



# Meredith & district News



June 2016

YOUR FREE COMMUNITY NEWSLETTER SINCE 1972

Photos omitted  
From online  
Edition

## inside



- River Meeting Report
- Dirt ditch to soccer pitch
- What is it?

A Fourpenny Coin....Really?

**e:** [news@meredithnews.com.au](mailto:news@meredithnews.com.au)

**w:** [www.meredithnews.com.au](http://www.meredithnews.com.au)

## Meredith and District News



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

### NEWS & VIEWS

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

[news@meredithnews.com.au](mailto:news@meredithnews.com.au) or deliver to the Meredith Corner Shop.

### DATES AND DEADLINES

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

### ADVERTISING

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

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

\*\$20 loading for preferred position  
Classifieds **FREE\*\***

\*\*For small, personal notices from residents. Otherwise \$7.50 or \$5.00 if paid on lodgement.

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

### SUBSCRIPTIONS

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

### CONTACT US

Post: Post Office, Meredith, 3333

Email: [news@meredithnews.com.au](mailto:news@meredithnews.com.au)

Ph: (BH ONLY please) Jim 5286 1273 or Dawn 5286 1274.

### WEB

You can check back copies and lodge comments at [meredithnews.com.au](http://meredithnews.com.au)

### ONLINE PHOTOS

We do not publish children's photos online.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

### DISCLAIMER

The opinions expressed by contributors are not necessarily those of the publishers. The publishers may edit or reject contributions and accept no responsibility for errors or omissions.

# connect

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

#### ADVANCE MEREDITH

☎5286 1291

#### ANGLING CLUB

☎0419 423 960

#### BLUE LIGHT DISCO

☎5286 1222

#### BOOK CLUB

☎5286 8201

#### CFA (000 for fire calls)

Elaine ☎0417 533516

Meredith

☎5286 1502

Morrison

☎0417 770 765

#### CHILDCARE

☎5286 1348

#### COMMUNITY CENTRE

☎5286 1348

#### CRICKET

Elaine

☎0428 264103

#### Junior

Under 13

☎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	<b>000</b>
(from mobile phone)	<b>000 or 112</b>
Meredith Police Station	5286 1222
Power Failure	132 412
Nurse-On-Call	1300 606024
Mental Health Advice	1300 280 737
Poisons Information	13 11 26
Barwon Water	1300 656 007
SES Emergency -	
flood & storm help:	132 500
24 Hour Helpline	1800 629 572
24 Hour Drug & Alcohol Counselling	1800 888 236
Kids Help Line	
24hr 5-18yo	1800 551 800
Golden Plains Shire	1300 363 036
A.H. emergencies	0408 508 635
Ranger	5220 7111 or 0409 830 223
Bannockburn Vet	5281 1221
Injured Wildlife	13000 wildlife
Pets and Horses 24/7	0421 617 238

### Justices of the Peace

Mr R Cooke Meredith	52 861 346
Mr H Woerner Meredith	52 861 402
Mrs S W Dynon Steiglitz	52 819 223
Mr G Leslie Bannockburn	52 811 854
Mr P Ryan Elaine	0409 861 296

# services

#### CEMETERY TRUST

☎5286 1550

#### HALL HIRE

Meredith Memorial

☎5286 1545

Elaine Mechanics

☎5341 5596

Elaine Rec Res

☎5341 5703

#### LIBRARY VAN

☎5272 6010

#### MATERNAL & CHILD HEALTH

☎5220 7230

#### PRE-SCHOOL

☎5286 1227

#### PRIMARY SCHOOL

☎5286 1313

#### RECREATION RESERVE

☎0429 841399



### ...or start something.

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

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

- Lily Tomlin



## Community

### We Meet Again

Last month, Meredith Primary School teacher Moya Elvey, was presented with a certificate acknowledging 35 year of service to public education. And who was making the presentations but Peter Devereux, the school's principal when Moya joined the staff 26 years ago. Peter is now the Department of Education's Executive Director for the Central Highlands Area.



### Bamgamie Meredith Landcare Group



We will be meeting at 7.30 pm on Thursday June 9th at the Meredith Community centre in Russell street.

Nick Mc Kinley, coordinator for the Leigh catchment group and Roger MacRaid, Moorabool catchment facilitator will be in attendance to discuss funding opportunities and to answer questions on landcare matters.

Members and non members are invited to attend.

### Elaine Tennis Club

Annual General  
Meeting

Tuesday 5th July  
Elaine Tennis Club  
Rooms

7pm all welcome



## HOW to POSE with a STA TUE



## Classifieds

First insertion of small ads are FREE to district residents

### Thank you

We would like to thank everyone who helped us put together and celebrate our wedding, especially Heath Stenton, Amy Harding, Andy Jones, Jarna Kelly, and everybody else that helped us make our day so special. - John and Mandy Brockway

**Wanted** - Calling for interested people to form an informal card group (500, Bridge) in our own homes perhaps weekly. 4, 8 or 12 people needed. Any skill level. for details contact Andrea Crowe on 0418753728 or email [croweflying@bigpond.com](mailto:croweflying@bigpond.com)

**Cleaner Wanted** - I need a cleaner for a few hours a week or fortnight at my home in Bamgamie Rd, Meredith. Please call Jenny on 0419 164 745 to discuss further.

## 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 4<sup>th</sup> Sunday each month, Holy Communion at Anglican Church. 11.00am 2<sup>nd</sup> Sunday of month, Holy Communion at Uniting Church

### St James. Morrisons:

Contact: 0429 146 566 or 5368 2730. The Rev. Glen Wesley 1<sup>st</sup> Sunday of the month at 5pm and 3<sup>rd</sup> 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

Winchelsea every Saturday @ 5.30 p.m. ( Please note change of time for Winter) Inverleigh ( for Bannockburn) every Sunday @ 9 a.m. except the last Sunday of the month which will be held at the Bannockburn stadium adjacent to the school. 1st Sunday of the month is Family Mass followed by produce stall and morning tea.

Anakie @ 11 a.m. Sunday June 5th/ 19th.

Meredith @ 11 a.m. Sunday June 12th/ 26th.

**Special Celebrations :** Sunday June 5th First Eucharist at Inverleigh @ 9 a.m. Mass Saturday July 16th Healing Mass

## St. Joey's OP SHOP

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

Wednesdays and Fridays 10am -4pm

Come and browse. Volunteers very welcome - Ring 5286 1230



Meredith Community Centre  
4 Russell Street Meredith 3333  
Ph 5286 0700

learnlocal@meredithcommunitycentre.com.au  
Open: Mon, Tue, Wed, Thurs 9.00-3.00.  
Fri Closed



We are coming to the end of Autumn and I am sure we will starting to feel the effects of a wintery blast. Most of our classes for this term are well underway and we are busy again thinking ahead for term 3. The new brochure will be released at the end of June. Our Pattern drafting class was great success and we have reserved another date for late August if you missed this class.

### Learn Local Family Learning Support Program

We have a small amount of funding to subsidise Childcare for parents to participate in one of our Learn Local learning programs at the Centre.

There are some eligibility requirements including:

- being the parent, carer or guardian of the child for which they are seeking occasional child care and
- enrolled in and attending Victorian Government funded classes at an eligible Learn Local provider and accessing occasional child care during their course hours.

Our preference is that you are participating in one our programs at the Community Centre but you may be eligible if you are attending a program at another Learn Local provider. We have classes coming up including setting up and running a home business and social media for business, as well as our computer classes which all fit the criteria for funding, but if there is something you are interested in please pop into the office to discuss further with me. It must meet the requirement for assisting you with employment or training pathways.

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

Jo and Rebecca have been really busy with occasional childcare they offer a great program for the children; this is clearly appreciated by our parents and shows by the demand for places.

Meredith seems to be experiencing something of a baby boom with quite a few new babies and their mums at our playgroup. We welcome any new participants on Thursday mornings.

We are holding our AGM on June 20<sup>th</sup> at 9.30am at the Centre and we welcome new members and anyone who is interested in joining our Committee of Management. We are planning to scale back our meeting schedule to bi-monthly so it is not a huge time commitment. Please call in to have a chat if you would like more information.

We encourage learning across all facets of life, for anyone who wants to engage not only their mind, but also with their community and expand their life experience in a welcoming friendly environment. Bye till next month.

*Pam*

## Dirt Ditch to Soccer Pitch

### Help Meredith Primary School Make it Happen

*Stefania Parkinson (Council President)*

A lot is happening at Meredith Primary School this year. Our front gate has had a face lift, we have a new mail box, our school oval is finally getting a well-deserved makeover, the old kinder cubby and fort have a new home in our playground, the two school rotundas are being refurbished, the senior playground has been painted and we have a new slide to install. But even with all of this wonderful repair and upgrade, we feel our kids deserve more. We feel that the school community deserves more as well, and that's why after careful consideration and a lot of discussion we have decided to turn the dirt ditch at the front of the school near the CERT shed into a fabulous artificial turf soccer pitch. This will mean that kids of all ages, abilities and gender will be able to use this space not only for soccer but all sorts of sports and play. Artificial turf means that it will be able to be used all year round regardless of the weather.

However a project like this does not come cheap and we intend to work very hard over the next twelve months to help fund this project and make it a reality. In addition to the current Cadbury fundraiser we have also set up a 'gofundme' site titled MPS – Dirt Ditch to Soccer Pitch. Anyone can access this site at [gofundme.com/meredithps](http://gofundme.com/meredithps) and make a donation. Every dollar counts and we would love as much community support for this project as possible. If you are able to assist Meredith Primary School is making this project a reality, we would be sincerely grateful. Donations can also be made directly to the school.

Meredith Primary School is a great place to be, but we want to make it even better by adding to the fabulous outdoor facilities we already have. We have great learning spaces but our goal now is to improve the school grounds and that means improving what we have by adding new facilities. So keep an eye out for upcoming school fundraising activities where all proceeds raised will go directly to the soccer pitch project.

Thank you for your support.



from the **Mayor**

CR. Des Phelan



Winter is one of my favourite times of the year and a great time to explore Golden Plains; with our award-winning wine region and eateries, stunning natural landscapes to explore with friends and family and farmers' markets to help make warm nights at home even better with top-notch food and drink. So, before you plan to explore afield this winter, why not see what's close to home first?

#### UPDATE: DRAFT 2016-17 COUNCIL BUDGET

Council's draft 2016-17 Budget, 2013-17 Council Plan and Strategic Resource Plan were available for public inspection throughout May on Council's website, at our Linton and Bannockburn Customer Service Centres and the Bannockburn Library. During May, Council encouraged the community to make submissions as it was an important opportunity to have a say in how Council will implement its strategies and determines the priorities for the next four years. Council also released information to address 'frequently asked questions' from the community and posted them online. Written submissions closed on 30 May, and there will be a special public meeting of Council to hear submissions on Tuesday 14 June at the Bannockburn Shire Hall, starting at 6pm

#### SEEING THE RESULTS OF COUNCIL LOBBYING

Council has put great effort into lobbying for improvements to the Midland Highway, and in May this saw positive results. The Federal Budget included more than \$10 million for the construction of four new overtaking lanes between Bannockburn and Meredith and \$300,000 for feasibility planning for the duplication of the Midland Highway between Geelong and Bannockburn. This is a great example of where Council works to connect community projects with the right people – advocacy for the community is a key function of Council and we are always pleased to see results like these.

#### COUNCIL'S BUSINESS BREAKFAST

On 5 May I joined 70 business and industry representatives from the region for a networking breakfast at Clyde Park Vineyard Bistro. We enjoyed an inspiring keynote address from Julie Cameron, owner/operator of Meredith Dairy, one of Golden Plains' well-known food enterprises (famous for their impeccable cheeses). The event was a great success, with many local business people taking the opportunity to catch up out of business hours. Council looks forward to the next one on 25 August – please contact Council if you are interested in attending.

Finally, community consultation continues for the Northern Settlement Strategy – Council's plan to guide sustainable development in the northern half of the Shire to 2030. Residents can find out more at our Northern Settlement Strategy consultation page at [goldenplainsdigital.com.au/consultations/](http://goldenplainsdigital.com.au/consultations/). Additionally, Golden Plains businesses are invited to fill out our Business Survey, which you can also find on our consultations page.



We thought we would share a few of the beautiful photos supplied by members of our "Click Clique", a group of local photography enthusiasts who know how to use camera. Hope you enjoy them. (And if you would like to join the group, or just send in a favourite photo, please get in touch.)



*This photo, and above, by Kerry Thomson*



*Above photo by Tilli Tasic*



## Tree Change

*Lina Murphy*

After thirty one years of owning and running Treehome Nursery at Teesdale, we (Steve & Lina Murphy) feel that the time has come to hand over to the next generation. We have enjoyed meeting customers and getting involved in their revegetation projects. We particularly valued making many friends through our business and exploring the beautiful Golden Plains Shire on our numerous expeditions to collect seed.

We would like to thank you our customers for your support, friendship and loyalty over the last thirty one years. Playing a small part in helping you realize your visions for your properties has been a pleasure and a privilege.

We would like to introduce Kate Constance and her family who care about restoring the natural environment as much as we do. Kate has a Bachelor of Environmental Science, Diploma of Conservation and Land Management and a Diploma of Sustainability. She has spent the past eight years working in the environment industry for local government, Landcare and private industry on community and revegetation projects. She is passionate and knowledgeable about the local flora and is looking forward to assisting the community with their revegetation and planting projects.

Treehome Nursery will continue to supply quality indigenous and native plants to Landcare groups, farmers, small and large acreage properties and for the home garden.

We will be supporting Kate for the next 12 months and Steve



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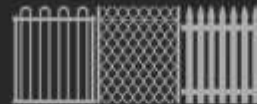
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*Join us for  
a whole lot of fun!*



## Meredith's Big Cuppa

This year's event was held on Tuesday May 24th at St. Joseph's Hall in Meredith. Over 50 ladies, gents and children packed into the cosy St. Joseph's hall to partake of high tea complete with scones and jam and cream, delicious sandwiches, sausage rolls and amazing home made cakes and slices. As we do every year we pause to offer a minute's silence and prayers for all our loved ones who have battled the scourge of cancer and to also remember and pray for all those in our families and community who are struggling at the moment.

Lots of fun, raffles, competitions, silent auctions and displays and sales of tea related items followed with the fantastic result of raising almost \$2000 to help the Cancer Council fund world class cancer research, prevention programs like SunSmart and Quit, and support services for cancer patients and their families.

A very big thank you to all our wonderful sponsors: Elegantly Beautiful, Bannockburn, Stockdale & Leggo Bannockburn, Safeway Bannockburn, HealthSave Bannockburn, Home Timber & Hardware Bannockburn, Red Dog Cafe Bannockburn, Poppies Florist Bannockburn, Golden Plains Supreme Meats, King Broccoli, B & S Stock & Pet Supplies Bannockburn, Manchester Imports Direct, Meredith Baking Co, Meredith General Store/Post Office, Country Beauty Therapy, Meredith, The Royal Hotel, Meredith, Hearn's Meredith Hotel, Elaine Farm Supplies, Meredith Dairy, Meredith & Co Candles, Meredith Roadhouse, Routley's Bakery and all our wonderful supporters who donated, worked and came to enjoy the day to help support the cause. Thank you everyone... see you next year!!!!





## Kinder News

We are having busy days at Kinder with many special things happening for both our groups. The 3 year olds celebrated Mother's Day with a morning tea for their Mummy's and a tea cup succulent gift while the Kindergarten group made a keepsake handprint and card. We have had two incursions in May, "Living safely with dogs" and an African Drumming session which was wonderful, loud and rhythmic! The Kindergarten group is off on a bus trip down to Bannockburn to see a fabulous show called "The Flying Bookworm" who will act out familiar fairy tales. Half the fun is the bus trip! Thanks to all our helpers on the day too.

We are very happy to have our outdoor shed up now, we are gradually moving over our equipment to use once more. With the cooler weather and rain (yippee) we have to utilise our indoor space and deck area a little more, its always exciting to have new toys to play with, so we are purchasing new resources for the children to use over the winter months and rainy days ahead.

We would like to say a big thank you to Leanne who has been working with the Kindergarten children since term one, she has been a great support to staff and the children and will be missed by our group. The good news is Leanne continues on with the 3 year old group with Kylie and we would like to extend a warm welcome to Michaela who will join our team at the start of the month. Thank you to Louise and Mrs Cooke for popping in to help with activities and transition times its much appreciated and Thank you to our Committee who recently surprised staff with a beautiful card each and gift, it certainly made us smile! Movie night is coming up on 27th May for Kinder families to enjoy a cosy

*Jodie, Kylie and Leanne*



;

## Successful River Meeting

*Ian Penna*

Over 100 people filled seats in the Meredith Memorial Hall to hear speakers discuss the future of the Moorabool River on 12 April.

Local farmer and meeting chairperson Peter Stray said:

"I was blown away by the number of people who turned out to show their support and deep concerns for the fate of the Moorabool."

Organised by local landcare groups and People for A Living Moorabool (PALM), the meeting was stimulated by the recent release of the state Government's draft Water Plan for Victoria. The river was also the subject of local media stories about the possible transfer of Barwon Water's entitlement to Central Highland's Water and Ballarat, which would mean less water flowing down the Moorabool River from the Lal Lal Reservoir. After the meeting, Cameron Steele, PALM coordinator, said the success of the meeting revealed real concern for the future of the lower Moorabool River.

"As part of the most over-allocated river in the state the section of the Moorabool River below Meredith is particularly hard hit with readings at Batesford at 10% of natural flows. The strong turnout at the meeting showed a very real community concern for the future of the river and of the proposed transfer of Geelong water to Ballarat which simply must not go ahead."

"The lower Moorabool needs more water left to flow down it to help sustain the environment, farms and businesses in these lower reaches not less. It really has no more to give."

Two of the meeting's talks are now on the internet.

The talk by Peter Stray of Maude Landcare is at:

[youtu.be/Hh0B0tqkdUM](http://youtu.be/Hh0B0tqkdUM). The talk by Saul Vermeeren of the Corangamite CMA is at: [youtu.be/xhmCHJXbEfw](http://youtu.be/xhmCHJXbEfw).

Information about the Moorabool River can be found at [mooraboolriver.org/index.php](http://mooraboolriver.org/index.php)

And other talks from the meeting will soon be able to be accessed through this website.

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*Free  
Quotes*



Spotted driving around Meredith. But what is it? (Keep reading for the answer.)

*Photos and information supplied by Cathie Boer.*

*Judy Hullin*

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*Web:* [www.judyhullin.com.au](http://www.judyhullin.com.au)

## Santacruzizing at Meredith

*Shane Ross*

Flores de Mayo {Spanish for “flowers of May”} is a festival held in the Philippines in the month of May. It is one of the many devotions to the Blessed Virgin Mary and lasts for the entire month. The Santacruzian {Spanish for Holy Cross} is the ritual pageant held on the last day of May.

This is the first time it has been held at St Joseph’s Church in Meredith. It was organized by Father Boy, Imelda and myself to help bond the community together. We invited the whole Australian/Philippines Community to come. As it turned out we had 260 people come along to watch and participate. We had people from Bendigo, Geelong, Dandenong, Werribee, Hopper’s Crossing, Melbourne, Taylor’s Lakes, Shelford, Colac and Winchelsea. It started with Mass at 1.30 pm on Sunday May 22 after which a procession was held which went around the block of the church. The participants pushed the Mother Mary statue on a cart with all the queens. There were different Queens such as the queen of virgins and the queen of charity. The Virgin Mary statue was also accompanied by Angels and King Constantine. The procession ended back at the church for a final blessing, then a feast and bonding followed to end a fantastic day.





## Snooze Easy

Sleep is one of the most important things in life and without it we experience impaired functioning, irritability and exhaustion. When lack of sleep occurs on a regular or long term basis it will most likely result in mental and physical health conditions. Thus our well-being depends greatly on getting a good night sleep.

Unfortunately, many children and adults experience sleeping problems which means that there are a few tired and grumpy people around. Fortunately there are numerous treatments available to establish a better sleep routine. For serious sleep problems such as, chronic insomnia and sleep apnoea specialist treatment with a sleep clinic and your GP is critical. However, with most sleeping troubles, behavioural and relaxation therapies are used to improve routine and habits.

Sleeping well is a habit and there are several steps to learn to achieve this. Firstly, set a bed time and stick to it. At least 45-30mins prior to bed establish the same habits each night. These habits cue our body and prepare it for sleep, for example, turn off all electronic devices and TV, brush teeth, shower or wash, read a book, listen to relaxing music, do some relaxation exercises. The purpose of this is to relax the body because if our body is relaxed our mind will relax and fall asleep easier.

You may also wish to try a few remedies such as, rubbing Vicks into your feet, use lavender oil rubbed into temples and pulse points or a drop on your pillow, take a hot water bottle or heat pack to bed, listen to relaxing music as you go to sleep.

The following Do's and Don'ts will help you to manage sleeplessness and night time waking:

- **Do** use a *relaxed breathing* exercise breathe in 1, 2, 3 breathe out 1, 2, 3 repeat for 3 minutes
- **Do** follow this up with *muscle relaxation*, tense and release each area 3 times, starting with toes, calves, thighs, buttocks, stomach hands, arms, shoulders, face. Imagine with each release of tension that area of the body becomes totally relaxed.
- **Do** employ *Circuit break thinking* by redirecting thoughts to another topic. Focus your thoughts only on nice things or activities that relax and calm you- repeat this every time racing thoughts creep in and take over.
- **Do** get up if after trying the breathing and muscle relaxation and thought circuit breaker exercises you still cannot sleep. At this point it is important to engage only in relaxing activities, such as, reading a book, doing a puzzle or crossword, have a bath or shower or cup of chamomile tea or milo. When you feel sleepy again go back to bed.
- **Don't** Get up and use screen devices, including TV,

they wake you up and will not relax you enough to return to sleep

- **Don't** do house work. This is a big no no!
- **Don't** watch the clock, in fact cover the face of any clocks in the bedroom so you don't distress yourself. Use the light outside to determine sleep time. For example, if you wake and it's still dark outside, think go back to sleep
- **Don't** drink caffeine or alcohol before bed or if you wake in the night
- **Don't** eat a large meal if you wake and are hungry stick to toast and warm milk
- **Don't** give up if some of the exercises mentioned do not work. It will take a lot of repetition and practise before new sleep habits are achieved.

Finally, some people find herbal sleep treatments useful there are many potions, oils, soothers and tablets to be found in any chemist but seek advice from the pharmacist before purchasing. The other thing to mention is that GP's are now using several non-addictive medications to help people with sleeping so it's worth checking in with your GP if nothing else works.

All the best for an easier snooze and for more information, try:

- [psychology.tools/sleep-and-insomnia.html](http://psychology.tools/sleep-and-insomnia.html)
  - [betterhealth.vic.gov.au/health/.../sleep-hygiene](http://betterhealth.vic.gov.au/health/.../sleep-hygiene)
  - [cci.health.wa.gov.au/docs/Info-sleep%20hygiene.pdf](http://cci.health.wa.gov.au/docs/Info-sleep%20hygiene.pdf)
- Free phone apps: Sleep Better, Dormio, Relax Melodies

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### LUMBERJACK CAKE

- Prep & Cook Time 1 hour 45 minutes
- Serves 12

#### Ingredients

2 large apples, peeled, cored and chopped  
 1 cup (150g) finely chopped, seeded dried dates  
 1 teaspoon bicarbonate of soda  
 1 cup (250ml) boiling water  
 125g butter softened  
 1 teaspoon vanilla extract  
 1 cup (220g) castor sugar  
 1 egg  
 1 ½ cups (225g) plain flour  
**COCONUT TOPPING**  
 60g butter, chopped  
 ½ cup (110g) firmly packed brown sugar  
 1/3 cup (80ml) milk  
 2/3 cup (50g) shredded coconut

#### Method

1. Preheat oven to 180c (160c fan forced). Grease a deep 22cm square cake pan: line base and sides with baking paper.
2. Place apple, dates and soda in a large bowl, stir in water. Stand for 10 minutes.
3. Meanwhile beat butter, sugar and extract in a small bowl with electric mixer until light and fluffy. Add egg and beat until just combined. Add butter mixture to apple mixture; stir to combine. Stir in sifted flour.
4. Pour the cake mixture into the pan, smooth top. Bake about 50 minutes or until a skewer inserted into cake comes out clean.
5. **COCONUT TOPPING** Stir all ingredients in a medium saucepan over low heat until butter melts and sugar dissolves.
6. Remove cake from oven; carefully spread warm coconut topping evenly over cake. Bake for a further 20 minutes or until the topping is browned. Stand for 5 minutes. Turn, top-side up, onto a wire rack to cool.

*Recipe From: The Australian Women's Weekly*

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## Bannockburn Pharmacy Newsletter

Proprietors: Scott Wilkes & Damian Bennett

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Phone: 5281 1519

### Beauty therapy services now available

We are very excited to announce that we now Patricia Riccardi offering beauty therapy services in our new consulting room in the Pharmacy. Patricia is a fully qualified beauty therapist and will be available the following days & times:

**Tuesday's:** 8:30am - 12:00pm **Wednesday's:** 2:00pm - 6:30pm

**Friday's:** 8:30am - 2:00pm

Patricia will be offering the following beauty services:

- Waxing
- Eyelash extensions
- Tinting
- Lash lifting
- Manicures
- Pedicures
- Facials
- Indian Head Massage
- Relaxation massage
- Makeup

All bookings can be made through the Pharmacy

### Ear Piercing

Commencing Monday 6th June we are now doing ear piercing in the Pharmacy. The cost will be \$34.95 and this includes the ear rings & antiseptic spray to take home. We will be offering ear piercing for anyone 2 years or older. Ear piercing will be done by appointment only to ensure we have staff available, especially for children as we will have 2 staff members performing the ear piercing at once. To make a booking just come in or call us on 5281 1519.

### Cosmetic Tattooist

Another beauty service that we have available in our new consulting room is a cosmetic tattooist. Chelsea Dolby, a qualified beauty therapist and cosmetic tattooist, specializes in Eyeliner, Eyebrows & Lips. Cosmetic tattooing is ideal for women always on the go and have no time to apply makeup every day. Women who have been allergic to cosmetics & haven't been able to wear makeup before. Physically active and athletic people who want to look their best in all their activities. Alopecia sufferers, Vitiligo (uneven pigmentation) or Chemotherapy recipients. People who wear glasses, contact lenses or simply can't see to apply makeup. Uneven facial features, over plucked eyebrows or thin and poorly defined lips can be recreated or enhanced. To make an enquiry or an appointment please contact Chelsea Dolby on 0417056551.

### Naturopath

Last month we had Karah, our naturopath, commence with us. Karah is available for consultations from 10:00am to 4:30pm every 2nd Thursday. Initial appointments must book a 1 hour appointment to give Karah adequate time to spend with you to find out what your treatment goals are, then follow up appointments are 30 minutes. Karah is available this month on Thursday 2nd, 16th & 30th June. Appointments can be made online at [www.karahmclarennaturopath.com](http://www.karahmclarennaturopath.com) or at the Pharmacy

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Wednesday:	8:30am - 6:30pm
Thursday:	8:30am - 6:30pm
Friday:	8:30am - 6:30pm
Saturday:	8:30am - 1:00pm
Sunday:	Closed

Did you know we offer FREE Weekday Home Deliveries to Meredith?

## Voice & Action Report

Voice and Action G.P.S.Inc. (V&A), the ratepayer association for the Golden Plains Shire (GPS) has, with other dissatisfied residents, been able to finally achieve a refocus to Council's thinking. Our group along with the Batesford ratepayer association (BAGPRRA) have been leading the fight to bring change in Council attitude and responses to concerns that we all have.

It was our public meetings that brought local MP's on board and we are certain contributed to the Council activating a community satisfaction survey. 820 ratepayers responded to that survey and 99% strongly agreed or agreed that the community must be involved in council decisions. 29 ratepayers across the shire were invited to attend 3 workshops at Smythesdale, Rokewood and Bannockburn. Both ratepayer groups had a seat at these workshops and I must say the talent we have out there is encouraging to see. These meetings were extremely respectful and productive with a draft strategy to be produced. This will be provided to us and the community for review. This is a major step forward and only came about due to pressure from our ratepayer groups and community members.


The Council has released the draft budget and V&A has carried out an extensive review of the paper. We shall be submitting our results to Council this month. We are particularly unhappy this year with not being able to have more input into the meetings that produced this budget. We were given the impression this would occur from Mayor Des Phelan, after the Special Council Meeting 2015. V&A made submissions to Council at the Special Meeting re last year's budget. Regrettably this resulted in NO changes to that budget with the excuse that there was no time to have amendments done. As in previous years it has been accepted unchanged - year after year. This year we shall be in early and if the same result occurs we can only say that the whole process of releasing the draft budget is a farce!

We do take credit for Council, this year adopting our proposal regarding the car fleet. They are no longer replaced yearly or at 40,000 km and will now be smaller, cheaper models and white in colour. However V&A are still not happy with other aspects of the fleet which we will continue to campaign on. Our efforts to restrict the accepting of grants also seem to have been adopted but not to the degree we feel is acceptable. All grants come with co payments by us and we are left maintaining the facility afterwards.

V&A have argued strongly on the level of staffing at our Council. The associated costs here have been rising faster than any other item in our budget. This has brought about another win for V&A with our continued lobbying. This year GPS have committed to 'no further staff increases' in the budget. This is 3 staff members less than projected.

The Council will argue that these changes are due to the introduction of capping rates at 2.5%, which is still above the inflation rate of 1.3%. This year is a revaluation year (when all rateable properties are revalued) and we expect that the actual rise for a majority of ratepayers (75%) will in fact be in excess of 4%. This year is for Council, an election year. Elections will be held in October. We have candidates that will stand for election to Council, from both ratepayer groups. We trust you will get behind their standing and that if elected they can implement the changes needed to Council to achieve one that is affordable and open.

David Evans - President Voice & Action G.P.S.Inc.



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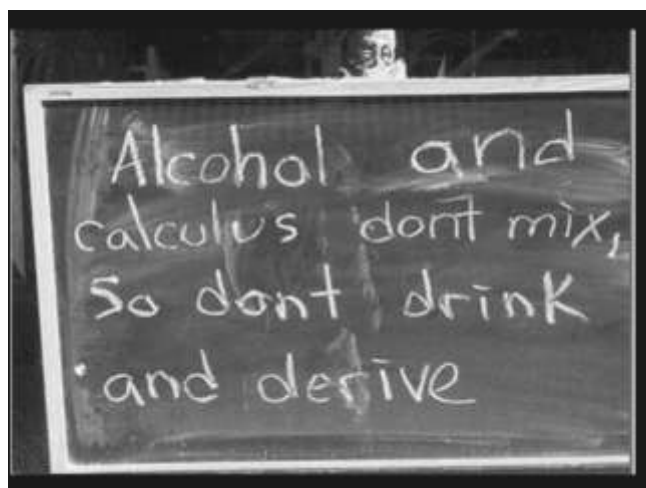


## Meredith Playgroup

Meredith Playgroup meets every Thursday from 9.30am

Enjoy new activities every week. All welcome

Contact Community Centre for details 52 860 700





## Water for Shire Food Production Precinct

*Ian Penna*

The Golden Plains Food Production Precinct is now officially connected to Barwon Water's She Oaks treatment plant on the Moorabool River for water supply. The tap for the new pipeline was symbolically turned by Sarah Henderson MP, Des Phelan, Shire Mayor and Jo Plummer, Chair of Barwon Water on Thursday 19 May.

The ceremony was held in Barwon Water's pumping station at the corner of Medina Road and the Midland Highway, south of Meredith, and the pipe runs 18 km to the new precinct, west of Lethbridge.

The Precinct is 4,000 ha of private land, especially zoned by the Shire to support the growth of intensive agriculture and associated agribusiness. The new development depends on the supply of water from the Moorabool River by Barwon Water via the \$11.78 million pipeline. According to the Shire, it approved two new planning applications for egg production as part of the Precinct's Stage I, and is liaising with a number of other companies. Stage 2 will be triggered by demand. Agriculture is Golden Plains largest industry sector, and this new project will expand this economic activity.

Water from the Moorabool River is treated by Barwon Water to 'town water' standards at She Oaks, then sent to

the Medina Road Pumping Station with its one megalitre holding tank. According to Barwon Water staff, the pipe to the new precinct can carry up to 50 litres per second. It is this capacity that can support future agribusiness expansion at the Precinct.



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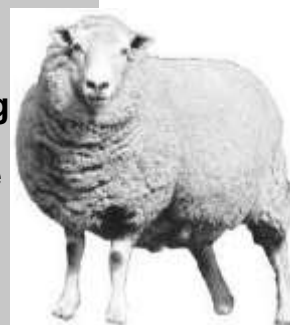
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## 90th Birthday Party

*June Cameron*

To Celebrate John's birthday, his family organized a luncheon party on the lawn at Camberley, originally the home which John and his wife Beverly built on part of the original Glenspean overlooking the Leigh River. Glenspean had been bought by John's parents Neil Wilson Cameron and his wife Kay at the time of their marriage in 1924 and is now the home of Andy and Jenny Cameron.

It was a gathering of all the grandchildren of Neil Wilson and Kay Cameron, John's four children Peter, Andrew, Darg (Margaret) and Dinny (Helen) and Neil's five children Jane, Alexander (Sandy), Simon, Kate and Hamish. All of John's eleven grandchildren were also present including Peter's daughter Anna and her husband who flew from New York for the celebration. Others came from Western Australia and Queensland, including Darg's triplets. John is particularly proud of his eight month old great grandson Jack, son of Rob and Lily who is the fourth generation to live on the farm. Eleven of Neil's 13 grandchildren were also present, coming from NSW and the ACT as well as Victoria. It was a good opportunity for the second cousins to meet, and to meet the various husbands, wives and partners.

Some fellow 90 year-old friends and former neighbours attended. Joan Patterson came from Albury, and Muriel Touhey (Bakes) from Geelong. They were Settlers on Larundel Soldiers Settlement Scheme, and adjoining neighbours to Glenspean. Peter Eaton, whom John met on his first day as a boarder at Geelong College in 1937, came from Western Australia. They have been friends ever since, Peter having been best man at John's wedding, and an annual visitor to John at Magnetic Island every winter.

John is still a very practical man, still spraying weeds, planting trees and mending fences. Some of his inventions eg "The Quadroll" are still in use not only on Glenspean and Camberley but on other properties in the Western District. The "Weighewe" for weighing 10 sheep at a time in order to calculate a feed ration especially in a drought was widely used. He still sails the brother's Jubilee yacht Mañana II on Lake Wendouree and accompanies Neil on occasions on Neil's Jubilee at Sorrento. They have been sailing together since the summer of 1948 when they joined the newly formed Sorrento Sailing Club, with their cadet dinghy Royal. As they sailed away from the Sorrento Pier, John in the boat for the first time, Neil at the tiller, they bottled it in a gust. Thereafter the older brother became the undisputed skipper. They asked a sailing identity Mr Howard Wright for advice, and he boomed, "Buy a Jubilee." John being the man of means bought Mañana, J 37 at the Labour Day weekend 1950, but generously always regarded Manana as belonging to both. With the help of an Ormond College student friend of Neil's from New Zealand, they sailed it across the middle of the Bay to Sorrento on Good Friday 1950. John read a number of interesting books on sailing

and was always theorising as to how things should be done — or not done. After fifty years, due to a makeshift mooring, Mañana dragged its mooring in a gale and landed wrecked on a sandbank. Neil having insured it used the insurance money to pay for a half share in a replacement Mañana II, J104. In the year before Bebe died, John was her carer, so Neil trailered Mañana II to Ballarat, where it still has a pen at the yacht club. John continues to sail there most Saturdays with various bodies of movable ballast, and actually came third out of eight Jubilees the Saturday after his 90th birthday.



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## When is a Solar Power System “Battery-Ready” ? (Part 1)

I have described previously the fast-approaching future when most households will be All-Electric, with Solar Electricity Panels on the roof and an efficient Heat Pump Hot Water Service (HWS) or Roof-mounted Solar Hot Water Collectors and an Electric Car in the Garage.

Solar Panels are already at the right price; the missing piece of the puzzle is affordable Battery Storage. And it is crucial because while Solar Generation peaks at Lunchtime, demand for electricity in most Households peaks at Dinnertime and we need to shift this peak of generation to meet the peak of consumption (hence the Solar Industry jargon for this practice - “Peak Shifting”).

Now the price of a Solar Panel fell about 80% during a period of fierce competition between manufacturers from 2008 to 2013, before stabilizing. And that competition has just begun to heat up between Battery manufacturers over the past 18 months ... meaning the price of Batteries will likely become economically exciting in only 3 to 5 years.

So when installing a new Solar Power System now, Household-ers rightly want to ensure that they can add Batteries later. And Solar Retailers respond by marketing “Battery Ready” Solar Power Systems. But of course, as with most things, but particularly with complicated electrical equipment, the Devil is in the Detail and “Battery Ready” does not always mean the same thing !!!

Over coming instalments of “Energy Watch”, I will describe some of the technicalities of adding Batteries to different types of Solar Power Equipment so that you can, as far as possible, future-proof investments that you make today. And also address adding Batteries to older systems that we installed some years ago.

But first I want to take a step back because whether or not a Solar Power System is “Battery Ready” also depends on *exactly what you intend to do* with the Batteries when you eventually install them. And this not as obvious as it might seem. Many people reasonably expect that adding Batteries to a “Battery Ready” Solar System will give them a Backup System during a Blackout and can be bitterly disappointed as this is very often not the case.

In my view, how a Householder approaches the use of Batteries and the Solar Equipment that they need to invest in depends on which of the following Four Scenarios they want to achieve:

- 1) **Peak-Shifting Only** (with **\*\*NO\*\*** Backup – so when the Mains Grid shuts down your Solar Panels and Batteries shutdown)
- 2) **Peak-Shifting with Limited Backup** (Essential Appliances only often on Dedicated Circuits)
- 3) **Peak-Shifting with Full Backup** (ie. Your Entire Home. Compatible with going Off-Grid later)

### 4) **Going Off-Grid Completely**

And generally speaking as you move from Scenario 1 to Scenario 4 you are adding both complexity and cost to you Solar Power System both of which needs to addressed where required and avoided where not required !!!

Cheers, Simon

BREAZE Energy Solutions

COULD YOU do it?

We reported in last December's issue a lot of volunteers are involved in producing the Meredith and District News. But the actual production relies on just two people. We have long realised we need to strengthen this arrangement to secure our sustainability. That's why we are interested in splitting both of these roles so that, with a partner, they are undertaken on alternate months.

So, if you have the aptitude, enthusiasm, and time for one of the following roles, PLEASE, contact us for chat.

### co-production officer

As Production Officer, you set up each issue, based on the previous issue, make changes to ads, add editorial and ensure compliance with Publication Guidelines. You liaise with the Editor, the Advertising and Accounts Officers as necessary, which includes an Editorial Meeting for each issue. You will have reasonably well developed computer skills and an interest in learning more. This will take you up to 20 hours an issue.

### co-editor

As editor, you chair an editorial meeting for each issue. You take charge of the copy, with most of the content embedded - both advertising and editorial. Your job is to check content for compliance with our publication guidelines, reorder and resize material, deal with too much or too little content and generally make sure the final copy meets your high standards of presentation. Then it's over to the printer.

You will have good computer skills and bit of a creative flair about you.

All or this will take you about 20 hours an issue.

The plan is you would work with the existing incumbent until you feel comfortable in the role. Then you would take charge of every second issue. Might be interested? Give Jim Elvey a call on 5286 1273





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## Winter Flower Show

Marg Cooper

You may ask what plants would be flowering in winter. You may ask how many plants would be flowering in winter to warrant a flower show. Gladys Hastie assured me that many native plants actually flower in winter and some native plants are flowering early because the weather has been warm and dry. An example is the King's Park Callistemon.

John and Elaine Hastie came to Elaine to live in Mrs Ford's house in Meredith in 1981. Gladys says a white cedar tree in the front yard is almost the only plant left from the garden that Mrs Ford established. Australian natives now flourish in their garden instead –all of which Gladys knows the botanical names because John has written the names on metal stakes beside each plant. Her favourite plant is *Xerochrysum Bracteatum* or paper daisy. It flowers all year, there are a variety of colours, and it is tough, requiring little water and will grow from seeds or cuttings. Her collection of *Correas* flowers profusely and is loved by the birds. They also have a small hot house and a large vegetable garden.

Although John Hastie joined "The Society for Growing Australian Plants" about 40 years ago in Melbourne, it was on a trip to Western Australia two years before their

retirement which really sparked the interest of Gladys and John in native plants. After they retired they joined "The Australian Plants Society" (formerly 'The Society for Growing Australian Plants') in Ballarat which aims to nurture the knowledge of native plants and be a gathering for like-minded people. Gladys, who is the current President and whose idea it was to have the winter flower show, is making cakes for the event.

The Society is a not for profit organization with members meeting monthly. It has regular guest speakers, excursions, displays and talks by members about the plants they are growing, a local newsletter called "Rustling in the Kangaroo Grass" and an annual spring flower show. This is the first winter flower show that the society has organised and it has generated extraordinary interest! No wonder with a display of winter native flowers, large numbers of native plants for sale, pottery, a woodworker who makes ornaments out of banksia, an in house artist and food containing native spices.





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## The Centipede

Marg Cooper

Lyn came to Art one Saturday morning wearing very smart, pale green leather casual shoes that matched her outfit perfectly. All the girls admired the shoes and when she told us that she bought them for \$7 from Hong Kong we all thought we'd like some. Being very tech savvy she immediately googled the web site of the company and bought two pair for Joyce. Although we didn't get the super special price that Lyn paid, by the time she ordered a pair each for Meredith, Betty and myself the price had reduced considerably.

But, on delivery it was found that the only pair of shoes that fitted the purchaser were the pair bought by me. They were wearable but the next size up that everyone else had bought, were a perfect fit. So I now have five pairs of the shoes, a pair to match every coloured outfit one can imagine. In fact I have enough very smart, casual shoes for a centipede.



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# Meredith Primary School News

## Grandparents and Special Friends Day

This month we held a Grandparents and Special Friends Day at the school. We were so excited to see lots and lots of guests at the school. The children and their guests played board games, did craft, read picture story books, built things with Lego, participated in music class and experienced learning on an iPad. Afterwards the Grandparents and Special Guests enjoyed a cuppa and morning tea in the learning space. It was fantastic to see so many people attend this wonderful event, and see our school in action. Mr Reynolds' Brownie slice was a big hit with all the guests! Thank you from everyone at the school for making this day a success (and you are always welcome to pop in for a visit!)

Photos omitted  
from  
Online version

## Sovereign Hill Excursion

In May the Grade 4/5/6 children visited Sovereign Hill. This visit signaled the beginning of their next iLearning unit, which focused on History. The Grade 5/6 students participated in a session called 'Gold Fever'. It was a game where the students were split into gold mining teams – the team with the most money at the end of the game was the winner. The trick was not to be caught by the troopers! The Grade 4 students took a trip down memory lane and looked at Life in the Past. Some lucky students got to dress up in olden day costumes, played old-fashioned games and did some writing with a quill and ink. Once again, the learning experiences provided by Sovereign Hill were invaluable and we look forward to our whole school excursion in November for the Christmas in the Diggings program!

## Black Snake Productions

We were lucky enough to have a visit from Black Snake Productions this month. Mike brought a number of wonderful, but endangered Australian animals to share with us. Some of our favourites were Quigley the Quoll, Amber the Python and Squirtle the Turtle. We learned that it only takes one person to make a difference, and to help protect these endangered animals we need to look after the environment by recycling and being mindful when we are outside. Everyone enjoyed their sessions with Mike!

## Dirt Ditch to Soccer Pitch

We are fundraising at school to install a soccer pitch at the front of the school. Over the past few weeks the community has been busy selling Freddo Frogs to everyone far and wide! We also have a GoFundMe account set up too for those who want to donate online. The page can be found at [gofundme.com/meredithps](https://gofundme.com/meredithps) If you are a local business who would like to support us by donating, or even by putting a poster up, please contact the school!

## Prep Enrolments for 2017

Enrolments for the 2017 school year are open! If you know of anyone with a child who will be starting in Prep, please let them know. We'd love to have them join our school community. We are also accepting enrolments for children in other year levels too. If you would like to visit the school for a tour, please contact our acting Principal, Mr Brian Reynolds, on 52861313.



## Four Pence

Wendy Cook

April 1853: Bill gazed at the cloudless blue sky. A pleasant change after yesterday's rain, he thought, but the roads were still likely to be muddy. Perhaps it would be a good day to try his luck along the local creeks. Bill was travelling from Geelong in search of gold. He had stopped at Steiglitz, where there were rumours of gold, but little had been found. He had decided to continue to Ballarat, and this route was supposed to be the best in wet weather, so he had walked a few miles north, then stopped for the night at Eclipse Inn. Even so, a day like this would make the travelling much easier tomorrow, unless of course, he found a reason to stay.

After a good breakfast, and questioning the innkeeper about the local streams, Bill set off at a brisk walk for the Moorabool River, two miles to the west, through paddocks grazed by sheep, but still with many old trees. He scrambled down the rocky slope to the river, and set to work with his gold pan. He'd been an assistant in a butcher's shop in Geelong until the last week, and he didn't have much experience at panning. He'd seen others do it and had got some tips from a fellow who'd returned from Ballarat, and he thought he knew enough to find gold if it was here. If he had no luck here or in Ballarat, he could always set up his own shop as a butcher. He'd heard some say it was the shopkeepers who really got rich on the goldfields."

Bill gradually made his way upstream along the twists of the river, pushing his way through the bushes along the edge. He reached a small creek entering from the east and followed it. The innkeeper had called it Eclipse Creek. The banks along this stream varied, sometimes steep and rocky, sometimes just steep, and sometimes with flats covered in thick grass and a few trees. On a slope just past one of these flats, he stopped for lunch in the shade of an old peppermint eucalypt. He'd still had no luck with the panning. He looked at the creek. Below him was another of the still waterholes out of which the shallow stream flowed. On the bank a young peppermint grew and he watched the small birds hopping around in it. When he'd finished eating, he sat for a few minutes and enjoyed the peace of the spot. As he stood to leave, a coin which had squeezed through a small hole in his pocket as he sat down, fell unnoticed to the ground. Bill continued upstream, across the road to Ballarat, which was drying nicely, and on along an attractive winding section of the creek, lined with trees. Not a bad spot to live, Bill thought, as he returned to the inn. A pity he hadn't found any gold, but he would try his luck elsewhere, and there was always the dream of setting up his own shop.

April 2016: I walk along the bank of Eclipse Creek, up the slope past the creek flat, watching the ground carefully, due to the large holes caused by tunnel erosion. The young trees we planted are growing well and should help to hold the soil together. It would be at least two years since the creek last flowed. The waterhole here is long dry and the bed filled with reeds and rushes. The roots of the old peppermint on the bank are partially exposed by erosion. I hear buzzing and look up at the hollow in the branch where honeybees live. I take a few more steps and notice something small and round on the bare ground. It's obviously manmade, so I pick it up. I'd thought it was a button, but it's too thin. I rub off some of the dirt, and

numbers appear – 1843. It's a coin! I soon discover the words 'four' and 'pence' and a lady in long flowing robes, sitting on a wheel and holding up a trident in her hand. On the other side is Queen Victoria's head. The coin is very small and light.

After a little research, I learnt that the lady on the coin is Britannia. She is sitting in her chariot and holding a trident, a three-pronged spear for fishing, indicating Britain's maritime history. The fourpence, also known as a groat, was introduced in England in 1836, as it was the exact price of a cab fare. The cabbies weren't happy. Previously customers often paid them sixpence and didn't ask for change. In 1853, four pence may have bought a loaf of bread or a kilogram of potatoes. Bill is fictional, but the places mentioned are real. You may have your own ideas of how the coin came to be on the slope above the creek.



The "groat", compared to a 5 cent coin. (Not actual size.)

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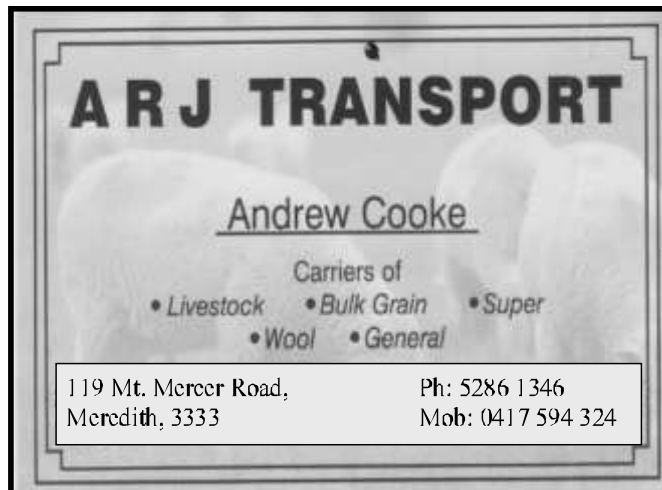




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- ✓ Fighting for Meredith **school crossing** warning lights

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*With local children at the opening of the new  
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*With Prime Minister Malcolm Turnbull at a local  
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Authorised by Sarah Henderson, 3A/195 Colac Rd Waurin Ponds Vic 3216

## A Credit to Him.

*Marg Cooper*

National Volunteer Week was celebrated from 9-15 May, 2016. It was established in 1989 to highlight the role of volunteers in our communities and to say thank you. It is estimated that more than 6 million Australians volunteer.

One volunteer at Lethbridge has made a huge difference to the ovals at the Recreation Reserve and now they are so good that some finals of the cricket are played at Lethbridge. They are a credit to him!

Howard Donaldson began to help with the upkeep about 35 years ago because "it needed someone to do it". He also mowed the oval at the State School from when his son Brent started school. He recalls he played tennis for 2 years, would fill in for cricket teams when he was 14-15 years old but played regularly from when he was 19 years old until the early 2000's when he started to have some health problems. He was a swing bowler, opening batsman and annoyed everyone because he "went slow".

Howard explains that he does general maintenance, he mows with a ride on and a gang mower, throws out a bit of seed and super and waters the ovals. A travelling irrigator that takes 2½ hours to complete a run, has to be moved 7 times to completely water the area. The water flows from the town supply into the dam and is then pumped via a diesel pump from the dam, because the mains pressure would not run the irrigator. Last season Howard negotiated with Golden Plains Council for an increased allocation of water which was necessary because of the drought conditions. Sometimes he travels from his home off Donaldson's Road to the Recreation Reserve 4 or 5 times a day

to move the irrigator and hoses. It was the only green grass in the vicinity! Howard looks forward to an automated underground watering system which he believes the council has on their agenda.

Lethbridge had 3 senior cricket teams and 3 junior cricket teams until recent years, has 2 junior football teams and the school uses the ovals. Howard believes that the "Recreation Reserve" is a terrific set-up but needs to be used more. His only problem is onion grass!

Thank you to Howard and all the volunteers.

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## In our Nature

Wendy Cook

White punk suggests a pale-skinned youth with spiked up hair, or loud aggressive music, but if you dig a little deeper, there are other definitions for punk. One alternative is a material for starting fire or a substance that smoulders when ignited. These are the definitions that can be applied to the white punk fungus. It is a bracket or shelf fungus, up to 35cm wide, usually found growing out of a knot or small hole in a Eucalyptus trunk. Locally it seems to favour rough-barked eucalypts such as stringybarks and boxes, but in other areas it grows on smooth-barked gums. It is also found in New Zealand and South America where it lives on different trees. Its shape often reminds me of a bell or a lampshade. When it is young, the bell-shaped top of the fungus is light brown and velvety. The underside is mostly flat and yellowish, and covered in small pores, which are the ends of tubes from which its spores fall. The spores may land on the ground, or be blown on the wind to infect other trees. Although it maintains its bell shape, the older fungus looks very different. Possums bite and nibble at its edges. If it is low enough on the tree, so do wallabies. Even more damage is done by insects. I have observed ants tunnelling in it, leaving little flecks of fungus beside the holes they have created. These flecks can be blown into neighbouring spider webs. Beetles, and possibly moths and flies, lay eggs on the fungus. The larvae eat tunnels into it, and may continue to live on the fungus as adults. Over time the fungus changes colour, losing its fresh brown and yellow appearance, becoming whiter, then dirtier and full of holes. Patches of black mould grow on it. After a few months, the remains of the punk, resembling a dirty piece of polystyrene full of holes, falls to the ground. Here it may still be a home to insects, and food for larger animals. It may be used as a shelter by insects, spiders, centipedes or lizards squeezing under it. It can turn green with algae growing on it, or hard, dry and dark-coloured. It is very light in weight. Finally it will crumble away to nothing, the only visible evidence of its existence, a white mark where it grew on the tree. Even this fades over time.

However, the white punk fungus is still there. Long narrow threads called mycelium grow inside the tree. When conditions are right, another fruiting body, or sometimes two or three together, will form on the outside of the trunk. Meanwhile, like all organisms, it needs energy to maintain itself and grow, and it gets it from the wood of the tree. Wood is made of long chains of cellulose, hemicellulose and lignin. Some wood rotting fungi break down all three types of chain, turning the wood pale and fibrous. This is known as white rot. Other fungi only break the cellulose and hemicellulose chains, causing the wood to break up into

brown cubes, known as brown rot. Both weaken the tree, and eventually cause it to drop limbs or fall down. I looked in books and online, and opinion as to which rot white punk causes is divided.

So why is it called white punk? As well as being useful to many animals, the Aborigines had a purpose for the fungus. They found that if lit, it would smoulder all day, so they could carry it as a source of fire from one campsite to another.

[https://upload.wikimedia.org/wikipedia/commons/3/39/Laetiporus\\_portentosus\\_59509.jpg](https://upload.wikimedia.org/wikipedia/commons/3/39/Laetiporus_portentosus_59509.jpg)

Wendy



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### Productive Procrastination

For a procrastinator, I get a lot done. Sometimes I feel that procrastinating is the best way to let ideas stew and solidify in your mind so that when you finally come back to the task at hand, you are ready and rearing to go – which has actually been proven by university studies.

Now in my second trimester of my second degree, the initial motivation to learn has been replaced with having to force myself to just keep studying. The learning material piles up, the essays pile up and the desire to run away and backpack through outback Australia becomes almost too unbearable to resist.

My procrastination does not limit itself to study, it extends to cleaning my room, doing exercise and buying a car (yes, the licence did happen) and the ways in which it takes place are limitless depending on the activity. For studying, I can often revert to sorting out articles I want to keep from old magazines, painting my nails, writing my article for Meredith and District News, drinking endless cups of tea, and my least favourite yet most used: lying on the couch willing myself to stop wasting time.

Often, my procrastination is a little bit backwards. If I don't want to clean my room, I exercise. If I don't want to exercise I'll clean the bathroom or tell myself I have too much study to do. Buying a car was perhaps the most recent of examples, where I found it so deplorable to be searching through websites and ringing sellers that the only way I could get it done was while procrastinating at work.

So if you think, like me, that you may have a little bit of a problem with avoiding tasks, my advice is this: make sure that whatever you don't want to do is replaced with something that you also don't like doing but prefer it over the original task. Sometimes, watching a movie or writing an article is much more appealing than cooking, cleaning or studying, but often the chore that keeps you busiest the longest is one that you usually procrastinate from on other days. At least that way, the task will no longer be there when you go to do it, leaving you with just that one last item on your to-do-list...

...getting back to studying.

*Gemma*

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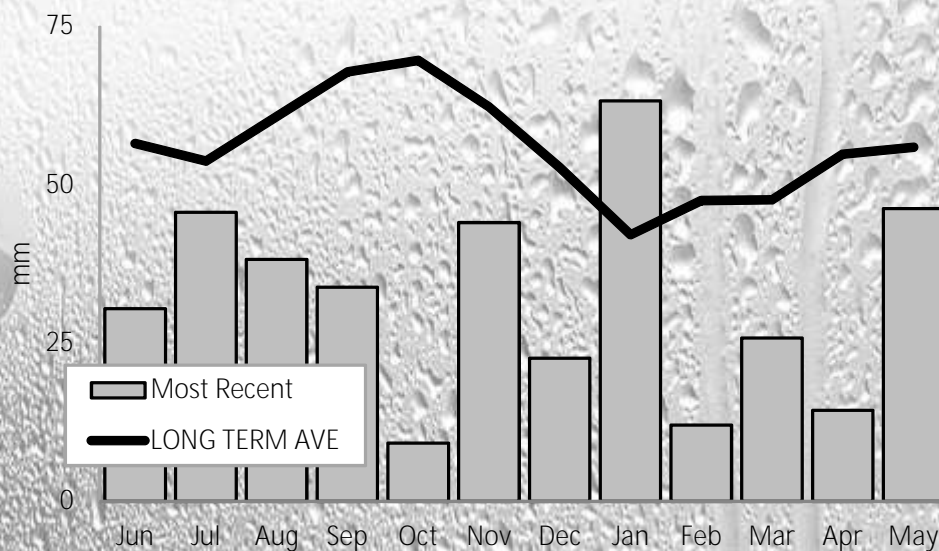
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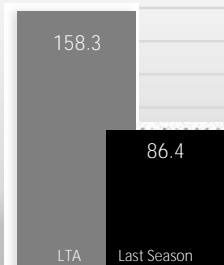
## the quarterly RAIN report

Here's confirmation of what you already knew - it was another poor rain season. Autumn produced only a little over half of the long term

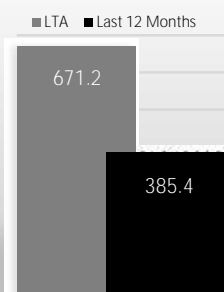
average, which reflects the last 12 months. Only one month in this period, January, poked its head over the LTA benchmark.



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## it's history

Meredith History Interest Group

### School Days:

You are invited to a Talk Fest recalling your School Days on Sunday, June 19 at 1.30 pm at the Meredith Golf Club House. (It will be a warmer venue than the Anglican Hall.)

What do you remember about the teachers, seating, school ground, games, sports, other students, books, getting to school, inspectors etc?

Bring anything related to your school days for show and tell, such as a photo, a book, a pen or nib, a uniform or a hat. Something with a story! Do you remember the strap? Was it your job to empty the toilet pan?

Come and share what you remember about the teachers, seating, school ground, games, sports, other students, books, getting to school, inspectors and so on.

You are invited to bring anything related to your school days to show to everyone. Such things as a photo, a book, a pen or nib, a uniform or a hat will generate interest. Something with a story or an anecdote is most welcome!

### There is Movement at the Station:

Meredith History Interest Group is on the move again. The Golden Plains Shire has generously provided a permanent home for us in the old Shire Hall, formerly the home of the Kindergarten. The Shire is currently carrying out vital repairs to this hall and we will hopefully move in before the end of the year.

*On the last Thursday of the month we catalogue at the Anglican hall from 9 am.*

### COUNTRY NEWS

Both Corio and Meredith are very slow where the noxious weeds are concerned. Box-thorns, in many places, are allowed to grow at their sweet will; saffron, thistle, star thistle, Bathurst burr and horehound, sweet briars—all of these pests should be kept under, and it would be far better for shires to take the work up thoroughly, not leave it until the whole country is ruined by it, which is practically the case now on some properties. There will be new life infused here while the new reservoir of the Geelong Water Trust is in course of erection. The Trust has already purchased the necessary land from Mr. Thos. J. Tucker, and work is to be shortly commenced.

*Geelong Advertiser Tuesday 16 May 1911*

## Elaine Railway Hotel

Scott Whitaker has always been interested in railways, travel and history so he planned to have a beer in every Railway Hotel in Australia as a nice little project to undertake during retirement. Within twelve months he had a list of over 600 pubs, which had Railway in their name. Of them only 88 still trade as the Railway Hotel. He has documented them in a book that was launched recently. Included is the Elaine Railway Hotel, which dates from 1874 when a well-known Meredith Coach Driver, Joseph Anderson opened the hotel. The premises was re-named as the Railway Hotel by Mrs J.T. Carey in 1912. Other licensees were Patrick Minogue, Martin Walsh and Henry Gray.

The current owner, Beverley Townsend, has recently undertaken a restoration of the hotel's residential wing whilst retaining as much of the original character as possible. A miner who was violently murdered in Room 7 apparently still lingers in the hotel as a resident ghost. Stephen Rowlands, a nephew of Beverley Townsend was travelling around Australia in his ute and pop top caravan with his blue heeler dog when he stopped at Elaine for a beer with his Auntie in January 2016. Because she needed help he has assumed the role of manager and is not only attending to customers but is continuing the renovations. He is a "jack of all trades" and has had more starts than Phar Lap. He has renovated half of the bench behind the bar, had most of the floors polished and is repainting.



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Mary Phillips came to the Elaine Hotel to live when she was seven years old, in December 1929. Her father James Phillips, had been advised to give up farming because of his heart condition so he had a hotel in Trentham before moving to Elaine Railway Hotel with his wife, Nell and Mary Craven, the cook. Young Mary felt very lonely as she didn't know anyone and it was Christmas but her father took her to Midnight Mass in Meredith as a special treat and she grew to love Elaine. She still sees one of the first customers to be introduced to her who was Con O'Brien. Extraordinarily, he became an Uncle after she married Frank Perdrisat.

Mary thinks that a Miss McKenzie had had the hotel before them. She relied only on bar trade and didn't have boarders or meals. Mary's parents spent the whole Christmas holidays getting the hotel ready to have boarders and to serve meals. She remembers Sid Catlan, a railway employee, boarded in Room No 2. When he heard the train whistle he would open the window of his room on the west side of the hotel, jump out and be at the station to meet the train.

The hotel had a veranda on the front with a front door, a door into the Bar and a door in the floor where Ballarat Bertie Beer barrels were lowered into the cellar. There was a door in the floor of the bar with a ladder into the cellar so her father could descend and tap the keg. Jellies were set in the cellar. The veranda continued around the east side of the hotel. A sleep-out was built on this veranda where Mary slept when she grew older. A long passage extended from the front door to the back

of the house but a door across it, not far down, stopped the

wind rushing straight through. Mary's parents' bedroom was at the far end of the passage before they glassed in part of the side veranda and moved to there. On the west side of the passage was the front parlour, the private parlour where women drank Portergaff and Pony Beers and a number of bedrooms including No 3 which was the best room with a double bed. Beside the Bar on the east side was an office, behind that in order was the main parlour, the dining room and the kitchen and breakfast room. The dining room had three round tables. There were two tanks behind the bedrooms and on the other side was the wash house, bathroom and vestibule. A whopping big meat safe that you could walk into, a Coolgardie Safe where the milk was kept and a big wood box were in the vestibule.

The clothesline was strung across the backyard flanked by the outside dunny for the men and the outside dunny for the women. Mary recalls that behind the hotel was a building which they called "The Shack" which she thinks may have been the first school in Elaine. It had a chimney and windows and was where the footballers changed after their matches. They came to the hotel, wet and muddy, bucketed hot water from the copper to the bathroom, bathed, changed their clothes, had a meal and then went off to the local dance in the local hall. Mary can still remember the smells and the noise of the footballers and the excitement.

Mary loved going to the football in her father's T Model Ford. And, of course, she hated Meredith Football Team!

*Elaine Railway Hotel articles by Marg Cooper*



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## Marg's Book Review

### "The Swan Book" by Alexis Wright

In the Acknowledgements at the back of the book the author thanks her husband for "our trips to Lake Wendouree". She is a member of the Waanyi (Aboriginal) nation of the southern highlands of the Gulf of Carpentaria.

The themes of the book are Place, Language, Displacement, Identity, Climate change, Aboriginal rights, Land, Storytelling, Belonging, Imagination and Power. The author has astonishing narrative powers and linguistic dexterity. She includes humour and scathing satire with fierce political purpose and has a gift for interweaving stories on multiple levels from the literary to the metaphoric, the folkloric and the mythic. Jane Gleeson-White (a reviewer) writes '*the author suggests that stories, their dissemination and cross pollination, bear upon the ability of Indigenous Australians to govern their own minds and by extension their land and that this has implications for the future of human life on Earth*'.

The central character is Oblivion Ethylene, a mute teenager. It is set 100 years from the present in a world that has been ravaged by climate change and the wars that broke out after its wake. Thousands of refugees drift across the nation in search of a hospitable land. The main action of the novel is when Warren Finch, an Aboriginal hero and Deputy President of Australia, comes to Swan Lake to find his promised wife, the girl who was raped and found deep in a gum tree.

As its title suggests swans play a huge role in the book. Her friend Bella Donna tells stories of them to Oblivion and when they come to the swamp she feeds and befriends them. The Swan book seems to suggest that perhaps this planet will die without stories. It suggests that we need new stories for our new age.

It is a rich and poetic novel. It demands a lot from the reader but some of the passages are unique and almost magical. She captures ideas in beautiful language: "*fantastical story that began not at the beginning, not at the end but centrally, in ether*", "*they were chasing one another over the rooftops for space in the air thick with the high cost of living for a view of the dead lake*", "*he was a child but his mind was already laden like a museum where old and new specimens, facts and figures, lived together as evidence of his own personal history*", "*a bushland so vast in its sameness that only the traditional owners could read the subtle stories of its contours*", "*detained people were all jelly soft now from years of inter-generational interventionist Australian policies of domination*" and "*could rock the grey matter like a peloton riding in the slip stream of the agreeable*".

The book for discussion in June is "Lola Bensky" by Lily Brett. The blurb tells that it is about "*a Jewish girl locked in trench warfare with her waistline*".

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## Meredith Senior Citizens

*Jim Hynds President MSC*

Sadly I have to report that we said farewell to a real stalwart of the seniors this week. Mr Neil Cooper (alias Happy) passed away after a short illness. A service was held on Monday, April 18 at the Church of Epiphany, Meredith with a large crowd attending. As far as I can remember Neil had been an active member of the senior Citizens in Meredith. He was always willing to help in any way he could. He often helped to set up the hall for lunch meetings, he helped to lock up and he was a general rouseabout, in the true sense of the word. Neil enjoyed our lunches and bus trips immensely and loved a game of pool with the men. When he potted a ball or won a game or when playing bingo he yelled "Bingo" that brilliant smile came onto his face. God love you Happy, we will surely miss you.

I would like to take this opportunity to thank the congregation of the Church of Epiphany for assisting us with the catering for the afternoon tea after the funeral. I want to thank Diane Stevenson and Robyn Gallichio for the brilliant flower display in the church and Kevin Stevenson for helping to set up the hall. Kevin is always on hand to help the seniors. I want to thank Marg Cooper and Darrell Blackman for their eulogies. I especially want to thank all the seniors and guests who co-operated to give Neil a good send off. Well done!

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## Entrepreneurial Pioneers - Part 2

### William Knox and his wife Ann Agnew, early pioneers of the Geelong and Meredith Districts

In 1852 William Knox transferred the lease of the Crown Inn in Ashby to Thomas Kelly. He then built a new hotel which he named the Crown Hotel, in Sutherland Street Meredith.

On the 10<sup>th</sup> June 1856 William Knox was the licensee of the Stag Hotel on the corner of Wallace and Sutherland Streets, Meredith.

Unfortunately for William and Ann Knox life as hoteliers was not a financial success. It seems that William was not a good manager and his dreams of being a successful business man ended in bankruptcy. A notice in the Victorian Government Gazette, October 13, 1857, shows that William Knox was forced to convey all his estate and effects whatsoever to Thomas Curle, William Sinclair and Patrick O'Keefe, all of Geelong, who were trustees for the benefit of the creditors of William Knox.

At this time Patrick O'Keefe was the licensee of the Royal Hotel in Meredith.

### Dreadful Accident – 2 November 1857 – report in the Ballarat Star

A fatal collision took place on Monday night at 11 o'clock on the Ballarat Road. Mr William Knox, well known in this town, as one of the publicans at Meredith, was riding homewards on horseback in the company with Mr James Wallace, late of the Eureka Hotel, when a little beyond Fyansford, Mr Knox came into direct collision with the Ballarat night coach and received such severe injuries that his death ensued a few hours afterwards.

The inquest was held on Wednesday, the 4th November, at the Friend and Hand Hotel, Ballarat Road, before Dr Shaw, Coroner, for the town and district of Geelong, on view of the body of William Knox, innkeeper, who met his death by accident, on Monday night. Verdict — Accidental death, whilst the deceased was under the influence of drink, and no blame attributable to the driver of the coach. The driver of the coach was Jasper Bingham MEIGS. The funeral left from Mr Martin's on the 6<sup>th</sup> November 1857.

It is difficult to imagine the circumstances Ann found herself in having lost a child one year earlier, the bankruptcy, the death of her husband as well as becoming a young widow with two little children and no income - all these events occurring over a period of just two years.

Following William's tragic death, Ann married her cousin James Morrow, a railway platelayer, in Geelong. They had a further 11 children. Only four of the children survived past infancy. Sadly, like her first husband, Ann also died tragically at a young age, only 43 years, on the 16<sup>th</sup> August 1878 in Geelong. Ann is also buried in the

Ashby Cemetery, West Geelong.

The story of Ann's untimely end is told at an inquest held on 19<sup>th</sup> August 1878. *Her husband James Morrow stated that he had arrived home from work to find his wife preparing potatoes for supper. She then went to her mother's residence opposite, came home some time later, looked at the clock and went out again. He also stated he had not struck his wife of late but had spoken sharply to her about not having the fire ready for supper. Both James and his son John, aged 14 went over to his mother-in-law's place and came home about 9 o'clock. Ann who did get worse for drink, was not home. James went to Ryan's Hotel, Church St, Kildare and then to Mrs Fanning's to look for her. Ann did not arrive home. James went to work the next morning about 6.30 when he was called over to a fence in Britannia St, West Geelong by a labourer, Thomas Briers, James first thought it was a parcel along-side the fence but he soon recognised it as the body of his wife.*

Ann had apparently purchased 1/- of rum from Mary Ann Ryan, wife of Laurence and had then consumed this liquor which was thought to have brought on the fatal attack of apoplexy. The magistrate gave his decision that the deceased died of sanguineous apoplexy. The inquest into her death tells us that life was no bed of roses for Ann. It was touching to read the family notice placed in the Ballarat Courier, Monday 19<sup>th</sup> August 1878:

*On 17<sup>th</sup> of August at Geelong Mrs Ann Morrow, the beloved sister of W. Agnew - Deeply regretted.*

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