handsome framed illuminated memento. The Honor Board will shortly be ready and it is decided to have 150 postcards of the board taken to be sold on the day of the unveiling."

Geelong Advertiser, Tuesday, September 17, 1918.

Annual Meeting

The Annual Meeting of MHIG is on Sunday, March 1 at the Anglican Church Hall at 1.30 pm. A sojourn to the Meredith Interpretative Centre will follow to view the building and the exhibits. There is a wall about Sir Henry Bolte, a display of Jeff Hook's cartoons of Henry and many images of Henry rotating on a television screen. Please bring a story about Henry to share and a small plate of afternoon tea.



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"The Mechanics Institute was crowded on Saturday afternoon when the Meredith & District Honor Board was unveiled by Mr Lister MHR. On the platform with him were Mr A.A. Austin MLC, Mr Griffiths (President of the Vigilance Committee), Cr. Synot (President) and Crs. Spiller, Fraser, M. McColl, Peel, Moody, Venters, Mr W.G. Sharpley, Rev. Stone and Rev. Scott. The hall and stage were nicely decorated with flags and pot plants by the ladies. The proceedings opened with the National Anthem. The Chairman Mr Griffiths explained the reason for the function. Mr Austin said that he regretted that he had time only to say a few words as he had to catch the 4pm train back to Geelong. He had attended every unveiling that he could and urged that nothing was too good for our boys who fought and died that we may live in peace. Mr Lister was greeted by loud applause. He asked them all to stand in silence for five minutes while he unveiled the Honor Board. There is always a tinge of sadness in the unveiling as on all of them was the sign that showed that several had paid the supreme sacrifice and our sympathy and deep reverence were due to the relatives bereaved."

Geelong Advertiser, Tuesday, July 1, 1919



Billie Celebrates 80

Marg Cooper

Billie has a passion for shoes as demonstrated by her cupboard full of beautiful shoes. Her father was a shoe maker at a factory in Fitzroy and he also made shoes in a back room at their home near Brunswick Street. Billie always had plenty of lovely shoes. She started work at the shoe factory in Fitzroy the day she turned 16 years of age and when buyers came she would dress up and model the shoes.

She had attended St Brigid's in North Fitzroy but her

consuming interest was netball which she played nearly every night of the week. She played wing attack because she was short but could jump and move quickly. There were teams organized by schools, police and army and they played at many different venues. The teenagers would often walk home after netball in the dark and they knew the alleys and the back streets of the city very well. They had short cuts everywhere and looked after each other. They had no money but had lots of fun and lots of friends.

Billie met a handsome Wycheproof boy, Toby Elder, who had come to the city to play football for Fitzroy. She remembers that she was terrified when she was invited to meet Toby's Uncle Henry and Auntie Jill for dinner when Toby's parents came to town from the country. When they met at the Windsor Hotel, Henry immediately welcomed Billie, invited her to sit next to him and asked her what she would like to order. He suggested a steak, she agreed and they got on well from that moment.

Toby Elder and Billie were married at St Brigids, Fitzroy when she was about 21 years old. They had a family of three sons and lived in various places, Wycheproof, Jakarna at Glenroy and Redesdale before they came to Bamganie in the early 1980's to look after Toby's Uncle Henry and to run the farm "Kialla". Billie accompanied Henry Bolte, ex Premier of Victoria to many official functions and to the races, she met many important people including the Queen and dressed smartly. She always had the right shoes for every occasion!

Billie celebrated her 80th birthday on November 24, 2014.



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

Built-in Apps (Part 3)

Here is a little more about a few of the Apps that come preloaded on your iPad.

FaceTime

Have you used Skype? FaceTime is the Apple version of this popular App. With it you can video or audio call anyone who has an iPhone or an iPad. You need the phone number or email address of the other person, another reason it is useful to set these up in your Contacts list, then just call. FaceTime needs an iPad mini or at least iPad version 2. If you have trouble setting up, there are step by step instructions available. Try digitaltrends.com for example.

Siri

Ah Siri, you inspire delight and frustration in about equal measure. Siri is available on all but the first generation iPad, and is a voice activated assistant. You have probably turned it on accidentally by holding down the Home Button a touch too long. You can change Siri's voice in Settings, making it male, having a Brit accent, or speaking Chinese if you prefer! In the latest version, if you are connected to power you can activate Siri by just saying her name then giving an instruction, such as, "Hey Siri, send a message to my sister." Of course, you will need to have your sister in your Contacts list for this to work. There are lots of interesting or just silly things you can ask Siri, from "What will the weather be tomorrow?" or "Where can I get a coffee nearby?" to "Do you have a boyfriend" Have a play and see what you think.

Tips

I was going to write about Messages, but there is a better way for you to find out. In the latest upgrade, Apple have added a Tips App, which includes lots of useful information about making the most of your iPad. The Messages App has been significantly expanded, so have a look at what it can now do for you. Apple intend to keep adding to the Tips as new things come up, so check in now and then to see what is new.

As we start a new year, a special thanks to the team from the Community House for all their wonderful support over the last couple of years, and to the delightful participants who come to the iPad classes and make them so much fun. May 2015 be just as productive and enjoyable.

...WENDY

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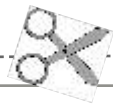
Both 5 hour and all day sessions are available.

For information or to register, phone Bannockburn Family Services Centre Reception
on 5220 7230 or visit www.goldenplains.vic.gov.au.



Heathyeasy and delish

selected by Stefania Parkinson



Dark Plum Jam

- Prep time approx. 20 mins
- Cooking time 1 hour 45 minutes
- Makes approximately 8 cups

Ingredients

2kg blood plums, quartered, stones removed
 1litre (4 cups) water
 80ml (1/3 cup) fresh lemon juice
 1.35kg (6 cups) sugar

Method

Combine plums and water in a large saucepan and bring to the boil over high heat. Reduce heat to medium-low and simmer uncovered for 1 hour.

Add the lemon juice and sugar to the pan and stir without boiling, until the sugar dissolves. Increase heat to medium-high and bring to the boil. Boil, uncovered, stirring occasionally for 25-45 minutes until the jam jells when tested.

Ladle jam immediately into 8 clean 250ml (1 cup) jars and seal. Invert the jars for 2 minutes then turn upright and set aside to cool. Label and date jars before storing.

Recipe From: Taste.com

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Vale to Joan Millar (Lynch)

Marg Cooper

Joan, the daughter of Daniel and Alice Lynch (Ackland), grew up in Lethbridge, went to Primary School at Lethbridge where she obtained her Merit Certificate then, later, travelled by train to Geelong to work at CBK Knitwear and then George's Café.

When she was 20 years of age Joan married Douglas William Millar of Lethbridge. They lived in Cemetery Road before buying a small property in Millar Road Lethbridge. They had three children: Ian, Cheryl and Murray. Joan and Doug were married for 59 years before Doug died in 2012.

Joan worked picking peas and onions and cooking for shearers. She was a member of Lethbridge Tennis club, the Mothers' Club for many years, Hall Committee (helping to cater for many weddings including those of her own children), Women's CFA Committee and the Ten-pin Bowling Club. Joan loved playing cards and would often go to card nights in Lethbridge. She was also a great fan of playing scrabble and the Geelong Cats. Church was a big part of her life and she loved singing hymns. She was very sad when the Lethbridge Church was relocated to Meredith and always said that if she won Tattsлото she would build another church in Lethbridge. Joan was a foundation member of the Lethbridge Coffee Ladies who met regularly for catch-ups at the Lethbridge Store. Doug and Joan belonged to Inverleigh Senior Citizens and enjoyed many trips away.

Joan had immense pride in looking immaculate. She loved fashion and liked her hair to look just right. She was dedicated to her family, her friends and to her town. About two years ago Joan went to live at Bannockburn Aged Care. She died on New Years Day, 2015.

A tribute to Joan was created by Majella and displayed in the Lethbridge Store straight after her death. A rose called "Remember Me" which was placed at the table in the store where she used to sit has now been planted in her honour in the garden outside the shop.

Her aim in life was to never have any enemies and for everyone to love her. Lethbridge would be proud of you Joan!

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Happy Birthday Diane (and something about icons)

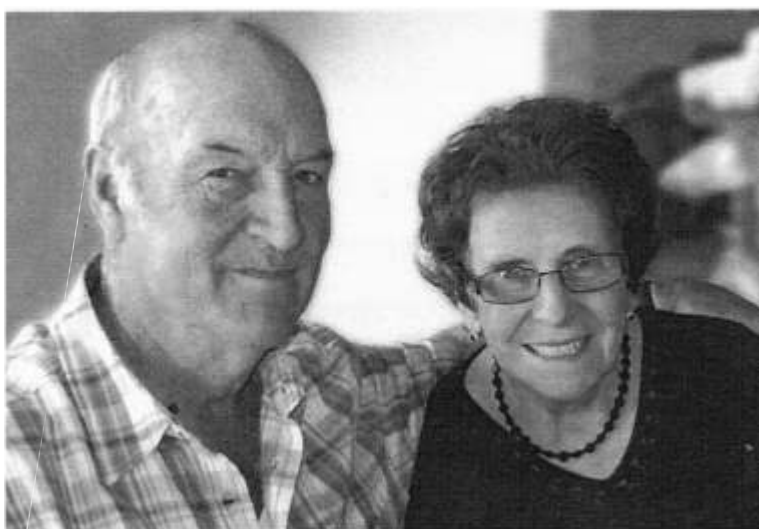
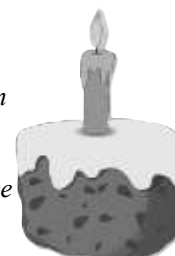
June Cameron

Tuesday 20th of January found 19 ladies from Meredith, Lethbridge, Anakie and Winchelsea gathered at the Ballarat Art Gallery to celebrate Diane Ritchie's 70th Birthday. Diane had organized a group booking with a gallery guide to view the current exhibition, "Eikon: Icons of the Orthodox Christian World." These were nearly all from the private collection of a Sydney man, who for the first time loaned them to a gallery for public viewing.

We learnt that Icons were an aid to worship and prayer, not to be worshipped as an idol. Most of them came from Russia and Crete, though there were some from countries such as Syria, and were produced mainly in the 17th and early 18th centuries. Little was known about the artists. As the brochure stated, "While they are often extraordinarily beautiful their true significance lies in the fact that they were intended to be a lens of the most intense public and private devotion. They are truly "windows on heaven." "We observed the one dimension of this art, and the hierarchy of the subject's importance as depicted in their placement of the paintings. We also were told a little about the paints which were used, often a rather toxic mix of plant and animal extract and how in the later paintings there was evidence of Western Art influence.

After the exhibition we gathered in "Sweet Decadence at the Gallery" for lunch. This gathering of usually very busy people enjoyed the opportunity to relax and chat, and most importantly to congratulate Diane on her significant milestone and to wish her a very happy birthday. She is an energetic, generous and compassionate woman of vision for Meredith and District and her church, and inspires the rest of us to try to follow. We wish her many more years of good health and keeping us involved!

And we add our thanks and congratulations too. Diane has been a force for community engagement and development over several decades and we live in a better place because of her efforts - Ed.





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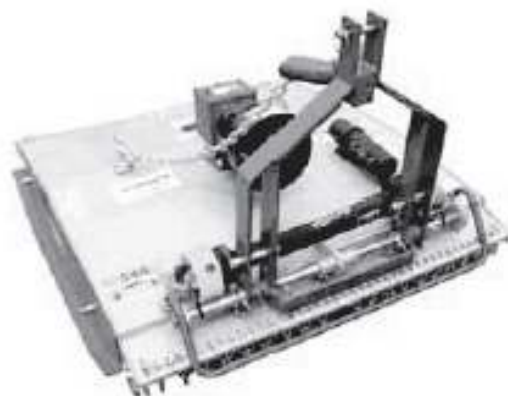
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Roy Taylor Turns 80

Marg Cooper

Roy's family held a birthday party for him on Sunday, December 21, 2014 at the home of his daughter Anne. A large crowd of family and friends gathered to wish him well. His son John said that when they were young his father was very involved in the community and led by example rather than telling his children how to behave.

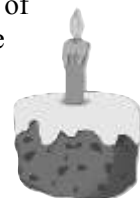
The Taylor family came to "Glenairlee" at Meredith in 1947 from near Rutherglen. A very nice nurse, Joan Matthews, nursed Roy back to health after appendicitis and ended up walking him down the aisle on September 14, 1957. They built a house on the property "Fairbank" in Taylors Road and raised a family of John, Anne, Robyn, Sally and Peter. They sold this farm about 1975 and moved to "Menari" on the Ballarat Road. In 2001 they retired to Belmont.

Roy has an incredible record of service to Meredith Community: he was on the State School Council for 19 years; was Church Warden at the Anglican Church for 40 years and Treasurer for 20 years; he was on the Recreation Committee from 1973 and the Cemetery Trust. He received an Award for 45 years service to the Fire Brigade of which he was Captain for 4 years. The Parachute Club ran on his property from 1972 until 2000. As well, Roy was involved in the Pony Club from 1975 until it moved to the Golf Club where he worked for 11 years from 1990 and played golf from 1978. He played football if the team was short and was boundary umpire in

1948 and was a trainer for years. Roy is a Life Member of the Tennis club, becoming President in 1969. A Life Member of Mooney Cup Tennis, he was Secretary from 1957 until 1969 and President from 1974 until 1988. In 1993 the Bannockburn Shire awarded Roy an Australia Day certificate.

If the people at the birthday party had brought their tennis rackets a match between Morrison and Meredith of the 1980's could have been re-played. It was like old times!

Congratulations, Roy a life of community service and a life well lived.



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John's Really Big Bike Ride *(from page1)*

produced regularly about the ride and the riders.

There were four riders who rode the whole way, Roberta from Noosa, Gonney from Victoria, Tom from Mission Beach and John. The ride was 17,800 kms or equivalent to five Tour de France races.

John thanks Australian Rotary for allowing the four riders to accomplish this mammoth task, the support group and the organizers. John and Denise now live on Mt Mercer Road, Meredith.

What an accomplishment! Congratulations John. He encourages us all to get on our bike and take up a challenge!

Me as a Chough

Jim Elvey

Long time local resident, Sally Miller, presented Ballarat Art Gallery's first exhibition for 2015. Entitled "Zooanthromorphism", it is an extraordinary body of work that plays with a metaphoric association between humans and other members of the animal kingdom. So we have *Phascogale: Corporate Crim*, and *Antwoman: Workplace Psychopath*.

This is an interesting enough premise for an exhibition, but it is the execution that impresses. All of the works are of a human scale (which is to say, large) and comprise paper based artworks in graphite, oil stick, charcoal and watercolour, as well as sculpture in made and found objects. All are stunning for their subject, scale and detail. It really is a collection worthy of a permanent gallery.

Zooanthromorphism is showing at the Ballarat Art Gallery through to 15th March.



Photo supplied by David Miller



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Meet the Maker

Marg Cooper

In November, soon after the couch was positioned in the outdoor room in front of the Royal Hotel I walked past. Two people were looking at the couch and I commented to the man, "Did you make this couch?" and to my surprise he answered "Yes!"

Mark Cuthbertson is an artist who lives at Inverleigh. He experiments with a variety of mediums in the development and application of new work.

He studied fine arts at Latrobe University in Bendigo but says what he produces now is totally different to what he learnt at Uni. In his artistic works he likes to use common materials in unusual ways, to reinvent their application and use. He has produced many inflatable works including a 5 metre high "Teddy Bear" in Johnston Park, Geelong, a "Film in a Duck" at Southbank, and recently was invited to participate in Art Prospect 2015 in St Petersburg.

Regular collaboration with Geelong based "Back to Back Theatre" has seen Mark designing and fabricating sets. The company tours extensively internationally and their productions have won countless awards and their work is highly acclaimed.

Mark was invited by the Golden Plains Shire to submit designs for a "couch" as it fitted with Meredith and the Music Festival. The site determined that a scene be created of a couch with a pouffe, a bookcase with books and lamp, and a snap shot of Aunty Meredith's living room. He explained how he is basically self-taught in cast concrete, but the process is like making plaster casts as a child except on a larger scale. He sourced an old couch from a local Op. shop which formed the basis for the silicone mould making process. The couch is made of 1½ tonnes of concrete which was hand mixed. The hardest part to recreate was the throw rug.

He is very pleased with the installed artworks, the artistic outcome is attractive, functional and the incorporation of solar power has an environmental component. The use of a rudimentary material like concrete in such a pleasing manner, invites you to use extra senses and to think outside the square. He has many ideas in the pipeline for future large-scale art works, utilising this technique. He also has an exhibition opening in April in Boom Gallery in Newtown, Geelong, which will include a new series of soft form cast concrete works for sale.

Many of his works are on display at the Red Door Café, Inverleigh, including the latest duct tape portrait of Andy Warhol. Which is amazing!

Mark Cuthbertson's installation of Aunty Meredith's Living Room.



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Day: Monday

Date: Feb 23rd

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@ the studio Meredith Community Centre.

Cost: \$ 92.00 (All classes 8 weeks)

Day: Tuesdays

Dates: Feb 3rd to March 24th (8 weeks)

Time: 9:30-10:30am

ALSO

Day: Thursday

Dates: Feb 5th to March 26th

Time: 9:30-10:30

TAI CHI with Patricia

@ Meredith Memorial Hall, Meredith.

This class shows you advanced moves in Tai Chi

Day: Tuesday

Dates: Feb 3rd to March 24th (8 weeks)

Time: 11:30-12:30pm

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PATCHWORK

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Dates: March 18th Time: 10:00-2:00pm

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Day: Tuesday

Dates: February 3rd-March 24th

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And

Dates: February 3rd to March 24th

Time: 6-30-7:30pm

TEESDALE TAI CHI-Desma

@ the Teesdale Hall in Teesdale.

Dates: Thursday February 6th—March 26th

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Dates: Wednesday February 4th-March 25th

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It's Pronounced 'Meer-Pwah'

Marg Cooper

A mirepoix is a mixture of chopped celery, onions, and carrots. Mirepoix, raw, roasted or sautéed with butter or olive oil, is the flavor base for a wide variety of dishes, such as stocks, soups, stews and sauces.

(from Wikipedia)

One thing is immediately obvious, Jarna Kelly has a love of food. She readily tells of her childhood fascination with cooking at her mother's side, this developed further in her teenage years at her family-owned hotel in Rushworth where she revelled in the food, the kitchen, the dining room and the hospitality business. Her career however took a different path. Working in IT and then HR and Quality Auditing, she worked and travelled all over the world. She couldn't stray far from cooking though and kept developing her skills by tasting, testing and training at every opportunity. After a three year working stint in Europe and the US she returned to Melbourne in the early 90's when she studied both Hospitality and Commercial Cookery at the William Angliss Institute.

While she continued to run her IT contracting business she also ran a part time catering business specialising in private catering events. She would take all the ingredients and equipment to the event location (a private house, office, garden or even the beach!) and cook for the crowd. This business often involved organizing the venue, the entertainment and the decorations around a theme. It was great fun! It allowed her creativity to run wild!

When the Company Jarna worked for considered moving their Head Office to Lara, she promptly hopped on-line to investigate the possibility of a country lifestyle and the chance to realize her dream. The current Mirepoix Fine Foods venue in Staughton St Meredith, (locally known as 'The Bakery') "ticked all the boxes". Jarna fell in love with both the property and Meredith and within 36 hours of her first visit she had placed her offer, the rest, as they say, is history. Her initial plans were to open the café on weekends while continuing her full-time weekday employment. Her Company however decided not to relocate their head office, so Jarna had to drive to and from Glen Waverley every weekday. After persevering with this for six months she was convinced that it was only a matter of time before she had a car accident injuring herself and/or others, so she bit the bullet and decided to follow her dream full time..

On Thursday, January 22 Mirepoix Fine Foods opened for business. Jarna has engaged a happy, enthusiastic local team to provide beautiful freshly cooked food and service. She has sourced local produce and has an extensive menu which will vary depending on seasonality, availability and quality. She has been helped by many to make the dining area cosy, attractive and interesting. She even has a family room which contains a luxurious couch and children's toys.

Jarna has plans which include sharing her passion for food in a cookery club and creating a sensory herb and vegetable garden with wandering paths and outdoor sitting areas. She would like to start a "gourmet buzz" in Meredith. She has already achieved that with her old fashioned spiders, just like we used to get.



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Marg's BOOK REVIEW

Letters From Burma by Aung San Suu Kyi

Aung San Suu Kyi is the leader of the struggle for human rights and democracy in Burma. She wrote a letter per week, for a year, beginning in November 1995 for publication in a newspaper "to bring the Burmese situation to the attention of the world outside Burma". The letters have been reproduced in this book.

In the letters Aung San Suu Kyi intended to concentrate on the political aspect of life in the country but because politics is about people she has sought to bring out the human face of their political struggle. She writes of the effect on the people of official requirements, what inflation means at the common everyday level and how every level of government is corrupt. She tells about her friends and colleagues, about the activities of the party and about the trials, in more than one sense of the word, of political prisoners. She describes traditional festivals, Buddhist festivals and the beauty of the country. Her exploration of how people try to be happy despite their oppression is insightful.

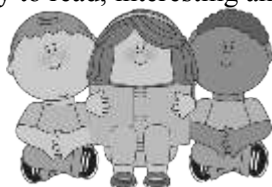
In 1989, not long before her house arrest, she was granted an audience with U Pandita, a spiritual mentor whose words act constantly as an aid to a better existence. He spoke of the importance of "right speech". *"Not only should one only speak only the truth, one's speech should lead to harmony among beings, it should be pleasant and it should be beneficial."*

In 1991 Aung San Suu Kyi was awarded the Nobel Peace Prize for her unflagging efforts and to show its support for the many people throughout the world who are striving to attain democracy, human rights and ethnic conciliation by peaceful means.

Aung San Suu Kyi spent most of the nineteen years before 1995 imprisoned either in jail or in her own home. Upon release in July 1995 she immediately resumed the struggle for political freedom in her country. She was imprisoned again in 2000 and after an operation in 2003 she was allowed to return home but remained under effective house arrest.

A review of this book described Aung San Suu Kyi as one of the world's most inspiring figures. In this book she celebrates the courageous army officers, academics and everyday people who have supported the National League for Democracy often at great risk to their own lives. She reveals that state oppression has adversely affected everything from the national diet to traditions and hospitality. She also evokes the beauty of the country's seasons and scenery, customs and festivities which remain close to her heart.

This book was easy to read, interesting and inspirational.



Some fellas have all the luck. Here's Santa getting some (seemingly welcome) attention from a fairy, aka Annie Parkinson, at the MorrisonsCFA Chrissie bash.

PHOTO OMITTED FROM
ONLINE VERSION

...and looking more like a real fairy, this is Jessica Nolan, who won the most outstanding dancer in Carri's Dance School. She has been dancing in the school for 5 years and this one was her best yet...well done Jess



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Interest Rates ~ it's time to review

Interest rates are at record lows. For farmers and business we are seeing variable rates below 5%. How much longer will this continue? Economists have mixed views on what will happen with the variable interest rate this year. The important thing to appreciate is interest rates are at record lows and this should translate to cash savings for you. Also remember that fixed rate options can start increasing before a variable rate rise as lenders anticipate what the Reserve Bank will do in the next 6 to 12 months. It's a great time to review your loans to confirm:

1. You are saving money by accessing the lowest possible variable rate available
2. What fixed rates and terms are available
3. What component of your total debt should be fixed

Contact Neil McCahon, Matt Egan or Chris Mulcahy and we can provide a quick overview of what loan packages are available to meet your needs and discuss locking in a fixed rate before its too late!



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We are coming to a pub near you! Be ready for our upcoming PUBtalks series. Our goal is to discuss topical farm, business and finance matters, in a relaxed environment, in your community.

Stay tuned for further details.

(PS If we don't have your email address and you want further information when the PUBtalks sessions are on, please let us know your email address at www.mulcahy.com.au or email it through.)



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Bannockburn Pharmacy Newsletter

Proprietors: Scott Wilkes & Damian Bennett

6 High Street

Bannockburn VIC 3331

Phone: 5281 1519

Home Deliveries now available

We are so excited to announce that we are now offering **FREE daily** home deliveries to Meredith from Monday to Friday! If you are unable to get into Bannockburn we can come to you. We will be delivering to Meredith at approximately 12:30pm from Monday to Friday. To book a home delivery you simply need to phone the Pharmacy before 11:30am and we can arrange to deliver your prescriptions, over-the-counter (non-prescription) products, gifts, etc.

New Giftware arriving daily

Last month we went to **Salt & Pepper** to purchase lots of giftware and homeware's from their brand new product ranges. We have already started to receive some of this new range with lots more due to arrive this month.

This month we will also be flying up to the Sydney Gift Fair where we will purchase lots of new gifts for the Pharmacy. We are always excited to go to Sydney as there are lots of gift companies in Sydney who don't come to the Melbourne Gift Fair which means we can bring gifts into the Pharmacy that aren't readily found in Victoria as a lot of businesses don't want to go interstate to seek brand new gifts. If you have any suggestions as to what new gifts you would like to see then please let us know as we are always open to new suggestions.

Don't forget if you are a member of our **FREE Gift Club all year** round you will receive a **16% discount off all Gifts** plus 5% of your purchase goes on your Chemmart Rewards card as Chemmart Cash on top of this discount! We also offer free Gift Wrapping!

Keep up to date what's happening at the Pharmacy

If you would to be kept up to date with what's happening at the Pharmacy then the best way to do this is to like our Facebook page. We regularly post updates whether it showing pictures some of our new gifts as they are being unpacked, specials, health information tips, etc. Simply type Bannockburn Chemmart Pharmacy into your search bar in Facebook and you will easily find us and then simply click on "Like" to follow what is happening within the Pharmacy.

Open weeknights until 6:30pm

Did you know that we are open weeknights until 6:30pm? Last year we started opening later as we wanted to give the communities surrounding us better access to our Pharmacy.

We continually strive to offer the best service model possible and products for our customers. We are always looking at ways to better service our customers & save money so if you have any suggestions or feedback as to how we can better service you then please do not hesitate to let us know.

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

Don't forget we are open to 6:30pm weeknights

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Sun. 1st March. The Black Sorrows



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The Trail Beckons



The Clyde Park Golden Plains Arts Trail 2015, to be held on March 21 and 22, will see 90 artists exhibiting across the length and breadth of the beautiful landscapes of Golden Plains.

A wonderful destination point on the Trail is the stunning Maude Recreation Reserve where the newly constructed Maude Viewing Platform has been designed in the shape of Bundjil the Eagle.

Artist, Viktor Cebergs, works with all kinds of materials to create outdoor installations which inhabit their environment. Viktor has certainly achieved this with his carving of the structural poles for the viewing platform, each one a reflection of Bundjil and his spirit brothers. Viktor will be demonstrating his chainsaw sculpture techniques from 11am to midday on both days of the Trail.

There is a rich and fascinating indigenous culture at Maude and if you would like to know the story of Bundjil, the Wathaurung story which inspired the design of the Maude Viewing Platform, don't miss the storytelling sessions with Uncle Bryon, Wathaurung Elder from 2pm-3pm on both days of the Trail.

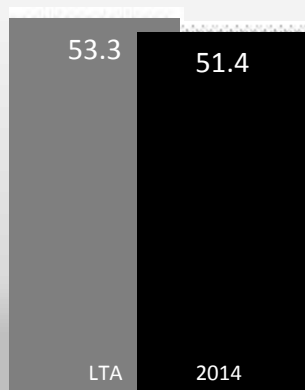
rain...

Last year registered 412.8 mm, the second lowest on record.

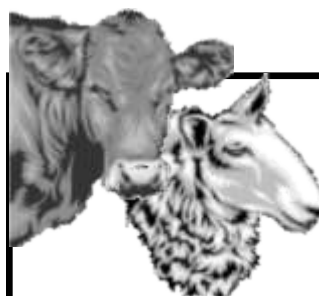
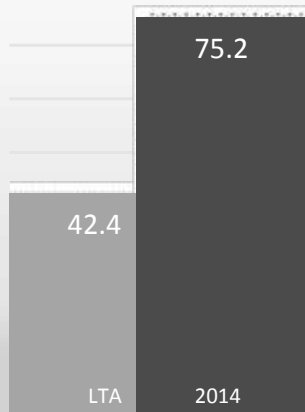
Thankfully, this year is off to an unusually good start.



DECEMBER rain



JANUARY rain



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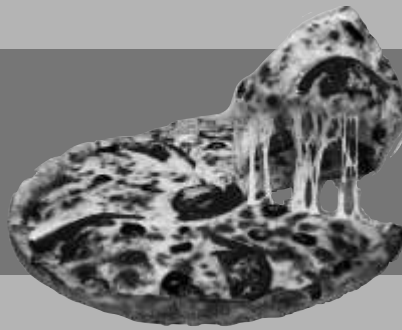
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