### your FREE Community Newsletter since 1972

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### October 2017

# inside

- Meet P.S., our new cartoon strip
- Aus Day nomination forms inside
- Writers' Festival Report
- Gold to be Found in Meredith ...and the usual MUCH MORE!

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



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, Jarna Kelly and Ian Penna.

Editor this issue: Jim Elvey.

#### **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 Please email welcome. to news@meredithnews.com.au or deliver to the Meredith Corner Shop.

### **DATES AND DEADLINES**

The Newsletter is distributed on the first Thursday of the 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: A \$20 loading applies for preferred position. Colour only available in March, June, September and December issues. Please submit in jpeg format, if available. 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 vou are outside our delivery area you can subscribe for \$35.00 p.a. (11 issues) and get the Meredith and District News posted to you anywhere in Australia.

#### **CONTACT US**

Post Office, Meredith, 3333 Editorial: Trudy 0429 430646 news@meredithnews.com.au Advertising: Ian 0409 016815 advertising@meredithnews.com.au

Accounts: Dawn 0428 861274

### accounts@meredithnews.com.au

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We do not publish children's photos online.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

### MEREDITH and DISTRICT NEWS

# ADVANCE GOLF CLUB

5341 5748

5286 8201

LANDCARE

5286 1250

5286 1251

0435 312 984

0473 380 552

0437 009250

PLAYGROUP

POLICE PADDOCKS

SENIOR CITIZENS

5286 0700

5286 1273

5286 1452

5286 8232

0448 291074

SEW 'N' SEWS

FRIENDS OF THE

**BRISBANE RANGES** 

TENNIS

Elaine

Meredith

5286 1211

5286 0700

5286 1252

RSL

HISTORY GROUP

MEMORIAL HALL

MEREDITH LIONS

MOTORCYCLE CLUB

MEREDITH 5286 1291 ANGLING CLUB

**BLUE LIGHT DISCO** 5286 1222

0419 423 960

BOOK CLUB 5286 8201

CFA 000 for fire calls Elaine 0417 533516 Meredith 5286 1502 Morrisons

0417 770 765 CHILDCARE

5286 0700

COMMUNITY CENTRE 5286 0700

CRICKET Elaine 0448291074 Junior (U16,U14,13) 0448291074 Meredith 5286 1434

CUBS & SCOUTS Anakie 5281 9497

FOOTBALL Seniors 0408 545246 Juniors 0430 587674

# .. or start something.

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

# connect emergency

Police, Ambulance, Fire	000
(from mobile phone)	000 or 112
Meredith Police Station	5286 1222
Power Failure	132 412
Nurse-On-Call	1300 606024
Mental Health Advice	1300 280 737
Poisons Information	13 11 26
Barwon Water	1300 656 007
SES Emergency -	
flood & storm	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
0	0409 830 223
Bannockburn Vet	5281 1221
Golden Plains Vet	5281 2226
Injured Wildlife	13000 wildlife
Pets and Horses 24/7	0421 617 238
Wildlife Rescue	0459 379915

### **Justices of the Peace**

Mr R Cooke Meredith Mr P Ryan Elaine

52 861 346 0409 861 296

Sel

CEMETERY TRUST 5286 1550 HALL HIRE Meredith Memorial 5286 1545 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

A bit of fragrance clings to the hand that gives flowers.

Chinese proverb



# strict Good Eriday

### Inverleigh & District Good Friday Appeal

The committee of the Inverleigh and District Good Friday Appeal family fun day would like to express their thanks to everyone who supported our 2017 event.

This year overwhelming community support helped us raise the amazing total of \$47,500 for the Royal Children's Hospital appeal.

Planning for 2018 starts now, anyone wanting to be involved with the next committee can contact Daniel on 0437 072 260 or Ian on 52 811 946

The first meeting is was Wednesday October 4th. All welcome.



### **OUR COVER**

Rosemary Gargan's photo captures some of the hands-on action at last month's Meredith Primary School Writers' Festival. We have a report on page 39.



### Bamganie/Meredith Landcare

Bamganie/Meredith Landcare group meeting will be held

### Tuesday 17th October 7.30pm

at the Meredith Community Centre. Members and non members are invited to attend.



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# Community

# **Meredith Senior Citizens**

### Jim Hynds

Our seniors headed off by bus on September 18, 2017 to our destination The Great Ocean Road Chocolaterie near Anglesea. After a pleasant drive we arrived at Anglesea for morning tea and were greeted with gale force winds. I must say that members coped well with the plates, cakes, sandwiches, cups of hot beverage and the wind. Safely aboard again, we took off for parts unknown, heading for a tour along the Great Ocean Road visiting many popular spots. A seal was spotted away in the distance or was it a rock? A ship was spotted away in the distance or was it land? The debate raged for hours!

On arriving at the Chocolaterie we can only describe it as massive. There were wall to wall chocolates,

gifts, massive containers of samples and viewing windows to look at the chocolate making process. Members scattered in all directions, with some heading to the huge restaurant for lunch where we enjoyed pizzas, salads and many other meals. Of course we consumed massive desserts of chocolate, ice-cream, waffles, gelato and frozen yoghurt.



After three hours of gift buying and more sampling, members were satisfied to head home. On the way we toured some new estates being built. Many thanks to Allan our

bus driver for making it a fantastic day. His driving and knowledge of the places we visited was brilliant.

With tongue in cheek I have to report that some members are heading to Canberra for the Floriade Flower Spectacular. I informed the politicians of their pending arrival!

On a sad note we were informed that Seniors member Barney Ward was gravely ill. Later we have heard that he passed away. We extend our condolences to Nan his wife and to their family.

Our editorial deadline for next month is **Thursday October 26th.** 

### Classifieds

First insertion of small ads are FREE to district residents

### Situations wanted:

Lawn mowing of small yards and up to 3 acre blocks with a zero turn mower. Whipper snipping hedge trimming weed spraying. Public liability insurance. Free quotes. Ph Shane Dunne 0448291074

# Church News



#### ST. JOSEPHS MEREDITH CATHOLIC PARISH October/ November

Winchelsea every Saturday at 6 p.m.

**Inverleigh/Bannockburn** every Sunday at Inverleigh at 9 a.m. except Sunday October 15<sup>th</sup> and last Sunday in October and November Mass will be held at the stadium adjacent to the school at 9 a.m.

Anakie at 11 a.m. Sunday October 8th/22nd. November 5th/ 19th

Meredith at 11 a.m. Sun October 1<sup>st</sup>/15<sup>th</sup>/29<sup>th</sup> November 12<sup>th</sup>/26<sup>th</sup>.

October is the month when Rosary is especially prayed in the homes all around our vast parish.

All Souls Day Thursday November 2 nd, Mass for the Dead will be celebrated at Meredith Church at 9.30 a.m., Inverleigh Church at 3.15p.m. and Winchelsea Church at 5 p.m.

Parish Annual Thanks<br/>giving Mass and Lunch at Meredith on Sunday November<br/>  $26^{\rm th}$  at 11 a.m.

#### 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, 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. Joey's Op Shop

### <u>Lawler St. Meredith</u>

Furniture at bargain prices, all electrical items(fully tested and tagged) \$5, winter jumpers and coats, fantastic baby and children's items, outstanding range of books, novels, children's etc..

**Open Wednesdays and Fridays 10a.m – 4 p.m.** 

### Meredith Drop-In Support for Families



Barwon Child Youth & Family offers a Drop-In Support Service once a month, in Meredith for families who:

- may be experiencing some challenges and need support
- would like to build their skills as parents
- are keen to find out about other services available for families

may need further referral to Child First, if required.

You are welcome to drop in to the Meredith Community Centre, 4 Russell Street, Meredith

No appointment is required.

#### Beginning Thursday 12 October, 2017 9:00 a.m. – 12:00 p.m.

For more information, please contact Louise on 0408 920 599

### ADVERTISE with US

Advertising in the M&D Newsletter is a great way to let district residents know about your business.

Full colour ads available in the March, June, September and December issues.

Ring lan on 0409 016815

Please submit in jpeg format, if available. See inside front cover for more details.

Meredith Community Centre 4 Russell Street Meredith 3333 Phone 5286 0700 learnlocal@meredithcommunitycentre.com.au Open: Mon, Tue, Wed, Thurs 9.00-3.00. Closed Fridays and school holidays

# Golden Plains Mobile Library



At the Meredith Primary School Thursday 9am to 10.30am

ducha said

### **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

# Recreation



# **Elaine Cricket Club**

Elaine Cricket Club junior training U16 U14 U13(beginners) and milo cricket (ages 5+) training 5pm every Thursday. Families most welcome Enquiries Ph 0448291074 New players most welcome

Elaine Tennis Club training every Thursday 5pm. Families most welcome. New players welcome Ph 0448291074



- ✓ Perfect for boys and girls aged 5-8
- For kids still learning the basic skills of the game
- ✓ Teaches basic cricket skills
- ✓ All equipment provided
- ✓ 8-12 week program
- All equipment supplied, including soft ball
- ✓ Sessions last up to 60 minutes
- Its Safe-we use plastic bats and a rubber ball inclusive of children with a disability

Elaine Cricket Club Milo cricket registration day is on Thursday 12th October at 5-6pmi





Mitchie Emmlin won the 2017 Best & Fairest Award for Buninyong Under 18's team. Well done Mitch. A lot of hard work rewarded.

### Elaine Market Starting in November Elaine Mechanics Hall, Pearsons Road, Elaine.

#### Saturday 11th November 2017 3.00pm until 8.00pm

We are pushing for a Farmers Market so if anyone would like a stall please email us at *elainetownhall@gmail.com* 

- Facebook page: Elaine Market
- Food trucks, petting zoo, live music, fully licenced bar, door and raffle prizes.
- Stall holders raffle for \$100 cash, sheep shearing demonstrations. Family friendly fun atmosphere.



### **Reverse Psychology**

It is becoming more obvious to me as time goes by that going to the movies is like gambling. It doesn't matter who recommended it to you, what you've read about it or how many people have warned you off it. You will always end up at that ticket box handing over your cash in exchange for paper that could either win you two hours of enjoyment, or two of the most excruciating hours spent debating whether you should write the \$15 ticket off as a loss and run out of the cinema – cursing the director all the way.

We have all been there, unfortunately at multiple times in our lives. Whether we've been looking forward to a movie adaptation of our favourite book, seen a trailer and believed the hype, or simply rocked up on the day for something to do; a bad movie is always waiting in the shadows to surprise us and ruin our day.

Most of the time you can laugh the experience off. When people ask how it was you can laugh mockingly as you tell them that that was one hour and fifty two minutes that you'll never get back. Not to mention the half an hour of torture beforehand that is cinema advertisements. In conjunction, it makes for quite a horrific sixth (approximately) of your waking hours. Afterwards, you're then left with this gaping hole of wasted time and to make matters worse, the overwhelming essence of badness sticks to your skin and slowly consumes you. How did this movie get so many good reviews? How did they get such acclaimed actors to star in it? How did this movie make it past the planning stage!?

Now you might be a regular person who rants and raves a little bit after leaving the cinema about what a waste of time that was and how much dumber you feel having just witnessed it. Or you may be a little bit different. You might fall right into the director's hands. You may let the annoyance of such a bad film consume you,



get into an argument with your partner who blames you for picking the movie, or search for reviews all over again only this time adding the search term 'bad' to find views that align with your own. Or all of the above. Then you start to wonder whether there was a hidden meaning or metaphor that your brain might have missed, despite obtaining a degree with multiple literature units in it. You Google 'themes and motifs in (insert recent bad movie)', watch interviews with the actors and directors and begin to question whether you actually disliked the movie. All the while procrastinating from doing you know—actual productive university research that counts towards how the rest of your life turns out.

After all this, you sit back in the late hours of the night while your family are asleep. You close the laptop and are plunged into darkness. You think to yourself: 'I think I may have to see it again'.

### Gemma

# New Logo Launched

At a Family Information evening held on 20th September attended by 85 parents and children, Fr Charles and Anthony Drill, founding Principal of the newly established St Mary MacKillop Catholic Primary School at Bannockburn explained the school's logo. It represents the bridges that are a feature within our region. The two sections of the bridge meet to suggest the linking of school/church and the holistic education it offers. The southern

cross stars have also been incorporated because St Mary MacKillop is patron saint of the 'Knights of the Southern Cross'. The design also seeks to reflect the power of a school



to connect the community, which is the core desire for St Mary MacKillop Catholic Primary School.

# Get Well and Thank You

The Newsletter's pick up and distribution volunteer, the ever-reliable Ralph Holtz, injured his leg with multiple fractures, and wasn't able to manage this issue - nor the next few, very likely. His neighbour, Alan Beales, has kindly undertaken to get the job done. Thank you Alan our readers will appreciate your contribution. And we all hope Ralph recovers quickly and well.



# Water Tank Cleaning

Have all mud and sludge removed from, your water tank and improve your water quality.

We clean all types of water tanks.

Removing all mud and sludge as well as washing the walls and floor clean.

# **Otway Concrete Tanks**

Concrete tanks, repairs & tank maintenance PH: 0409 210 057

www.otwayconcretetanks.com.au

# **Concrete Tank Repairs**

Stop those leaks before it's too late. Water leaking through concrete cracks accelerates aging of the tank, as well as losing precious water. Stop those leaks now! Call now for a free assessment and quote.

**Otway Concrete Tanks** PH: 0409 210 057

# Spring in the Shire

Photography Prize and Exhibition

# \$1200 Worth of prizes! Exhibition Opening and Awards Event, 25 Nov at Meredith

To enter or for more information please contact the Arts and Culture Officer: arts@gplains.vic.gov.au





healthS#VE

Bendigo Ban

the pink carnation frower and gift shop



**B**<sub>&</sub>**S** Stock & Pet Supplies Cnr Milton & Burns Sts. Bannockburn Phone 52 811 566 We stock all your requirements including: • Horse Feed Molasses • Dog & Cat Food • Horse Shoe Nails

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Delivery can be arranged

Hours:-Mon - Fri 8.30am - 5.30pm Sat 8.30am-1pm Sun 10am-1pm



# Water Pipeline Driving Investment

#### Media Release

The Golden Plains Food Production Precinct's new 18km water pipeline have seen 75 mega litres of water already committed for use by the agriculture sector, with the poultry industry the main user.

The first stage of the pipeline was completed in mid-2016 as part of an \$11.78M partnership project between the Federal Government (\$4.17M), State Government (\$2.94M), Golden Plains Shire Council (\$1.23M) and Barwon Water (\$3.44M).

Access to a reliable water supply has seen an increase in investment, particularly from free range egg producers. Existing operations are expanding, and new players are establishing within the Precinct, with two planning permits already approved for free range egg facilities.

The Macpherson family is one of the first new free range egg operators to get up and running, after last month completing construction of two large sheds which are now home to around 40.000 chickens.

"...one of the first new free range "The new egg operators to get up and pipeline month diversify after last running, completing construction of two family large sheds which are now home to around 40,000 chickens."

water has to us our business from wool and fat lamb production, to include a reliable income stream with

the addition of free range eggs," said Cheryl Macpherson.

"Our project will be completed over a couple of stages, with a further two sheds planned for the future" explained Cheryl.

John and Cheryl Macpherson, along with son Colin, farm 600 acres near Lethbridge. Their new enterprise is planned to provide employment for more farm workers as egg supply ramps up.

"We're proud to be among the first to connect to the new water pipeline and help create jobs in the region. Up to 15 tradespeople have been working on site during construction, many from within the region," said John.

Mayor of Golden Plains Shire, Cr Des Phelan, welcomed the increase in investment and congratulated the Macphersons on their investment.

"This project is a great example of what we set out to achieve with the creation of the Golden Plains Food Production Precinct. The new water pipeline has given a family run farm the ability to diversify into intensive agriculture, creating jobs and stimulating investment in the region," said Cr Phelan.

"The Precinct is unique in that it has been established specifically to encourage investment in intensive agriculture. It has all the infrastructure required to help the sector flourish access to water, power, roads and an abundance of suitable land," stated Cr Phelan.

Barwon Water has committed \$3.44M in additional building infrastructure, to meet future demands, when precinct water usage reaches a certain level.

For more information on the Precinct and investment opportunities contact Golden Plains Shire Council's economic development team 5220 7111 or on visit goldenplains.vic.gov.au/business/major-projects/golden-plainsfood-production-precinct.

# Seniors Festival 2017

Starts Sunday 1 October

# You're Welcome

### Bannockburn

Soft Tennis Older Adults Exercise Group Men's Community Kitchen Technology Help Program Discover Your Ancestry Probus Meeting with Guest Speaker Mystery Bus Tour pick up Trailblazer Walk pick up Planned Activity Group Morning Tea Tai Chi

### Teesdale

Tai Chi

Rokewood Planned Activity Group Morning Tea

### Meredith

Seniors Festival Community Lunch Tai Chi Steady Feet

### Dereel

Tai Chi Celebrating Seniors – Lunch and Local Art Exhibition

### Haddon

Delicious, Nutritious Meals for One or Two Planned Activity Group Morning Tea Chat 'n' Chew Beginners Purna Yoga Cooking Old Time Favourites

### Smythesdale

Cuppa and Craft Living Longer, Living Stronger Relaxation Classes Bus Trip to Woop-Woop and the Old Castlemaine Goal, leaving from Smythesdale Technology Help Program Mystery Bus Tour pick up Trailblazer Walk pick up



Book your place. Assistance with transport may be possible.

RSVPs to event organisers essential.

For dates, times and a Festival Program visit www.goldenplains.vic.gov.au

Phone: 0417 618 077 Email: NorthernCommunityCentre2@gplains.vic.gov.au

For more information about Seniors Festival and events across Victoria visit:

### www.seniorsonline.vic.gov.au









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\*Free Quotes

# GIVE US A CALL!

# Can You ?

...enter numbers in the empty boxes so that every number is the total of the two numbers immediately beneath it. This will require a bit of logical reasoning and perseverance green vegies for the brain of course!! And if at first you don't succeed, turn to page 35.



USE IT OR LOSE IT !!

# Claim your private health fund optical benefit before

31<sup>st</sup> December or miss out\*!

\* Conditions apply. See Instore for details

Bannockburn ph: 5281 2848 2/7 High St. Bannockburn



# Soil and Pasture Field Day Deans Road Bamganie-FREE

In 2014 a trial investigating responses to lime, poultry litter, pig slurry and gibberellic acid was set up in Bamganie. This is one of 30 trials that has been established across the Corangamite catchment to investigate responses to lime and to get a better understanding of how to manage soil acidity. Come and hear the latest information on yield responses to lime and biological product testing in the catchment.

### Tuesday 10th October 2017

10:00am – 1:00pm. (Lunch provided) Guest speaker: Lisa Miller - Southern Farming Systems

### Key topics

Lime responses in pastures:

Soil acidity issues in the catchment area

Costs of lime & is it worth it?

Bamganie trial results

Key learnings on lime from 30 Corangamite catchment trials

<u>RSVP is essential</u> if you are interested in attending this event, please RSVP Nick McKinley, Leigh Catchment Group on 0455 147 398 or nick@leighcatchmentgroup.org







#### A PRACTICAL GUIDE TO A MORE SUSTAINABLE LIFESTYLE

A Way of Life

by KERRIE KRUGER

Fruit trees are starting to bloom, the air feels warmer, the light brighter but remember calendar Spring and Mother Nature Spring are not the same. Plant growth is mainly about the soil temperature, seeds and seedlings planted to early will just sit there, until conditions are right. Or get eaten by hungry snails and slugs! So feel the days and the nights till you know the conditions are good to go...Listen to your garden deva, (spirit) every garden has one !

Plan now for your Christmas and/or Summer Solstice Dinner and then for a bountiful Autumn Harvest.

Grow what you love to eat, fresh is best but some are just better, for example, strawberries, raspberries, new spuds, sweet carrots, juicy young peas and beans , sweet corn and of course tomatoes .These are never ever as good, than when just picked . We plan now for our Summer Solstice dinner, for us to be able to feed ourselves and friends a bountiful meal from the garden, chemical free, zero waste and no food miles, pride and joy has no bounds than when we proudly share, at this time of celebrations. So grab your pencil and paper and make the list, look at heirloom seed companies for an amazing array of vegetable varieties just not available in the supermarket, where food is grown for transporting and shelf life, not flavour.

The names can add another level to vegie gardening, imagine labels in your garden beds or pots with names such as Tomatoes -Barry's Crazy Cherry and Pink Bubble Bee, Beans - Dragons Tongue and Baby Sun, Carrots – Atomic Red, Pumpkin- Anna Swartz and Musquee de Provence or Watermelons- Blacktail Mountain and Cream of Saskatchewan. I love saying that I am just going out to water the Christmas Grapes (tomato), giant of Stuttgart (beans) and Big Beryl( tomato) and then offering them to family and friends by name!

Take your time... grow your seeds in warm spots, in a homemade cold frame, tend your young fragile seedlings, build up your soil, good strong healthy plants start with good rich soil. Use the compost that has been sitting breaking down since autumn garden/chook house clean out. If you have been turning it regularly it should be a beautiful mix ready to add to the garden beds.

Also good is sheep and goat poo. Horse manure is good but be mindful as many horses are regularly wormed and this may affect your compost or garden worms

#### October plan to have,

Seeds in the cold frame - Basil, Capsicum, Eggplant, Tomatoes

Seeds Direct – Beetroot, Beans Climbing & Bush, Carrots, Celery, Cucumber, Leeks. Lettuce, Parsnip, Pumpkin, Radish, Silver beet, Sweet Corn, Turnips, Zucchini,

Seedlings (with frost protection) - Basil, Beans Climbing & Bush ,Capsicum, Celery, Cucumber, Lettuce, Peas-Bush, Silver beet, Tomatoes, Zucchini.

Bulbs/Tubers-Potatoes

" To forget how to dig the earth and to tend the soil is to forget ourselves"

Slow down, Connect and Enjoy

Kerrie

Prepare this spray now to get organised for the chook house spring clean that will be in the November edition. This is non toxic and an aromatherapy spray for your chooks

#### Lavender & Mint Chook House Cleaner

Prepare this now for spring clean in November (not sure where I originally got this as it was a while ago but it's a good one)

Mint is a natural insecticide and rodent repellent and Lavender is also a great natural insecticide, and of course smells heavenly

You will need...

- •Handful of fresh mint •Handful of lavender
- •Bottle of white vinegar
- •2 jars
- •Spray bottle

#### Method

1. Divide the herbs evenly between each of the jars, being sure to really crush them with your fingers to release all the essential oils

2. Add the white vinegar to completely cover the lavender, leaving a small space at the top of the jar

3.Screw the lids on tight and leave in an appropriate place (kitchen or pantry) for three to four weeks

4.Shake the jars every few days to really mix the ingredientsit should become quite fragrant meaning it is ready to use5. Strain the contents into a spray bottle (dilute with some

water if necessary)

6. Use in your Spring Clean or any time your chook house needs a bit of TLC





# **QUALIFIED PLASTERER**

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# PHONE ADRIAN 5341 5705 0421 474 299

# GARGAN WATER CARTAGE

water tanks, swimming pools

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Don't want a Big Tanker?

Call Scotty-0428 301 701 Drinking water only



Dorothy Kitchen



Thursday 10:00am - 4:00pm Friday 9:30am - 5:00pm Saturday 8:00am - 1:30pm Sunday 10:00am - 2:00pm

30 Staughton St Meredith

# The Darker Side of History

#### Marg Cooper

Deb Robinson brings history to life! She is a historian who not only researches deaths, murders, suicides and drownings but looks deeper into the background of each case which she calls "putting flesh on the bones". She has a knack of discovering "funkier facts". She says it is not gruesome to investigate murders or suicides but by reading inquests, newspaper articles and family histories she discovers how people get to that point or what sort of passion drives them. She then relates the stories to her audiences at "Twisted History" events which include a car trip along Hoddle Street, Carlton and China Town Murder Tours in Melbourne and a Ghost Tour at Geelong Gaol.

The Meredith Hotel has been the venue for some recent "Twisted History" events which include a visit to the Meredith Cemetery. Deb tells stories including those about the Purcell Murder, the Green Tent murder, the McPherson suicides, the Daisy Robertson death and about several Meredith characters including James Tampling, Michael Ward, William Dickman and the lady burnt in the Royal Hotel fire.

She describes how costumes are important when presenting history and that costumed people are real. At the events they hold at Geelong Gaol they employ nine people who dress as prisoners, warders a matron and others and they are "in character" from when the gates open until the visitors are let out. Put on the costume and you become the character with the voice of the tour leader.

Deb began researching when she was a young married mother of twenty one years. She was inspired by a cousin who brought a box of family photos to show her mother. She went the "whole hog" and found it was a hobby that she could fit in with being home with a young child. While living at Werribee she became involved with the local family history group and documented the headstones at both Werribee and Little River cemeteries. She is a qualified library technician and was a volunteer tour guide at RAAF, Point Cook for eighteen years, taking tours once a week.

At ghost events they use "all sorts of things that go bing" or paranormal equipment including a CCTV camera system with eight cameras and a microphone, a computer monitor with a split screen and a echovox. They use "trigger" objects like an old beer bottle at a hotel and then ask, Is there anyone here who wants to talk to us?

Deb relates the story of how, at the Meredith Hotel, they discovered a ghost who walks where the passage used to be, a man in the backyard who pleads to be dug up and a voice who named nearly everyone in a football photo that was hanging on the wall.

On the weekend of September 10 and 11 Deb with her investigators and their equipment travelled to Serviceton to hold an event at the Railway Station and on October 1, "National Ghost Hunting Day" she is holding events at both Geelong and Castlemaine Gaols that coincide with events all over the world.

She believes Ghost Tours are a way to learn about history in an entertaining way and Deb certainly knows her Meredith History.



# For Meredith, Steiglitz and district.

As your local State Member of Parliament, I am here to represent your interests in the Victorian Parliament.

I would like to hear from you about the important issues that affect our community.

Please don't hesitate to contact me if I can assist you with a State Government matter.

Howar

Geoff Howard MP State Member for Buninyong

15 Main Road, Ballarat VIC 3350 Ph: 5331 7722 Email: geoff.howard@parliament.vic.gov.au

Authorised by Geoff Howard MP, 15 Main Road, Ballarat VIC 3350 This advertisement is funded from Parliament's Electorate Office and Communications budget





Welcome to our new look Community Centre page. Instead of our term brochure we will be letting you know each month what has been happening and what is coming up at the Centre.

### Adult learners week

On Tuesday, the 5<sup>th</sup> of September I went to the Meredith Learners Week at the Community Hub.

On display was CFA, CERT, iPad wool spinning, knitting/ classes, crocheting, Lions club , Sustainability Table, art class and display, Consumer Affairs and myself selling my eggs. (I sold all my eggs thankyou everyone) There was a coffee van out front selling coffee, hot chocolate and lollies.

Cameron had volunteered to cook pizza's for everyone in the wood fired oven. I helped Cameron make pizza's. It was so much fun and we had so many pizzas that the kinder got some. They were yum and easy to do. I had heaps of trouble making round bases so we had a few wonky shaped pizzas.

There was a \$50 voucher for Hearns Pub as the Door Prize and 20 other Raffle prizes (and guess who won the door prize - think I will take Dad to the Pub soon)

It was an amazing day I hope everyone enjoyed it.

Find us on

By Nick Kruger aged 11



What's on in October Discover online Websites made easy Coloured pencil drawing Starting this month Pilates Tai Chi Steady feet Herbal Tea making **Coming up in November** Fermenting workshop Water colour painting Friendship quilt Silk scarf painting

## Colour pencil techniques

Following the wonderful lesson last term we are coming back again to create another coloured pencil drawing with Marita on Friday 27th October



### Discover online

We have a heap of short workshops covering lots of different online applications just \$10.00 per class for a couple of hours. All you wanted to know about social media including facebook, pinterest and linkedin. Creating fantastic graphic with canva, finding software and connecting to online services. Call in or call us for more information. Classes will scheduled daytime or evening be Wednesdays 1.00 to 3.00 or 6.00 to 8.00 according to most popular demand

### Work Ready

### Start a Job with Confidence

Working in partnership with YMCA Geelong our Work Ready program is designed to help you get the skills and knowledge you need to be ready for employment. This class also provides the opportunity of participating in work placement providing you with a referee on the your resume. Contact us for more information.



Celebrate Seniors Month with us with a Free Community Lunch and Guest speaker on Wednesday 18th October 12.00 - 2.00pm. Please RSVP for catering by Mon. 16th.

### For more details about any of the classes and activities which interest you



learnlocal@meredithcommunitycentre.com.au (W) www.meredithcommunitycentre.com.au

http://www.facebook.comMeredithCommunityCentre Facebook

> 4 Russell St. Meredith Vic. 3333 Ph. 5286 0700

Ocal Opening hours: Monday, Tuesday, Wednesday, Thursday 9am to 3pm Friday Closed





In summer, a colony of tiny spiders made a home on the outside of my bedroom window. They had lumpy abdomens and looked like minute scraps of dried plant caught in a web, until they stretched their legs. They stayed in their webs, catching even smaller insects. Their numbers gradually dwindled in the cold weather, but now, abruptly, they are all gone.

On the bare wisteria spread along the edge of the veranda, a white-eared honeyeater perches, calling to his mate, who soon lands in a nearby tree. They are attractive birds, mainly olive-green with hints of yellow on the breasts, grey on top of their heads, black faces and bibs and an eye-catching white patch on each side of their heads. In a tree somewhere nearby, they are weaving a cup-shaped nest of bark and grass, lined with fur. They have visited the window for the final construction material - spider web to bind their nest together. In the nest, the female will lay two to four eggs and incubate them for about two weeks. The precious chicks forming within the eggs are cared for well. Each is surrounded by a membrane while another membrane forms a sac to collect the chick's body waste, left in the shell when it hatches. There is a large yolk to feed the baby. Pores in the shell and a membrane under the shell allow oxygen to pass in and carbon dioxide to pass out. The hard shell is made of calcium carbonate, to prevent the egg from drying out. Kept warm by the mother, the egg is a survival capsule for the embryo.

Many other animals use the same solution to caring for their developing young. The monotremes, platypus and echidnas, are the only mammals to lay eggs. Echidnas lay one leathery egg which is carried in the mother's pouch. Platypuses dig a nesting chamber with many branches. They carry in grass and leaves under their tail to make a nest for two or three eggs. Many reptiles, especially those in warmer climates, lay eggs. They can incubate in a burrow, warm sand or under rotting vegetation. In cooler climates, snakes and skinks often give birth to live young, as it is easier to keep the babies warm inside the mother's sun basking body, than outside. The large goannas known as lace monitors, have a different strategy. They lay their eggs inside a termite mound, where the climate is controlled by the inhabitants. The termites repair the hole made by the monitor, sealing the eggs into the mound. When hatching time is near, the mother lace monitor returns to tear open the mound again, allowing the young lizards to exit.

Spiders also take great care of their eggs, which are small, round and shiny with plenty of yolk. As soon as she has laid them, the mother wraps the eggs in silk to form an egg sac. This may be pastel-coloured and hung in her web where it is guarded, or she may carry it wherever she goes, until her babies hatch. The majority of insects put far less effort into looking after their eggs, leaving them after they are laid. Some may lay large numbers to ensure the survival of a few. They lay their eggs on a food source, such as a leaf for plant-eating larvae, a dead animal for maggots, under bark if the larvae tunnel in wood, inside a living spider or caterpillar for carnivorous wasp larvae, or in or beside water if the larvae, such as dragonflies, are aquatic. Eggs laid in water, such as those of fish, frogs and crustaceans lack a hard outer shell, as there is little risk of dehydration. They are often laid on the surface, so that the eggs can breathe. As there is no hard coating these eggs can be fertilised by the male after laying.

While eggs provide a means of protecting and feeding developing young, they are also an excellent source of food for many other animals. If the eggs are unguarded or the parents can be scared away, they provide a readypackaged and nutritious meal. The reptiles and mammals who carry embryos inside their body are providing the same benefits as an egg, but greater protection from predators. Many egg-layers succeed in hatching their young, and I am looking forward to juvenile honeyeaters in my garden, and perhaps another batch of unusuallooking spiders outside my window.



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# SMALL JOBS

- Building
- Landscaping
- **Home Maintenance**
- Farm Work



The Meredith and District Lions Club have had some wins and losses this past month! A definite highlight for us was the induction of Shane Telford earlier in the month. Shane was introduced to Lions at our club changeover dinner and has been a wonderful and active new recruit ever since, particularly in helping us with our ongoing project

We also had a great win getting the Lions signage up at each end of town, we think it's sending a great message to visitors about the active community we have! Not so much progress with Pioneer Park Playground unfortunately. Bad weather and rain have caused numerous setbacks with getting the play equipment foundations laid. We look forward to some drier days coming up so we can complete this and get the exciting new equipment in as well as some creative landscaping that will bring the playground back to life. When the weather is in our favour we are planning on our Community Opening event, with free bbq sizzle, games and entertainment, and a tree planting ceremony to occur - we hope to lots of friends and community members there!!



#### PROFILE: a local food lover, artisan and producer.

This month MAN COOK EAT brings you an interview with our very own Diane Dunn, pastry cook extraordinaire at The Meredith Baking Co. It's that place in Staughton St which throws open its doors each Saturday morning. The place for good coffee, sourdough breads and an array of pastries, tarts and cakes.

Diane and her partner, Phil first came to the district in 1985 and set about building their dream home: a beautiful mud brick and timber dwelling nestled in the bush. As their family grew, Dianne too grew to master her cooking. With change of circumstances with her employment she decided to go commercial and begin to wholesale her produce into Geelong; even registering her home kitchen with the Shire - Dianne is one who sticks with due process.

As the wholesale business expanded, the demands of family life collided more and more with the volume of product pumping through the home. In late 2015 plans developed to set up a commercial outlet in the buildings being redeveloped in Staughton Street. Graham Hamilton-Smith was hard at work restoring a couple of shopfronts. A real industry standard operation was set up. Commercial ovens, racking and sinks: the lot. The stoves fired up in early 2016 to supply the bi-weekly orders for several outlets in Geelong. In the initial layout a small area was set aside in the front of the premises as a retail



outlet, which would soon be completed with a WEGA coffee machine. The Meredith Baking Co was born.

Diane found inspiration from many sources, not the least of which was Tartine, a famous Patisserie in San Francisco USA. But as can be evidenced with a visit on Saturday morning the range is quite broad and has many influences. Sourdough breads, rich homemade cakes and a rolling range of sweet and savoury pastries are arranged right in front of the customer. As you stand there trying to decide, another tempting item will appear from outback, making your choice even more difficult. A barista is there to match your choice with a coffee, rich with the authentic crema.

In my discussions with Dianne for this article, we shared experiences of the challenges of running a commercial operation, albeit different in styles. The big issue is always setting and maintaining standards. Dianne admits returning to the bakehouse after hours, to work on a new product or a replacement for a pastry that didn't quite work. Once you decide on your standards you must stick by them.

Our discussions led us into issues of the food press, particularly the pointlessness of a sycophantic write up, where everything is "wonderful" and "glorious". It's great to get a positive review, but becomes meaningless if all places get the same rapturous write up regardless of quality and standards. There is, of course, another approach: "if you have nothing positive to say, then say nothing", but that proves nothing. It is not my intention here to write a review, but rather give you the background to Dianne's attempts to produce consistently good and interesting produce. She seems to be doing that, but it is really up to you, the consumer to put the claims to the test. If popularity is a fair indicator, Dianne is more than half way. A few months ago a Francophile friend was visiting us, and commented that these Meredith pastries compared with the best found on the streets of Paris.

Here's my tasting notes on a few of the products on offer:

CHEESE AND PEPPER SOURDOUGH BREAD, I understand that Dianne's sourdough "mother" had been growing for ages. Her daughter Lilly, was entrusted to keep feeding it while her parents were in the USA looking at the famous Tartine Operation in San Fran. This loaf is light with a heavy crust and a distinctive flavour. A-plus!

SWEET POTATO GALETTE WITH CARAMELISED ONION, A rich puff pastry pocket, with a savoury/sweet filling. A hearty snack that could only be improved with a twist of fresh ground black pepper and salt flakes. But that is probably my savoury palette talking!

HOMEMADE DONUTS, with various fillings. A quality, almost cake-like batter, fried and rolled in sugar. The Brulee example stands out with the fire glazed sugar coating. The one with honeycomb was a bit much for my taste.

CHEESE AND MUSTARD CRIOSSANT, A savoury flaky pastry of Diane's invention, which truly delighted my savoury palette. But Dianne, being a vegetarian, was horrified with my suggestion of a grilled bacon rasher through the middle!

There are many more interesting and tasty products, but they will only be available in our little town if we frequent the place and enjoy what is on offer. We need the Meredith Baking Co AND they need us! See you there on Saturdays, especially with the warmer months ahead.

> GOOD EATING Steve



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We hope you are all enjoying the school holidays by now as we head into our last term for the year. With Kinder resuming on the Monday 9<sup>th</sup> Oct for Term 4. It's Spring time which means Sunsmart starts again so please remember the sunhats! The Pre-Kinder group have been discovering their colour mixing, learning about dinosaurs, imaginative Toy Story play, enjoyed a Book Week dress up day and an excursion from The Roo Keepers. They met the many different animals which Michael brought along with him including a Tasmanian Mask Owl, Green tree python, a red neck wallaby and a dingo pup.

Both groups celebrated Fathers Day by making some handmade gifts and treats for that special someone. The Kinder children are being creative with the tiny legos sets and making all sorts of vehicles, houses and spaceships. We have introduced wire as a new medium for craft and sculpture and we have an interest in birds that we will foster into the new term to discover more about this wide topic.

Our Kinder has recently introduced the Redcycle bins and educating both groups about recycling into the different colour coded bins and reducing landfill. The yellow bin is for hard plastics and papers and the red bin is for any scrunchy plastics, wrappers and soft yogurt pouches. We aim to embed this and other sustainable practises into our Kindergarten and encourage families to try to do it at home too.

Enjoy writing?

Well, our readers enjoy reading.

We should introduce you.



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Dr Samantha Buchholz Dr Benjamin Fry Bannockburn Surgery provides comprehensive GP services, has been practicing in the community for more than 30 years, is the largest practice in the shire, with 6 full time equivalent

Doctors and has an excellent reputation. Monday, Tuesday & Wednesday: 8.30 am - 7.30 pm Thursday & Friday: 8.30 am – 5.30 pm Saturday: Emergency Session from 10.00 am (no appt required) Round the clock care is offered to our regular patients, call the Surgery afterhours for further information. We are a teaching practice, **Dr Afolake Adaji** is a fully qualified female Doctor studying to become a GP, she will be working with us until February 2018.

#### We also offer the following services:

Jessica O'Shannassy- Diabetes education; Peter Angelucci & Stephanie Bennetts- Podiatry;

Vernon Kaurah- Mental Health Nurse;

Q-Fever testing and vaccinations; Yellow Fever vaccinations;

Streamline Clinics will be offered 3 days/week to enable better access to Doctors for simple repeat scripts, simple repeat referrals or flu vaccinations. The appointments in a streamline clinic will be strictly **6 minutes** or less; the appointments in the Streamline Clinic will be **bulk-billed to** medicare.

Fees are payable at the time of consultation by cash or eftpos. Bookings are available online (visit our website) or by phone and we are accepting new patients living in the Golden Plains Shire. Every effort will be made to accommodate your preferred time and preferred doctor.



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We're delighted local cartoonist, Peter Sharp, is sharing his talents, and sense of humour with us. We're hoping "PS" will be a regular feature in "the News" - Ed



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# Yummyeasyanddelish

### Salad of Roast Chicken & Spring Vegetables with Lemony Dressing

### Ingredients

- 6 medium bone-in, skin-on chicken breast halves
- About 1/2 cup extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 1 Tbs. fresh thyme leaves
- 1 lb. asparagus, woody ends trimmed
- 1 lb. trimmed baby carrots (or larger carrots, peeled, halved crosswise, and thick halves split lengthwise)
- 1/4 cup fresh lemon juice, more if needed
- 1 tsp. finely grated lemon zest
- 1/4 tsp. Dijon mustard
- 6 cups salad greens (I like using bibb lettuce torn into pieces with some sliced radicchio added for colour)
- 1 medium fennel bulb, trimmed, cut in half lengthwise, cored, and sliced crosswise as finely as possible
- 1/2 cup fresh flat parsley leaves
- 1/2 cup fresh mint leaves (torn into bite-size pieces if large)
- 1/3 cup pine nuts, lightly toasted
- Thin shavings Parmigiano Reggiano (use a vegetable peeler)

#### Preparation

Position racks in the top and bottom thirds of the oven. Heat the oven to  $400^{\circ}$ F.

Arrange the chicken in a shallow, flameproof roasting pan, rub each breast with olive oil, and season both sides generously with salt and pepper. Sprinkle the thyme on top of the chicken breasts. Roast skin-side up in the oven on the upper rack until the juices run clear (an instant-read thermometer should register 165°F), 35 to 45 minutes.

Meanwhile, put the asparagus in a medium baking dish  $(9 \times 13$ - inch, or one in which they'll fit in a single, uncrowded layer). Drizzle on enough olive oil to coat, season with salt and pepper, and toss. Arrange in a single layer. In a separate dish, do the same with the carrots. Roast the vegetables on the lower rack along with the chicken until they're tender, 12 to 16 minutes for the asparagus and 20 to 30 minutes for the carrots. The carrots can be roasted very deeply, but take care not to overroast the asparagus or they'll turn mushy. When the vegetables are done, set them aside.

### Make the dressing:

When the chicken is done, transfer the breasts to a platter and tent with foil. Pour any juices and fat from the roasting pan into a small bowl (don't worry if there isn't much). Put the roasting pan on a burner over medium heat. Add 3 Tbs. of the lemon juice to the pan and, using a wooden spoon or spatula, quickly scrape up all the browned juices, dissolving them in the lemon. Pour this into the bowl with the cooking juices. Once the chicken has rested for about 10 minutes, uncover and add any accumulated juices to the bowl. Whisk in the lemon zest, mustard, and enough olive oil to balance the acidity of the lemon juice. Season to taste with salt and pepper. You should have about 1/2 cup dressing.

When the chicken is cool enough to handle but still quite warm, slide your fingers between the meat and the bones and pull the meat and skin away in one piece (the tenderloin may come off in a separate piece). Cut each breast (and tenderloin) into about 6 slices on the diagonal, keeping them intact so you can fan them out on the salad later.

Put the greens, fennel, and fresh herb sprigs into a large bowl. Toss with the remaining 1 Tbs. of lemon juice and about 2 Tbs. of olive oil, adding more if needed to lightly coat the salad. Season with salt and pepper to taste.

On six large plates or in six large shallow bowls, arrange a bed of the greens. On each plate lay a fan of chicken meat on one side, a few spears of asparagus on another side, and some carrots on another. Drizzle about a tablespoon of the dressing over the meat and vegetables. Sprinkle with the pine nuts and top with a few Parmigiano shavings. Serve immediately.



# Pension changes are coming for retirees



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Pictured: representatives from the Teesdale Twilight Market, Katrina Andrensek, Anthony Cavanagh, Richard Riordan MP, Carmen Powles and Ailish Seaton

# **DO YOU KNOW SOMEONE WORTHY?**

### 2018 Australia Day awards – nominations now open!

The Australia Day Awards are an opportunity to formally acknowledge extraordinary individuals and community groups who make an outstanding contribution to Golden Plains Shire in fields such as community service, arts and culture, environment, business and economic development.

All nominees must be an Australian citizen, who either lives or works in Golden Plains Shire, who has made a noteworthy contribution during the current year and/or given outstanding service to the local community over a number of years.

### 2017 Australia Day winners

Citizen of the Year	Young Citizen of the Year	Senior Citizen of the Year	<b>Community Event of the Year</b>
Stewart Seaton	Katrina Andrensek	Carmen Powles	Teesdale Twilight Market

### How to nominate

Post this tear off to Events Officer, Golden Plains Shire Council, 2 Pope Street, Bannockburn 3331 Email a scan of this tear off to events@gplains.vic.gov.au Go online at goldenplains.vic.gov.au/residents/my-council/about-council/australia-day-awards

More information: Contact Golden Plains Shire Council's Events Officer on 5220 7245



For more information, please contact Golden Plains Shire Council

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# 2018 AUSTRALIA DAY AWARDS NOMINATION FORM (PART 1, PART 2 OVERLEAF)

Please list your details as the nominator:

Full name	
Contact telephone or email address	
Please select the	category that best represents the person you are nominating:

Citizer	۱ of	the	Year
---------	------	-----	------

(28 years of age or over)

Senior Citizen of the Year

(55 years of age or over)

Young Citizen of the Year

(Up to and including 27 years of age)

**Community Events of the Year** 

(An event staged within the past year)

All nominees must be an Australian Citizen, who either lives or works in Golden Plains Shire, who has made a noteworthy contribution during the current year and/or given outstanding service to the local community over a number of years.

### Please list the details of the person/event you are nominating:

Full name		
Email address		
Address		
Telephone	Mobile	_

Please turn over to record why your nominee should be considered.

For more information, please contact Golden Plains Shire Council

П

(6) 03 5220 7111 (a) enquirles@gplains.vic.gov.au (c) goldenplains.vic.gov.au

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# 2018 AUSTRALIA DAY AWARDS NOMINATION FORM (PART 2)

Contribution/s to the community for which the person/group/event is nominated: Summarise the reasons why your nominee should be considered.

Other significant contributions and achievements:

Background information about your nominee/group/event/ community/professional bodies your nominee/group/event has been involved with:

If you require additional space to talk about the person you are nominating, please write on a separate sheet and attach to the form.

How to nominate

Post this tear off to the Events Officer, Golden Plains Shire Council, 2 Pope Street, Bannockburn 3331 Email a scan of this tear off to events@gplains.vic.gov.au Go online at goldenplains.vic.gov.au/residents/my-council/about-council/australia-day-awards

More information: Contact Golden Plains Shire Council's Events Officer on 5220 7245

Nominations must be received by 5pm, Friday 1 December 2017

For more information, please contact Golden Plains Shire Council

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# Fallen Soldiers 100 Years Ago

#### Marg Cooper

On October 1, 1917 William Walter Shell was killed in action on the Western Front in WW1. He was the son of Albert and Martha Shell (Groves) who had married at Lethbridge in 1888. William had ten siblings including Robert James Shell, Charles Francis Shell and George Samuel Shell who also served in WW1 and nephew of John Henry Shell who died on October 23 in France in WW1. The five Shells are listed on Mapping Our Anzacs, so they were all born at Meredith. The family moved to Lilydale to work in the clay mines. William was married with two small daughters. He has no known grave and is commemorated at Ypres Memorial (Menin Gate) in Belgium.

On October4, 1917 Thomas Hewitt Boyd was killed in action at Broodseinde, Passchendaele, Belgium. He was the son of Samuel and Florence Boyd (Law) and brother to Grace, Harold and Florence who were all born at Meredith. His only brother Harold died of wounds in France. He married Jessie McDonald, a Scottish girl in Morwich, England in May 1916. "This officer was killed by shell fire about 1,000 yards behind Broodseinde Ridge. It appears to be a direct hit. He was buried where he fell and a cross was erected on his grave."

Thomas Hewitt Boyd is commemorated at the New British Cemetery, Passchendaele.

On October 5, 1917 Ernest Edward Austin was killed in action at Passchendaele.

He was the son of James and Matilda Austin (George) and was the youngest of their ten children. His family lived in the Meredith District for many years but left to take up land near Boolarra in Gippsland. Ernest was a stretcher bearer in D Coy, he had been in the Light Horse and was nicknamed "Snowy". He is listed as being born at Meredith on Mapping Our Anzacs. "He was killed instantaneously by shellfire when the battalion attacked in the early morning."

Ernest Edward Austin is commemorated at Buttes New British Cemetery at Polygon Wood.

On October 11, 1917 Frederick William Lowne was killed in action at Westhoek, Ypres, Belgium. He was the son of Richard and Catherine Lowne (Cooke) who married in 1883. When Richard and Catherine married Richard was a boundary rider but in 1884 they went to live on the "Moranghurk" property of Mr John Matheson where he became station-manager. They lived in "Native Creek" homestead until they died. All their children were born at Meredith. Frederick had recently married his sweetheart Mary Williams when he enlisted. He has no known grave.

He is commemorated at Ypres Memorial (Menin Gate) in Belgium.

Abbreviated from: "Meredith World War 1 Soldiers" by Marg Cooper







2 Bruce Street, Bannockburn Vic 3331



### **Meredith Creamery and Butter Factory:**

We made butter! Into a "Cherry" butter churn we emptied 2 litres of Inglenook Dairy cream, turned the handle around and around and bingo, we had butter separated from the butter milk. After washing and salting the butter was pressed into a wooden mould that exactly fitted a pound of butter. Our 2 litres of cream produced 2½ pounds of butter which was neatly wrapped in greaseproof paper, ready for consumption.

We intended to separate cream from a bucket of milk (kindly donated by Peter and Jenny Blacklock) but unfortunately we couldn't source a complete separator.

On Sunday, September 24 we planned to visit 17 Grant Street where the Meredith Creamery and Butter Factory was built in 1891 and where the concrete walls of the creamery have been incorporated into Jack Mitchell's home, but Jack caught that wretched flu so we changed the venue to the History Centre.

Several people from times long ago spoke including Joseph Ward who instigated the first meeting to establish the creamery, Phillip Smith the builder, Eiliza Ward the opener, John Armstrong a secretary, a supplier of milk, John Davies the buyer of the creamery in 1896, Jack Mitchell the owner since 1973 and Myrtle Wiseman who played in the ruins when she was a child.

A lot of research has been done but there are a lot of things that we would like to know about the operation of the creamery. Where was Creamery Bridge, was the old house on McLeod Street part of the Creamery infrastructure, where were the creameries at Morrison and Mt Wallace, did they separate milk there or were they only depots for collecting milk, how did they clean the premises, who drove the carts to bring milk to the creamery, how did they load the butter etc?

Probably everyone at the event on Sunday had separated cream from milk and made butter from the cream but it was exciting to see an old process, re-enacted.

Thanks to all involved.

**McLeod Family:** Elizabeth Moxley would like more information about the McLeod family in Meredith and Elaine. Mary Isabella McLeod married Patrick Brady in Meredith in the early 1900's and it is believed that she and her sister Annie came to the area to work as domestic servants. Her 3 brothers named her as next of kin when they enlisted for WW1. Neil Murdoch McLeod ran away from his foster mother Jane Baldy at Elaine in 1896. The children were born at Durham Ox.

**Calendar:** The 2018 calendar featuring backyard sheds of Meredith is printed and will be in the shops soon. It is also available from the History Centre on Thursdays

or from Marg Cooper. The cost is \$15 and the profits go to MHIG.

*Thursdays from 9 am, we plan, collect, catalogue and talk history.* 

### GEELONG IN THE FORTIES. To the Editor.

Sir,—In conversation a few days ago with a friend, he suggested I should give the public a picture of Geelong district and our early pioneers, as I remember them in the 40's,...

The writer well remembers his first experiences droving,... The small herd had been gathered in the vicinity of Geelong, and their destination was Borhoneyghurk, on the Moorabool River. The route selected was via George Hope's, then up the valley of the Moorabool, up to Russell's Flat, there not being a single fence, house or obstruction of any sort to prevent us travelling in any direction we chose.... The first day's stage the team camped at Darriwill. Genial George Hope provided me a bed, and all the ballast I could stow. He had already built a nice brick cottage of, I think, three rooms, and laid out a nice garden, of fruit trees as well as vegetables....

The next day, I am not quite clear, whether we camped at Russell's Flat, or made on the Muddy waterhole, now called Lethbridge. Probably we spent a night at both places, as we arrived all well at Borhoneyghurk on the fourth day. On the main Buninyong road, upon the Cooly Barghup Creek, a hostelry had been established, where accommodation could be obtained by all travellers. The Messrs Ritchie were the proprietors. It is now known as Meredith, taking its name from Meredith, who had been treacherously murdered in the bush there a short time previous, under circumstances which have rarely or ever been equalled in fable or reality. Many years afterwards, when it was surveyed and sold, Meredith's name was perpetuated....

—Yours, etc.,

J. M. MORRISON. 83 Swanston-street, Geelong.

P.S.—In the 40's, a bullock team from Borhoneyghurk to Geelong for stores, camped at Fyansford. The bullock drover had brought with him for us a black boy, whom he left in charge while he went back to the town. Upon his return to the dray he found that his black boy had been disembowelled, and his kidney fat removed. Probably few of Geelong inhabitants are aware that this gruesome scene was enacted here under their noses, as it was in our time.

> Geelong Advertiser Monday 17 December 1906 Jan McDonald, Meredith History Interest Group



# healthS-VE

# **Bannockburn Pharmacy Newsletter**

### Proprietors: Scott Wilkes & Damian Bennett

6 High Street

Bannockburn VIC 3331 Phone: 5281 1519

### New look in the Pharmacy

We are in the middle of doing a move around and new look at the main entrance into the pharmacy from the shopping centre.

We are in the final stages of clearing out our last remaining Homy Ped shoes. We will no longer be stocking and selling Homy Ped shoes. Sorry hurry in to grab a bargain. We have dramatically reduced the price and everything is **<u>\$50 or less!</u>**!!!

Our brand new **Natio** stand has arrived and we have moved Natio & **Nude by Nature** across to where Homy Ped use to be displayed.

We have also relocated our **Sukin** stand and **Darrell Lea** stand in the pharmacy too. You will just need to look for it in another spot.

This month we will be getting 3 new beautiful wooden display units. We will be relocating our **handbags** & **wallets** onto these new stands. We will also be expanding our handbag & wallet range to provide a large variety at different price ranges.

### Loyalty Club Gift Discount now 20%!

To thank everyone for their continued support & loyalty we have decided to increase our Loyalty Club discounts on our **<u>gifts</u>** to **<u>20%!!</u>**. If you are a member of our FREE Loyalty Club you will now receive a 20% discount on all gifts all the year!!! Plus as previously, 5% of your purchase price goes back onto your Loyalty Club to spend on your next purchase or at a later date (the choice is yours & there's no expiry on money accumulated). Effectively you will be receiving an overall discount of 25% (20% at the till immediately + 5% goes onto your Loyalty Club).

### Ear Piercing

Don't forget we offer ear piercing in the Pharmacy. The cost is \$34.95 and this includes the ear rings & antiseptic spray to take home. Bookings can be made online through our FaceBook page or call us on 52811519.

### Christmas Shopping Night!

We can't believe how quickly this year is going along! We have locked in our annual Christmas Shopping Night to be held on **Thursday 23rd November** from **6:30pm** - **9:00pm**. Lock the date in your diary and we will keep reminding you as we approach November.

### <u>Naturopath</u>

Did you know that our Naturopath, Karah McLaren visits our pharmacy every fortnight on a Thursday? You book a private 1-on-1 appointment to see Karah to discuss any health related problems or questions you may have and she will personally tailor an outcome to your needs.

You can book an appointment by either phoning the pharmacy or online by visiting www.karahmclarennaturopath.com .

### Pharmacy Features:

- Vaccination Clinic
- Naturopath

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- Glasshouse Fragrances
- Ear piercing
- Medela (we hire Breastpumps)
- MooGoo
  - FREE Home Deliveries
- Natio
- Homy Ped shoes
- Sukin Organic Products
- Nude by Nature
  - Diabetes Australia Agency -NDSS
- Giftware for all ages
- Salt & Pepper
- Digital Photo printing
- Passport photos
- Darrell Lea Chocolates
- Webster-paks
- Home Medicine Reviews
- Free gift wrapping
- Gingerlilly sleepwear

### Trading Hours

Monday:	8:30am - 6:30pm
Tuesday:	8:30am - 6:30pm
Wednesday:	8:30am - 6:30pm
Thursday:	8:30am - 6:30pm
Friday:	8:30am - 6:30pm
Saturday:	8:30am – 1:00pm
Sunday:	CLOSED

# Vaccination Clinic now available in the pharmacy

### Bamganie-Meredith Landcare Group

The monthly meeting of the Meredith -Bamganie Landcare group was held on Wednesday 13th September in the Meredith Community Centre.



□ Soil and Pasture Trial Field Day, Deans Rd Bamganie, Tuesday 10th October 10:00am - 1:00pm. Wondering how to manage soil acidity? Come and see the results of pasture trials of lime and other soil biological products in Bamganie. The guest speaker will be Lisa Miller from Southern Farming Systems - Lisa will speak about the key learnings from 30 pasture trial sites in the Corangamite Catchment, including soil acidity issues, results of the Bamganie trial, discussion about the costs of lime and whether it is worth it, as well as information about pasture responses to other soil biological products. This is a free event. All welcome, lunch is provided but RSVP is essential for catering purposes. If you have any queries, or are interested in attending the event contact Nick McKinley at the Leigh Catchment Group on 0455 147 398, or nick@leighcatchmentgroup.org

 $\Box$  Do you have gorse on your property? Gorse (also known as Furze) is a weed of national significance that is listed as a Regionally Controlled Weed under the Victorian Catchment and Land Protection Act 1994. This means that landowners have an obligation to prevent the growth and spread of gorse on their property. A rebate of 50% of the costs of controlling gorse is now available to

landowners in the Bamganie, Meredith, Elaine and Bungal areas. The offer closes on 1 November 2017 or when funding runs out. If you wish to be involved in this program, or for more information, contact Maddi McColl, 0424 754 179, or madeline mccoll@hotmail.com

□ In an exciting development it was agreed at the meeting to expand the reach and contacts of our Landcare Group by joining the Moorabool Landcare Network. Membership of the Moorabool Landcare Network does not affect our membership of the Yarrowee Leigh Catchment Network but offers greater opportunities for community involvement in a wider range of projects with neighbouring Landcare groups. We also gain the benefit of the assistance of Landcare Network Facilitator Roger McRaild, while still benefiting from the continuing assistance of Nick McKinley.

Do you need to know more about controlling rabbits, planting trees, improving pasture and protecting soil, identifying and controlling weeds, or any other land care issues? Landcare is a community based movement made up of people who share similar land management issues, and who want to find solutions to these issues. Our Landcare group is currently planning for the next twelve months and we would love to hear your ideas about how you think Landcare could help you.

*The next meeting will be held at the Meredith Community Centre at 7:30pm Tuesday 17th October – everyone welcome.* 

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### **Christmas Twilight Market**

Golden Plains Shire Council has announced a new event for the region's Christmas calendar, with a Twilight Market set to be held in Bannockburn on Thursday 21 December.

The event will build on the success of the Shire's monthly Farmers' Market, which was recently awarded first place in the Tourism and Hospitality category at the Geelong Business Excellence Awards.

Taking place at the Farmers' Market site in Milton Street Bannockburn from 4.00 to 9:00pm, the Twilight Market is designed to be a one-stop shop for the community's Christmas needs.

Over 50 stallholders are expected, including stalls for fresh fruit and vegetables, flowers, cheese, preserves, and produce direct from the farmers, makers, artists and gourmet provedores of the region. There will also be a licensed bar, children's' activities and live music from local songstress Imogen Brough, star of The Voice. "We have had consistent feedback from Farmers' Market patrons and the community that they would like to see an event which built on the success of the Market and gave even more residents the chance to attend, being held in a different time slot," said Cr Phelan.

"This new event also broadens the variety of stalls we can have, as the mix of stalls at the monthly Farmers' Market must comply with industry guidelines – the Twilight Market is able to be more flexible in this regard."

"Council also thanks our generous event sponsors Powershop and Bannockburn & District Connected Communities."

More details on the Twilight Market will be available at the Golden Plains Farmers Market website closer to the date – *www.goldenplainsfarmersmarket.com.au* 





This is the answer to the puzzle on page 10. Hope you had a bit of fun exercising the grey stuff. And if you have a terrific puzzle, why not share it (and the answer, of course) with us?



## Veterans' Employment Awards.

from media release

The new Veterans' Employment Awards recognise businesses and organisations that create employment opportunities for veterans and spouses of serving Defence members. It will also recognise veterans who have made significant contributions to their workplace.

"In the Australian Defence Force (ADF) our personnel work in high-pressure environments and learn skills such as problemsolving, teamwork, leadership and the ability to adapt to new technologies," Federal member for Corangamite, Sarah Henderson said.

"Those talents are in demand in a modern economy and I know businesses in Corangamite are employing veterans and using their skills to succeed. I'm encouraging local businesses and local veterans to look at the award categories and nominate so their achievements can be recognised."

The categories for the awards include:

- Leadership in Recruitment of Veterans
- Veteran Employee of the Year Workplace Contribution
- Veterans' Employer of the Year Large Business
- Veteran' Employer of the Year Small to Medium Business
- Veterans' Employer of the Year Public Sector
- Excellence in Supporting Veterans' Employment
- Outstanding Contribution by an Individual to Veterans' Employment
- Excellence in Supporting Spouse Employment

Outstanding Contribution by an Organisation to Veterans'

Nominations for the Veterans' Employment Awards are open until 22 December 2017 and can be submitted at *veteransemployment.gov.au*.



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# I bought a Christmas Shop

#### Marg Cooper

David Nolan is the son of Martin and Glenyce Nolan who used to live on a farm on Mt Mercer Road, Meredith. David attended Woodburn Creek State School, then St Mary's Technical School and Monash University and has a successful 20-year Finance Broking business based in Melbourne. Apparently, David loves everything associated with Christmas and when an opportunity came up to buy a Christmas Decorations retail shop in Vermont, Melbourne a few years ago he did so.

He wanted to expand the business and open more shops and he saw an opportunity to open in Shannon Avenue, Geelong. The store had its Grand Opening on November 12, 2016 with Santa, face painting, gifts for kids, free BBQ, popcorn and fairy floss. He called his shops "Westminster Christmas" because it sounds regal and gives the impression of quality.

Beyond the business side of the Christmas Shops, a key reason to invest is because it allows community engagement by supporting various charities, especially for disadvantaged children. David sees the joy of Christmas is a great way to do this. A Wishing Tree at the entrance to the shop collects donations for Bethany, they do a toy drop to various centres and also donate to several charities.

This year the shops were open from June 1, for Christmas in July until Christmas Eve. Pop up shops are opening during the festive season at 421 Bourke Street Melbourne, Main Street, Croydon and Hunted Antiques Building in Kilsyth. Next year they are going to Pop Up in Ballarat and other regional areas.

They decorate across a variety of Hospitals, Retirement Homes and businesses in Melbourne, Geelong and interstate. Joneen Rattray who manages the shops for David says the buying team travel all over the world to buy and source products their and have them manufactured especially the for Westminster Christmas shops. David

particularly loves the big Australian Flag Christmas Light that is suitable for outside and made of PVC tinsel and LED lights and the Christmas Tree in the shape of a cross.

When you walk in the shop you are immediately immersed in Christmas. Everything for Christmas including reindeers, so many different trees, polar bears, ribbons, bells, trains, lights, statues, floral decorations, traditional decoration, animated and musical items.

The shop mascot is Chester the Elf. A suit is being made which David's son is lining up to wear at Geelong Gala and at events. Christmas will be a family affair!

Westminster Christmas are proposing to supply a Meredith Christmas Tree and decorations but just don't know where the township will want it located! You can let us know.







Have you... got a ripper story to tell, joke to share, photo to display or some news for your community? Then let us have it! (Contact details on page 2.) **MEREDITH NEWS** - **Take Part.**


44 Staughton Street, Meredith VIC 3333 24H on call 5286 1428 <u>hpmeredith3333@gmail.com</u> 8.00am – 1.00pm 17A Russell Street, Lethbridge VIC 3332 24H on call 5281 7187 <u>hplethbridge@gmail.com</u> 1:00pm – 6pm

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## from the MAYOR

## Cr Des Phelan Mayor, Golden Plains Shire

As Spring is now upon us, many residents will take the chance to clean up around their homes and properties, disposing of unwanted goods and materials.

I would like to remind residents of the waste disposal options available to them.

Thanks to a recent redevelopment at Rokewood Resource Recovery station, we are now able to offer a

modern space for residents to dispose and/or recycle their unwanted goods (...a reminder that Council will be commencing fire hazard inspections of private land in early November."

including scrap metal and garden waste.

The site is open on Sundays from 10.00am to 3.00pm except for Total Fire Ban days and is located at 141 Meadows Road, Rokewood. Fees start at \$32 for a single-axle trailer or level ute load. Household recyclables and scrap metal can be dropped off for free.

With the increased growth in our gardens, much of the excess can be converted into compost, and compost bins are available from Council's Customer Service Centres at cost price.

In addition, a reminder that Council will be commencing fire hazard inspections of private land in early November. Council's Fire Prevention Officers focus on the management of fuels in the area immediately around a house and outbuildings. Fire Prevention Notices can be issued to properties representing a fire hazard, instructing the owner to clean up the hazardous materials.





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## Meredith Primary School Writer's Festival

SUPPORTED BY MEREDDITH and DISTRICT NEWS

What a day we had! Our imaginations flew, our characters came to life and we did not let our ideas escape before we had them down on paper.

Our visiting author, Sue Lawson, and author/illustrator, Marisa Alo, expanded our writing and illustrating and opened up new possibilities for us. We wondered, we discussed, we imagined. We let our minds "off the leash" so they could romp and explore and come back to us.

We listened to stories, we imagined, we wrote and we illustrated. And we had so much fun.

We also enjoyed having Mrs Elvey return, and work with us during the day, with her "Pasta Pot" story and a bit of her much-loved messy work.

A huge thank you to the Meredith and District Newsletter, which generously sponsored the day and to Trudy Mitchell from the Newsletter Committee who joined us.

Here are a few words from Arabella, Alex and Jesse about the event from the students' perspective.

"Meredith Primary School participated in a Writer's Festival early last month. We had the awesome Sue Lawson and Marisa Alo come to our school. The students split into their groups and prepared for the big day. Our first author was Sue Lawson. She taught us about brainstorming and focusing on our writing and gave us information about starting a seed. We also did brainstorming about little treasures Sue brought with her - a tiny pair of antique glasses, jewellery, a shell and a mysteriously empty ring box to get us imagining. Marisa Alo was a fun author. She told us about her journey of being an author and read some of her books to us. Her comical drawings were awesome. In the end, it was a great day for all who participated. We give a big thank you to the Meredith Community Newsletter for their support and to the authors, and teachers who worked hard to set it all up."

This month, we invite the community to visit school to see another display of our students' writing. Miss Pritchard's grade 4/5/6 have been reading "Wonder" by R J Palacio, as a class. One review of this book says it is "The unforgettable, life-affirming.....story of August Pullman – a boy who's desperate to blend in, but is destined to stand out..." You are most welcome to call in and see this amazing work, which is in our learning space, and talk to the students about it.

Rosemary Gargan

## Don Sellars-Shearer

### Marg Cooper

Don Sellars left school when he was 15 years of age to work with his father doing fencing. He also worked with a tank maker in Meredith, a trough maker in Meredith, for Sammy Wiseman and as a roustabout. He did a lot of roustabouting including for Taylors on Taylor Road at Meredith and at Sutton Grange. Don recalls doing bits and pieces - a few months here and a few months there but once he started working in the sheds he wanted to be a shearer. In 1956, at age 18, Don started shearing at Archie Hearn's with Kevin Parkinson.

Archie Hearn showed Don a few things to improve his technique and his career was born. He and Kevin Parkinson then went to Harry Mohr's with Ron Musgrove, who was a pretty good shearer. Don and Ron shore together until the fires came through when Ron retired from shearing. They shore at many sheds including Jim Musgrove's and Ron Musgrove's, Harry Mohr's, Dave Woolstencroft's until 1969, Ted Tansley's, Mavis Spielvogel's and Les Frankel's. Their last shed before Christmas was Harry Bolte's. Don also shore at Narmbool in 1956 with Ron Read, Jim Ryan and Kelvin Trickey, whose father owned a bush block on Steiglitz Road, Meredith. He also shore at Leighburn and Shelbourne, for Arthur Elliott, Alf Wells, Gargans and Stan Morrison.

In the 1960's he shore at Narmbool in the new shed, with Mick Collins for whom shearing 200 per day was nothing



and Ron Musgrove and Dodger Connell. Ian Sutherland had had two contractors during the previous years and was not satisfied with them so arranged his own team of locals to shear his sheep. Harry Bolte employed two shearers for many years, Don and Ron. His merino sheep were good to shear and Jack Reynolds had cleaned them all up or dagged them before the shearers arrived.

Don had a ute, but his father and brother Bob needed it for their fencing work so they dropped him at Bolte's on Monday morning and picked him up on Friday night. He slept in the hut behind the old shearing shed with Jack Reynolds who had ten to twelve dogs. It was an experience!

Bolte's employed a cook who stayed in their house and cooked for the shearers as well as breakfast and tea for Don. Later Dorothy Bird and her husband lived in the new workers cottage on the property and Dorothy cooked for the shearers.

Don remembers Geoff the Bolte's chauffeur who was sometimes sent from Melbourne to pick up hats, shoes or dresses for Jill Bolte. Don believes he knew where everything was! Sometimes Harry sent him up with a couple of boxes of beer for the shearing team.

Don describes how most sheds had two stand plants. One shearer was up against the wall and one was in the corner. After pulling the sheep from the catching pen one shearer had to turn his sheep around before he shore it. Usually the better shearer got to drag the sheep straight out. The noise of the engine between shearers sang in your ears all day. No need for music!

In the off season from January to July Don crutched, fenced and did a variety of jobs. He drove for Jolly's carting barley from Balliang. Don enjoyed shearing. He was a steady shearer who was never rattled and who shore about 100 a day. His largest tally was 160. It was good money, there was plenty of fun in the sheds and you met farmers who were different to each other. Don recalls that football dominated the talk!

He shore until 1969. The drought meant that farmers couldn't afford fencing and there were less sheep to shear, so he got a full time job at Herds Abattoirs, where he carted cattle hides for a year before two years cutting the throats of up to 2,000 sheep a day.

Don's wife Carmel describes having no hot water so she'd heat the water in the washing machine with a heat emersion rod so she could wash the greasy shearing clothes. She also heated the bath water with the rod. When their tanks were low it was a toss-up whether to wash Don's clothes or the kids.





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## Kindred matters

judith emond FAMILY THER

## Dear Judith,

My father passed away a year ago and I've been really miserable. I miss him dearly and for some reason I'm feeling more upset than I did when he actually died. Is this normal?

Yes feeling miserable and grief stricken during the 1st Anniversary of your father's death is completely natural. It is also very common for people to feel more upset during this period as they grieve for their loved one.

At the time of your father's death you may not have had the opportunity to grieve fully. I suspect that you were busy arranging the funeral, dealing with family members and tending to your father's affairs over the past 12 months. It's highly likely that your grief was pushed to the side as you focused on getting everything sorted. So it's no wonder that the first year anniversary has affected you more.

The first year and anniversaries to follow can evoke powerful memories surrounding the death of your father. These reactions can last for days or a few months. It is perfectly natural to experience intense emotions that are similar or worse than what you had at the time of your father's death. The most common grief responses are; crying, anger, sadness, pain, trouble sleeping, loneliness, guilt, fatigue or lack of energy, anxiety and depression.

You may find the following strategies helpful;

Tears are very healing, do not suppress them. Every tear shed honours the relationship you had with your father.

The pain of grief is emotionally and physically exhausting much rest and self care is needed. Indulge in relaxing activities such as getting a massage or soaking in a hot bath.

Accept help from others and more importantly ask for help. Do not make the mistake of thinking that people do not care if they do not ring you or they do not remember that it's your father's anniversary. They will most likely think you are doing OK unless you tell them differently.

Engage in rituals or begin a new tradition that

you can uphold every anniversary such as having a private family memorial each year, visiting your father's favourite spot, planting the same flowers each year, lighting candles, donating to a charity, etc.

Reminisce the good times and communicate anyway you can with your father. Some people find it comforting to talk to a photo, some prefer to write letters, it is extremely healthy to talk out loud, scream, cry, laugh, ask for advice, or simply state that you wish your father was here.

Talk with others you know have also experienced death of a parent they will understand what you are experiencing.

Consider seeking professional help from a trained Grief and Bereavement counsellor if need.

For more information on grief and anniversaries see grief.org.au/ACGB/Publications/ Resources\_Bereaved/Grief\_Information\_Sheets

Warm regards

## Judith

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## "Flaubert's Parrot" by Julian Barnes

The novel follows Geoffrey Braithwaite, a widowed, retired English doctor who is haunted by an obsession with the great French literary genius Gustave Flaubert who was born near Rouen in 1821. The dust jacket says, "As Geoffrey investigates the mystery of the stuffed parrot Flaubert borrowed from the Museum of Rouen to help research one of his short stories, we learn about the writer's work, family, lovers, thought processes, health and obsessions. But we also discover some important and shocking details about Geoffrey himself."

Geoffrey visits France and Flaubert locations, and encounters two incidences of museums claiming to display the stuffed parrot which sat atop Flaubert's desk for a brief period, while he wrote In Coeur Simple. While trying to identify which is authentic, Braithwaite ultimately learns that Flaubert's parrot could be any of fifty that had been held in the collection of the municipal museum. Geoffrey starts with the statue which he describes as permanent, unstylish, crying copious tears, floppy tied, square waistcoated, baggy trousered, straggle moustached, wary, aloof bequeathed image of the man.

Words came easily to Flaubert but he also saw the underlying inadequacy of the Word. Is the parrot a symbol of the word?

This book is a dry, academic, dissemination of Flaubert's life but there are a few gems: "Isn't the most reliable form of pleasure of anticipation. Who needs to burst into fulfilment's desolate attic?" "How do we seize the past? It is like catching a greasy pig." "How submerged does a reference have to be before it drowns?" "The advantage of making friends with those already dead is that your feelings towards them never cool." "Memories came out of hiding but not emotions, not even memories of emotions."

Gustave Flaubert died in 1880, impoverished, lonely and exhausted. In his obituary notice there were comments that he was unknown by up to four fifths of Rouen and detested by the other fifth. He left the book "Bouvard et Pecuchet"

unfinished. Some say the labour of the novel killed him.

The book for discussion in October is "Lost & found" by Brooke Davis.



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## **Gold Rediscovered in Meredith!**

This Gold isn't in the form of nuggets or flakes, but rather in the form of Community Gold cards. Those fortunate enough to get their hands on this Gold can redeem it at local retailers for goods or services. Although the majority of Gold Loving retailers are in Buninyong, the list of participating businesses along the Midland Highway in Meredith and Elaine is growing.

How can you get some Gold to spend?

To date, most of the Community Gold in circulation has been given to community groups, clubs and notfor-profit organisations to assist with their fundraising efforts. Leading up to Christmas, Community Gold will be available to purchase at a discounted price from Buninyong & District Community Bank. Look for the "*Give the gift of Gold this Christmas*" advertising early November. It is rumoured that \$20,000 worth of Gold will be found in stockings and under Christmas trees all around our district.

There are currently 31 businesses where you can spend your gold with the list growing on a regular basis. For a full list of Gold Lovers visit:

facebook.com/Community-Gold-272668513224253/.

Community Gold is an initiative designed specifically to support local businesses. The program was created to stimulate the regional economy by encouraging the community to buy local. It has been recognised that successful businesses make for successful communities and working together we can achieve both. Community Gold is an opportunity for the whole community to achieve win -win results and it provides a new method of raising money for clubs, schools and other not-for-profit organisations. Specifically it ensures that gifts, donations, grants and sponsorships are spent locally so that every dollar has a much greater impact than ever before.

How can your business participate?

If you would like to become a Gold Loving business, please contact Randall Dreger on 5341 8066 or drop into the Buninyong & District Community Bank Branch. There is no cost for retailers to participate in the program as the full cost of the program is covered by the Community Bank. The more retailers that participate, the stronger the program will become and the more the whole community will benefit. Do not hesitate and miss out on the opportunity to have some of that \$20,000 of Christmas Gold being redeemed at your business.

Full terms and conditions for Community Gold cards and participating retailers can be obtained at the Community Bank.

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What we know about...

...October As the name suggests, October was originally the eighth month of the year in the old Roman calendar. While not an Australian celebration, October is host to Halloween; an ancient Celtic festival of Samhain (pronounced sow-in) that stems from Ireland, the United Kingdom and northern France celebrating their new year on the first of November. A night when ghosts could apparently cross the boundary between the living world and the dead, this is another tradition that thankfully hasn't yet reached our shores in full capacity, which would result in horrifying creatures turning up at our doors, forcing us to exchange goods in order to avoid threats of vandalism.

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