

Meredith & district News



A ~~bleated~~
belated Happy
New Year to all
our readers.

your FREE Community Newsletter since 1972

February 2018



inside

Community
Centre Program
Lift-out Inside!

- Our Marg, Citizen of the Year
- Farewell to the Cookes
- Fr. Charles Marries His Son. (Well, sort of)

...and lots of **COLOUR!**



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

Bannockburn Skate Park Lights Up

The Bannockburn Skate Park will again be up in lights this year during the fourth annual Barwon South West Twilight Skate Park Competition on Thursday 29 March. Council has partnered with the Australia Skate Park League and the YMCA to once again bring this fabulous event to Bannockburn.

Council is currently seeking interest from volunteers to assist with the event planning. Each year a group of young people form a team to help with the organising and running of the annual event. Volunteers will be mentored by professionals in the skate industry while developing skills in event management, photography, sponsorship, promotion and judging. Previous participants have utilised the voluntary opportunity to do a school project or achieve a community service award.

The eight week program, called 'Tracks', will begin Thursday 8 February 6.00pm – 7.30pm at the Bannockburn Cultural Centre. Planning meetings will be held each Thursday leading up to the event. The Barwon South West Twilight Skate Park Competition will be held on Thursday 29 March from 4.30pm – 9pm at the Bannockburn Skate Park.

For more information contact the Golden Plains Shire Council Youth Development Team on

5220 7111 or

email youth@gplains.vic.gov.au.

Register online at www.goldenplains.vic.gov.au

BARWON SOUTH WESTERN SKATEPARK SERIES 2018

EVENT
VOLUNTEERS
WANTED

Be part of the team to run the 2018 BSW skatepark series held on Thu 29 March. Event planning commences Thu 8 Feb 6.00pm – 7.30pm @ Bannockburn Cultural Centre

REGISTER INTEREST:

goldenplains.vic.gov.au



CONTACT

(03) 5220 7111

[YOUTH@GPLAINS.VIC.GOV.AU](mailto:youth@gplains.vic.gov.au)

GOLDEN PLAINS YOUTH

SPL SKATE PARK LEAGUES

Y YOUNG

freeza VICTORIA
www.freeza.vic.gov.au

**GOLDEN
PLAINS
YOUTH**

FreeZA is a Victorian Government initiative that supports young Victorians to get involved in their community by planning and running drug, smoke and alcohol-free music and cultural events for other young people.
EVENT CONDITIONS: ALL AGES EVENTS * DRUG, ALCOHOL AND SMOKE FREE * FULLY SUPERVISED * PASS DATE CONDITIONS MAY APPLY

Meredith & district NEWS



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

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

DATES AND DEADLINES

The Newsletter is distributed on the **first Thursday** of 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. 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 you 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

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news@meredithnews.com.au

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advertising@meredithnews.com.au

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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

connect

**ADVANCE
MEREDITH**
5286 1291

ANGLING CLUB
0419 423 960

BLUE LIGHT DISCO
5286 1222

BOOK CLUB
5286 8201

CFA
000 for fire calls
Elaine
0417 533516
Meredith
5286 1502
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 545 246
Juniors 0430 587 674

GOLF CLUB
5341 5748
HISTORY GROUP
5286 8201

LANDCARE
0409 862 326

MEMORIAL HALL
5286 1251
0435 312 984

MEREDITH LIONS
0473 380 552

MOTORCYCLE CLUB
0437 009 250

PLAYGROUP
5286 0700

POLICE PADDOCKS
5286 1273

RSL
5286 1452

SENIOR CITIZENS
5286 8232

TENNIS
Elaine
0448 291 074
Meredith
5286 1211

SEW 'N' SEWS
5286 0700

**FRIENDS OF THE
BRISBANE RANGES**
5286 1252

..or start something.

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

emergency

Police, Ambulance, Fire	000
(from mobile phone)	000 or 112
Meredith Police Station	5286 1222
Power Failure	132 4 12
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
	0409 830 223
Bannockburn Vet	5281 1221
Golden Plains Vet	5281 2226
Injured Wildlife	0429 430 646
Pets and Horses 24/7	0421 617 238

Justices of the Peace

Mr Don Atherton.	0409 869 960
Mr P Ryan Elaine	0409 861 296

services

**CEMETERY
TRUST**

5286 1550

HALL HIRE

Meredith Memorial

5286 1251

Elaine Mechanics

5341 5596

Elaine Rec Res

5341 5703

LIBRARY VAN

5272 6010

**MATERNAL
CHILD HEALTH**

5220 7230

PRE-SCHOOL

5286 0722

PRIMARY

SCHOOL

5286 1313

RECREATION

RESERVE

0429 841399

"People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas."

.... Anon





Australia Day Awards

Some of Golden Plains' most community-minded people for 2017 were recognised at Golden Plains Shire Council's Australia Day Awards ceremony on Tuesday 23 January in Bannockburn.

The Awards recognise residents and community groups who have made outstanding contributions to Golden Plains Shire. Councillor Helena Kirby, Mayor of Golden Plains Shire, said "Our Australia Day Awards allow Council to celebrate and recognise the efforts of some of Golden Plains' most dedicated and community-minded citizens.

"These selfless and committed people go above and beyond, in their own time, to help make Golden Plains Shire a better place – they don't do it for the recognition, but for the love of their communities.

"All the nominees, not just the winners, are shining examples of community spirit – they are local role models and Council is so grateful for their efforts," finished Cr Kirby.

Golden Plains Shire Council is very proud to announce the recipients of the 2018 Australia Day Awards.

Citizen of the Year – Margaret Cooper

Margaret received this award in recognition of her many years of service to the Meredith community. She is a volunteer at the information centre, an active member of the Meredith Art Group, and a founding member of the Meredith Book Club and Meredith History Group. Margaret has also written many books including Significant Women of Meredith and she also produces a local calendar!

Senior Citizen of the Year – Dianne Moylan

Dianne is an extremely active community member in Scarsdale and surrounding communities. Amongst her many contributions, she is the Scarsdale Community Coordinator and Smythesdale Market Coordinator. She also teaches children how to garden at the primary school and was a driving force with the Scarsdale Station and community gym development. Dianne is also involved with the cemetery trust.

Youth Citizen of the Year – Kaitlyn Schurman

Kaitlyn has dedicated countless hours to the Golden Plains Shire Council Youth Development activities and events and has been an integral member for People of Golden Plains, Tech, Tea and Tales, Youth Empowerment Roadshow and Teesdale Twilight Market. Kaitlyn also recently received a Victorian Premiers Volunteer Award in the service category.

Community Event of the Year – Linton Town Wide Garage Sale

The Linton Town Wide Garage Sale has been running successfully over the last few years, last year involving over

20 garage sale sites and providing a fundraising opportunity for community organisations. The Garage Sale brings many visitors to the town, which results in increased turnover for local businesses. Community feedback indicates that it is a well organised, thoroughly thought-out community event.



Above, Meredith district resident, and prolific contributor to our newsletter, Marg Cooper with Mayor of Golden Plains Shire, Helena Kirby. Right, the mayor with Youth Citizen of the Year, Kaitlyn Schurman





Community

Golden Plains Ticket

An allocation of tickets for Golden Plains Festival is available on a first come first serve basis for locals living between Elaine and Lethbridge to purchase from Back Creek Cafe (1/27 Staughton Street) from 10am on Tuesday 13th February until sold out. 3 per person limit. Please bring proof of residential address. CASH sales only. For more information contact us on 0430 091 120 or via auntym@mmf.com.au. The festival website is www.goldenplains.com.au and information for locals is available at www.goldenplains.com.au/locals.

Bamganie-Meredith Landcare

The next meeting of the Bamganie-Meredith Landcare Group will be at

Tuesday 20th February 7:30pm
at the Meredith Community Centre.



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. We are currently planning for the next twelve months and it would be great to hear your ideas about how Landcare could help you. All welcome.

Meredith Senior Citizens

Well it is over for another year, the festive season I mean and I hope everyone came through unscathed as we look forward to another year of meetings, lunches, trips and fun at Meredith Seniors. I would like to thank the many businesses, Kylie and her team from the State School and last but not least our committee for their support during 2017.

All of these people work tirelessly to make it all come together. Members are reminded that our first get-together lunch for 2018 is on February 12 at the Royal Hotel, 11-30-12.00start.

New members are welcome!

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

Our editorial deadline for March 2018 is
2pm Thursday February 22nd.

Meredith CERT

10 Years On and Still Going Strong!

The Meredith and District Community Emergency Response Team (CERT) is still playing a very important role in our community. With around 100 emergency calls per year covering the communities of Mt Doran, Morrison, Durdiwarrah, Steiglitz, Sheoaks, Maude, Lethbridge, Shelford, Mount Mercer, Elaine and Meredith. Community First Responders do an extraordinary job by providing basic emergency pre hospital care before the ambulance arrives. When 000 is called for an ambulance, CERT is dispatched at the same time as a paramedic crew. With local knowledge of the area, CERT is usually the first on scene. Our members do their best to cover 24 hours, 7 days a week, however there are some times when our volunteer members are not available.

We are currently looking for more volunteers to come on to the team, no previous medical training is required, just a willingness to be part of a great team and to help people. As a CERT member you are employed by Ambulance Victoria and have a contract obligation to attend training once a month and be available for a minimum 20 hours per month on the call out roster. In return Ambulance Victoria will train you in Cert II in "Emergency First Aid" and further vocational training is available that offers CERT members the opportunity to become a paramedic.

If you are interested in becoming a CERT volunteer you are most welcome to approach a team member, or contact our Team Leader, Martin Peters on 5286 1112. Becoming a CERT member is not only helping your community, it also gives your confidence and a skill for life – *emergency first aid*.

Our cover photo, taken by Bronwyn Peters, captures one of the district's most valuable assets - the CERT. From left, they are Martin Peters (Team Leader), Peter Boer, Cathie Boer, Jo Peters, and Mary Foster (Mary has been with CERT from the beginning 10 years) well done Mary.

THANK YOU TEAM!



Classifieds

First insertion of small ads are FREE to district residents

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Shearer available for pet sheep or small lots - 0448291074

Church News



CATHOLIC

St. Joseph's Parish Meredith Mass Times

Parish Priest Father Charles Balnaves phone 52861230.

Mass Times:

Winchelsea every Saturday at 6pm

Bannockburn/Inverleigh every Sunday at 9am at Inverleigh except last Sunday of the month which will be at 9am at St. Mary MacKillop School.

Anakie at 11am Sunday February 11th/25th. March 11th/25th.

Meredith at 11am Sunday February 4th/18th March 4th/18th. Ash Wednesday February 14th.

Masses Meredith 11am Inverleigh 7pm Winchelsea 9am

Enrolment for all children who wish to make the Sacraments of Reconciliation, first Eucharist and Confirmation will be held on Wednesday 21st at 5.30pm at St. Mary MacKillop Primary School Bannockburn. Enquiries phone the Parish 52861230.

World Day of Prayer Friday March 2nd. At St Joseph's Meredith. At 10am.

Advance Notice for 2018

Enrolment for any children who wish to make the sacraments of Reconciliation, First Eucharist and Confirmation for 2018 will take place on Wednesday February 21st from 6 p.m. to 8 p.m. At St. Mary MacKillop Primary School Bannockburn. BBQ tea provided.

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

ANGLICAN

Weekly Services, baptisms, weddings, funerals, pastoral care, bible studies. Contact: Rev. Elizabeth Bufton, 5281 2224; 0437524864 Church Office, Byron St. Bannockburn 5281 2553

Service Times;

Church of Epiphany - Meredith.

11.00am 4th Sunday each month, Holy Communion at Anglican Church. 11.00am 2nd Sunday of month, Holy Communion at Uniting Church

St James. - Morrisons:

Contact: 0429 146 566 or 5368 2730. The Rev. Glen Wesley
1st Sunday of the month at 5pm, 3rd Sunday of the month at 9am.

UNITING CHURCH

Monthly Combined Holy Communion services.

2nd Sunday, 11am at Meredith Uniting Church

4th Sunday at 11am at Meredith Anglican Church

1st & 3rd Sunday at 9.30 at Buninyong Uniting Church

Enquires Doug McFarlane 52861283.

Rev. Lindell Gibson 53413 200

SERBIAN ORTHODOX

Fr. Theodore—Ph. 5341 5568

Holy Liturgy 10am every Sun, Sat & Major Feast Days.

About Community Planning



Golden Plains Shire supports a process where communities develop and implement 3-year Community Plans in order to improve their own communities.

The Council provides \$7,500 SEED funding for each new 3-year Plan to kick start implementation of the projects identified within the Plan.

MEREDITH COMMUNITY PLAN

The Meredith Community Plan is developed and actioned by community members. The success of the plan relies on community members working together to bring about positive changes to our area.

There have been many **achievements from past Community Plans** including:

Exercise Fitness Station

Tree guard Project

Interpretative Centre

Christmas Street Decorations and Christmas Carols

Events – taste Meredith

If you live, work, visit Meredith, the Meredith Community Planning Coordinators would love to hear your ideas about what you'd like to see happen to make Meredith an even better place to live, work and visit. We are also seeking out new Community Coordinators to be involved in the coordination of the new Plan.

All residents will be receiving a survey developed by the Community Coordinators, asking for their ideas on Projects for the next Plan. At the "Showcase Our Community" night, we will be deciding what will be going into the new 3-year Plan from the ideas gathered in the survey.

The "Showcase Our Community" is to be held at the Meredith Community Learning Hub on Friday 16th March 2018, 6-9pm.

All residents, business owners and community groups are encouraged to come along to ensure the Projects you are interested in make it in to the Community Plan.

For further information contact Di Ritchie 0408 599 602

Meredith Drop-In Support for Families

Barwon Child, Youth & Family will be holding a drop in service, half a day a month, at the Meredith Community Centre. The next drop in will be

1st March and 5th April 2018 from 9am.

Louise and Raquel from BCYF will be available to discuss any areas of support that you may need in relation to Drug and Alcohol or parenting issues.

Please feel free to call in and have a chat. All conversations will be strictly confidential. Looking forward to having a chat and perhaps a tea or coffee with you.



Meredith Community Meeting

All Community Group Representatives and interested residents are invited to attend.

Friday 09 February 2018 at 6:30 PM or at a time to suit the majority.

The Meredith Memorial Hall – Supper Room.
61 Staughton Street, Meredith 3333

To get together and discuss the application(s) for Community Grants from various Government agencies and the use of these grants for community projects.
Let's get the ball rolling for this the 100th year celebrations of the 1918 Amistice.

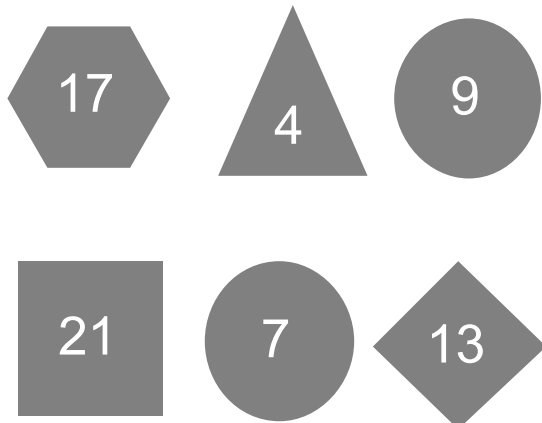
5286 1251, 041975 7965,

Email jbgm.meredith@bigpond.com

Get That Motor Running



OK, It's time to shake the Xmas Cake crumbs out of the gears and get thinking. Study this array of shapes and numbers for one minute, then answer the seven questions on page 28. Then do it again, and again until you get all seven. Feel better now?



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Recreation



Meredith Golf Club

On Sunday 7th January 2018 the Meredith Golf Club changed their tee-off time from 10:00am to 8:00am. This change was made due to the potential for very hot weather during the summer months, with the earlier start there is a better chance of completing the round before the temperature peaks in the afternoon.



We are currently working on improving the condition of the course with mowing, brush cutting and removing dropped branches etc, there is still a lot to do but we are slowly getting there.

There has been a dedicated small group playing on Sunday mornings. If anyone is interested in joining in you are more than welcome, if you do not own clubs but wish to have a go before you buy some we may be able to lend either an adult or junior set. Do not worry about your ability to play, the group at the moment are very new to the game and still learning, we are just out for a walk and a bit of fun.

We tee-off at 8:00am on Sunday, men, ladies, or juniors can play 18 holes or 9 holes whatever suits your day.

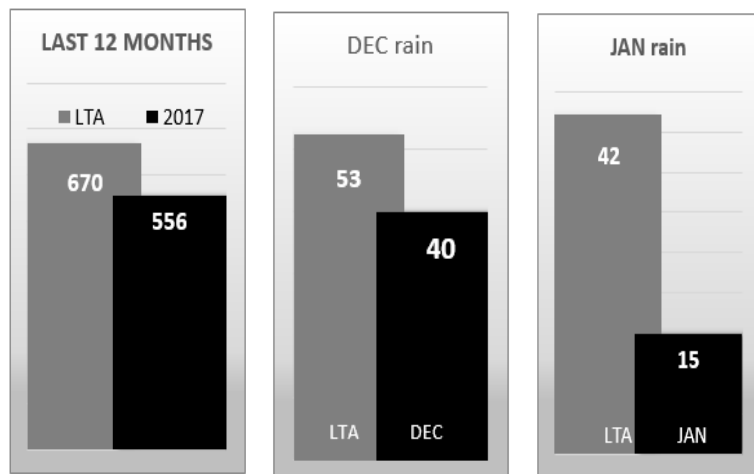
Paul Mitchell, Vice President

Tennis Future Leaders Program

Molly Dunne has graduated from the future leaders program at Tennis Victoria. All future leaders were required to do 40 hours work for their tennis club. Graduation was held at Kooyong Tennis Club on Thursday 11th January. Molly plays with Elaine and is on the Elaine Tennis Club committee. Congratulations Molly

Not much...

rainfall



ALL MEASUREMENTS ARE IN MMs That's for Kerry :-)
(Sadly, they are not inches but, happily, neither are they points!)

Junior Country Week Cricket

Marg Cooper

Kade Wells was a member of the Under 13 team that were Premiers at the 2017/2018 Junior Country Week run by Central Highlands Cricket Association, during the first week of January. He received a medal to remember the achievement.

Kade plays cricket at Buninyong in an Under 14 team and expressed an interest playing country week and attended two "try out" sessions with about 50 other hopefuls from the Ballarat Cricket Association. His team, the Under 13's Gold Team, contained 13 of the 50 hopefuls.

The Central Highlands Cricket Association was formed in 1999 and represents eight Associations including Ballarat, Gisborne, Castlemaine, Grenville, Maryborough and Daylesford. In the Under 13's section there were five teams which competed at several different cricket grounds including Linton and Maryborough. The other sections were Under 12, Under 15 and Under 17.

Team members were supplied with a navy shirt which featured the Southern Cross on the front. They began each morning with an hour of "warm up" exercises in their "warm up" uniform which was also supplied to team members and they had team meetings. They had lunch together and Kade and his parents were very impressed with the management of the event.

The team played from 10 am until about 4 pm. Each team bowled 40 overs and each batsman had to retire at 40 runs. Kade was selected as a bowler and his best was 2 wickets for 5 runs in 6 overs but his batting was also impressive. One day he made 44 runs, not out!

Kade loved the week of cricket and hopes to be selected to participate again next year.



Kade Wells proudly displays his premiership medal.



The Spirit of Progress

Raymond Kelly

The Spirit of Progress on Saturday, November 25, 2017 en route to Ballarat was photographed by Colin O'Connor as it powered up the grade near the bridge that carries the line over O'Connor's Road at Lethbridge. Brian Dunne also observed the train as it passed along the line near Elaine. Promoted as *The Spirit of Progress* 80th Anniversary Tour and organized by Seymour Rail Heritage Centre the tour was a celebration of a trip the train made on Friday, November 19, 1937 from Geelong to Ballarat.

Prior to entering service between Melbourne and Albury on November 24, 1937 *The Spirit of Progress* was open for inspection to the Victorian Public at Spencer Street Station in Melbourne, Geelong, Ballarat, Bendigo and Castlemaine. In the 38 hours that *The Spirit of Progress* was open to the public, it was inspected by over 56,000 people. As the word spread of the coming of *The Spirit of Progress* in 1937 many people turned out to their local station to witness it passing by. *The Spirit of Progress* visit made front page news in newspapers of the time.



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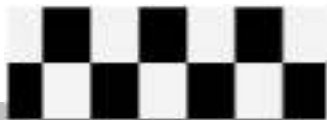
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Meredith POLICE news



Welcome all readers of the Meredith and district newsletter as we enter another year and I hope that you all had a relaxing and safe Christmas new year.

Since the last edition I am very happy to report that crime has been extremely low indeed and there has been no burglaries reported in our area since the 27th June 2017. In saying that there has been a great deal of other activity which has kept me busy across the Golden Plains Shire.

On Thursday the 18th January a Geelong based resident's 2008 model Ford Ranger broke down in Steiglitz – Meredith Road, Steiglitz. Sometime late at about 3:50 p.m. a witness observed a blue coloured short wheel base Nissan patrol with bull bar drive off the road and intentionally ram the Ford Ranger. The Nissan Patrol then left the area and drove towards Meredith after causing substantial and unprovoked damage. If any reader has any knowledge of the incident or vehicle please contact me or crime stoppers.

I have unfortunately attended several motor vehicle accidents over recent weeks. One of the these accidents occurring on Sunday the 21st January at Maude where female motor cycle riders collided at the intersection of Thompson Road and Steiglitz Road. Thankfully, neither rider was seriously injured.

Again, and due to a recent fire, I would like to stress the need to be careful at all times when using machinery around grass land and to be aware of when equipment can or cannot be used in fire restriction periods. I would also encourage people to be vigilant over the remaining hot months as to any suspicious behaviour. This behaviour may be for example a car parked on the side of the road in a remote location on days of extreme weather.

As always I ask people to be vigilant with suspicious vehicles or activity around the district and I continue to ask that residents with information contact me at the Meredith Police Station on 52 861222 or on Crime Stoppers on 1800 333000.

Greg KITCHEN

Officer in Charge – Meredith Police Station

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GIVE US A CALL!

Farewell to the Cookes

Marg Cooper

On Sunday, January 7 an afternoon was held at the Meredith Hall to farewell Robert and Wendy Cooke and Andrew and Louise Cooke and their children Matilda, Georgia and Thomas. They are all relocating to Echuca.

It is sad for a community to be losing a family who have been so valuable to the district and so involved in the community over so many years but it is the good fortune for Echuca to be gaining such a family and everyone wished them well. Kim Ivory, as MC, introduced several speakers who expressed these sentiments and outlined some of the contributions made:

Fay McFarlane described how William Cooke, Robert's great grandfather arrived in Geelong in 1856, came to Steiglitz in 1862 and how his son Jim had stables on the SE corner of Wallace and Staughton Street. He also had a road making contract business, made dams and ploughed with his horses and equipment and later established a farm at Durdidwarrah which he called "Pioneer". Pam Armstrong and Fay McFarlane (who were Cookes) intend to hold the Cooke tradition in Meredith.

June Cameron spoke of Wendy's positive influence on young people of Meredith as a Brownie Leader and Kindergarten Assistant for many years and her continued volunteer work at the Kindergarten especially with the Bookclub.

Stephania Parkinson explained that Andrew was a willing volunteer and had a "can do" attitude. She had worked with Andrew for four years on the School Council and he had been an organizer of workers for the Tucker Tent at the Music Festival for 7 or 8 years.

Doug McFarlane related how Robert's father, Lloyd, had his own fire truck and unit and that Robert had continued the tradition. Robert had been a member of Meredith Fire Brigade for over 50 years as Captain and Group Officer and was still fighting for the CFA to remain as a volunteer organization. Doug recalled how himself, Kevin Parkinson and Robert saved a house at the Anakie fire. The crew were all over 60 years and the truck was almost as old but they were willing to get in and have a go!

Jim Baker told of Robert's contribution on the committee of the Meredith Hall and how he always offered good advice.

Neil Cameron spoke about Robert as a Bannockburn Shire Councillor for 8 years including a term as President in 1988/89 and how he served on the Bannockburn and District Water Board and Geelong Regional Commission. Neil also recalled that Robert was involved in establishing Pioneer Park at Meredith and in 1993, the fight against

dividing Bannockburn between Ballarat and Geelong Shire Councils.

Jill Buchanan remarked that Henry Bolte would have said, "Well done, son!" She said Robert and Wendy were a power couple in the Liberal Party, had ideas, were willing to work and were leaving a lasting legacy.

Jeff Cooper related how Robert started playing golf as a teenager, is a past Secretary, A Grade Champion and Pennant Flag winner in B.D.G.A. He negotiated with Vic Roads to relocate the clubrooms to its present site as Vic Roads had plans to re-route the Midland Highway. He and his father did much volunteer work to improve and maintain the golf course. Robert also played football but didn't play again after he broke his leg in 1971.

Nigel Parkinson told of Robert's influence in the cricket arena where he played from when he was 14 until his late 40's and was the mentor for the team of youngsters who



The Old Crew at Cookes send-off, Jeff Cooper, John Parkinson, Robert Cooke, Daryl Ferry & Daryl Bayard.

won 3 premierships in 4 years. Marcus Nolan wrote the words of the "Old Man Cookson" song which they often sang in appreciation of him teaching them "the tricks". If Meredith had a Mayor Robert would be it!

Daryl Bayard and Robert went to school together. He recalled shearing at "Darra", Robert going to Country Week Cricket and that Daryl was Best Man at Robert's wedding.

Mary Nolan said Robert's mother Janet Cooke helped Mary, John and Chris when they played golf. Janet was instrumental in organizing a fundraising day at Boltes to raise money to install toilets at the new clubhouse. Mary also recalled the cricket premierships when her son Chris was Captain.

Robert and Wendy responded.....A scrumptious afternoon tea was enjoyed, lots of stories were told and some adjourned to Hearn's Hotel to continue the farewell!

This year... Gemma Hanan is going to spill the beans on those odd things we say, have a vague idea what they mean, and probably no idea where they came from. We think you'll be as pleased as punch with Gemma's new column.

the THINGS We Say...

GEMMA HANAN

Cat got your tongue?

As you could probably imagine, this saying has multiple grizzly possible origins. The most literal was that in ancient Egypt, the tongues of liars and blasphemers were cut out and fed to cats, something that would be a great one to tell the kids. Another more recent origin is that the fear and pain of the 'cat-o'-nine-tails' would scare victims into remaining quiet for extended periods. Either way, it's not a delicate saying. This phrase joined the *Oxford English Dictionary* family in 1911 but had a particularly popular usage period in the 60s and 70s.

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Meredith Car and Bike Club 4th Annual Show

Marg Cooper

On Sunday, February 25 the Meredith Car and Bike Club is holding a Car and Bike Show and Mega Swap Meet at the Meredith Golf Club/Car Club Grounds, Midland Highway, Meredith. Geoff Hardy, the key organizer, has been a collector all his life. His pride and joy is a red 1954 Ford Customline. One of the first cars he owned was a Customline. Whilst dating his now wife, Denise he used to take her to the drive-in to see Elvis and Ricky Nelson. He sold that car to his brother but in later years he once again yearned to own a 1954 Customline. This time around wanted to raise the bar and own a convertible.

Geoff explained how many of them rusted out because the hoods were left down so he pestered his son Karl (who's profession is to search for rare and collectible vehicles for his clients from all over the globe, *Karl Hardy's Bespoke Auto Services*) to look overseas for a suitable car. Karl spent days searching the internet and spent many hours talking with his Global contacts and found an amazing 1954 Ford Sunliner. The red cherry he found for Geoff, was a show car in America, it has white wall tyres and a white vinyl hood. Karl negotiated the purchase and transport. It arrived in Australia just before Geoff's birthday so he describes it as the best birthday present to himself!

With his interest in cars Geoff joined two car clubs but always had an idea to have a car club in Meredith. Over the last twelve months Geoff and a bunch of dedicated Meredith locals have had productive meetings and have formed a committee and have "ticked all the boxes and crossed all the tees" and Meredith Car and Bike Club of Victoria is now official and open for business!

The club's show aims to raise money for "Tour de Cure", Australia's leading Cancer Charity raising much needed funds for research, support and prevention projects for men, women and children impacted by cancer. 100% of the money raised will go directly to the charity which has, since its inception, raised over \$32M and lead to 23 world recognised cancer breakthroughs. We know that cancer touches 1 in 3 people so the car show will be a great way to support Tour de Cure, have a great fun day out in beautiful Meredith amongst some of the most prized and desirable cars going around!

Take a look at the fantastic impact that the Tour de Cure charity has had in more detail touredecure.com.au

Geoff will be there in his red convertible with a blonde in the passenger seat!

Editorial

A Shop Shuts its Doors



It is not the first time commercial pressures have led to a business closure in town, but the sudden and unannounced closure of the Meredith General Store and Post Office late last month is particularly notable given the iconic status of “the Corner Shop”. Understandably, it came as a shock to many residents, and will certainly be a significant inconvenience. We now have to leave town to transact any postal business beyond dropping pre-stamped mail in the post office box. Those who relied on post office boxes to collect their mail, will be especially inconvenienced.

Beyond this immediate (and hopefully, short term) implication, is the loss of a business that has been a part of life for residents over many decades. Our observations are limited to “only” the last 28 years, but in that time we have witnessed the shop’s ups and downs, as well as the pivotal role it has played in the community. It added the post office and newsagency services when the Dodsons closed their business (the “Top Shop”) over a decade ago and quickly became a meeting point as we went about collecting our “milk, mail and papers”.

Of its several owners over that time, some have done a wonderful job of restoring the exterior and/or improving the business, while others, unfortunately, have not been so committed. As we write this, it is unclear what its future will be. One resident sought the advice of Australia Post on its plans for a solution, only to be told, after a 10 day wait, that the “...Meredith Post Office has closed due to unforeseen circumstances.”

The Miner reports the owner, Natalie Sahakian, plans to renovate and reopen the business, including a post office, but it won't be “...a quick turnaround.” We certainly hope to see it restored to a thriving business and once again playing a valued role in community life.

We at the Newsletter especially regret its closure. The Meredith General Store and Post Office has long played a very supportive role in providing a place for collecting the newsletter, lodging articles, ads or account payments, as well as assisting in the distribution of the newsletter through post office boxes and mail contractors.

Whatever the future may hold for this building and business, we acknowledge and thank all previous owners for their service to the community.

Jim Elvey, Editor

The Meredith News and Closure of the General Store

With the Meredith General Store and Post Office closed, some of our readers, especially those with post office boxes, may have some difficulty collecting their monthly copy of Meredith News. Extra copies will be supplied to the **Meredith Community Centre**, which is open from 9.00 am to 3.00 pm, Monday to Thursday. As always, copies will be available from the Meredith Roadhouse, either hotel, Woolabrai, Back Creek Café, Foxys, Dorothy's Kitchen, the Elaine Post Office and Elaine Farm Supplies. You can also access it online at meredithnews.com.au from the second Thursday of each month (except January). We will monitor the situation to ensure we have the best arrangements in place for regular deliveries. We regret any inconvenience, and trust you will get your hands on a copy without too much trouble.

Where to Drop Stuff Off

If you have something for the newsletter, you can drop it off at the **Meredith Community Centre** in Russell Street, any time between 9.00 am and 3.00 pm, Monday to Thursday. As always, please ensure it is clearly marked for our attention, you identify who it is from and how we can contact you.

Meredith Post Office - What Now?

For now, Meredith residents are required to collect mail from the Elaine Post Office. We have not been able to get an indication of Australia Post's plans to re-establish a service in Meredith. Several residents have approached local parliamentarians which hopefully will ensure the issue is progressed. We can only speculate that Australia Post is in discussion with the current licensee to establish if continuation of the service from the existing premises is possible.

Didn't Get the December Newsletter?

We discovered in mid-December there was a delay in the distribution of that month's newsletter to the outer Meredith mail delivery area, and received assurances from post office personnel it would be investigated. We only learnt in late January they still have not been delivered. A formal complaint has been lodged with Australia Post and, although they cannot find any trace of the lodgement, are continuing to investigate. Apologies to those affected and, if you would like a copy, you may still be able to pick one up at one of our local outlets.



It's Enough to Make a Horse... Laugh!

A couple of years ago, you could see the following signs, on separate properties, on the way to Geelong



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Meredith Community Christmas Carols.

Di Richie

On Sunday December 17th a large gathering of families and couples enjoyed a lovely night of Christmas carols, songs and stories. Kim Ivory was the MC extraordinaire and the wonderful Dawn Macdonald joined with the Bannockburn Momentum church musicians to provide the fantastic musical accompaniment. The children enjoyed the face painting beforehand and a wonderful Chocolate Christmas Story.

The Meredith Lions Club cooked the barbeque tea (thank you girls) and the three Meredith churches provided the food.

And of course Santa arrived on a very large firetruck complete with sirens and handed out lots of lollies to all the lucky children.

Thank you to everyone who contributed to make the night a community Christmas celebration.



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A Way of Life

by KERRIE KRUGER



A PRACTICAL GUIDE TO A MORE SUSTAINABLE LIFESTYLE

In the February Fruit and Veggie Garden.

Wow what a hot summer so far. Some days have been a challenge and many early morning or evening watering sessions, but what a peaceful way to start or finish the day, and I am sure we have a few more to come.

So as you can imagine February productive gardening is about watering and weeding and providing sun protection when needed. That hot summer sun can crisp even the most resilient plant.

At the moment from your garden, or swapping from friends or neighbours, we can be harvesting tomatoes, apricots, beans, rhubarb, strawberries, grapes, peaches, figs, last of the raspberries, lettuce, basil, capsicums, chillies, cucumber, parsley, potatoes, spring onions, beetroot and zucchinis (for some reason we have none this year – anyone want to swap for eggs or tomatoes?)

Grow Seedlings in trays for Autumn planting

Broccoli–Late Types Cabbage–Winter Ball Heads, Chinese Cabbages–All Types Including Heading Varieties (Bok Choi), Endive, Lettuce–Butterheads, Spring Onions

Sow Straight Into Ground

Coriander, English Spinach, Florence Fennel, Mesclun Salad Mix, Rocket, Swedes, Turnips, Radishes–Summer & Winter Type.

Good healthy plants come from healthy alive soils, so keep adding to and turning your compost heap, add the chicken poo/ straw mix from chook house clean up and add the kitchen scraps, that chooks don't eat like leaves and coffee grounds. Don't forget to water as composts need moisture to breakdown.

Any out of control plants, and yes of course we have them!, can be trimmed back and fed to chooks (not rhubarb though) or composted, nothing is ever wasted in a productive closed loop garden system. – more about closed loop systems next month and how they help with zero waste living.

Happy Summer ...See you again at the start of Autumn

"If you want to be happy for a short time, get drunk; happy for a long time, fall in love; happy forever, take up gardening" – Arthur Smith

Listing for Life

The beginning of a new calendar year makes many people want to start fresh. We have 365 new blank days to fill. How am I going to fill them? Yes the days will be filled with business, home-schooling & running the home & garden needs, but for me these busy daily actions need to be balanced with soul enriching activities that fuel my mind, soul & body.

When your last breath has been taken, you hope that you will have lived the life you wanted, so ask yourself what is truly important, then have the wisdom and courage to build that life starting with your new year's lists.

For me I like a 3 part action to new year, 1: *Stay in Balance* List; 2: *I Want to...* List and 3: *I Don't Need ...*List, to keep with me throughout the next 365 days so that I can refer to if I feel my rhythm drifting.

My *Stay Balanced* list (things I am grateful for) includes ; family, friends, productive herb and vegetable garden, getting lost in a good book, cup of coffee, pot of herbal tea, feel good movies, fresh flowers, bracing winds and full moons, sound of rain on tin roof, kisses & hugs, blue skies, misty mornings, enough sleep, respect for mother earth, butterflies and bees, music, crackling fire on a cold winters night, our chickens, goats, dogs, cats & pet sheep, laughter, travel and campfires and simple living.

My List of *I want to...* includes, read the Alchemist and The Hobbit, learn to dam and knit a jumper, not to over fill each day, take an important business risk, spend more time by the ocean, connect and be in the moment with my family,

more dreaming time, more fun times and less stress times, more gardening time, limiting social media to 15min per day, travel to new places, meet people who inspire, practice more zero waste living and be more sustainable within every day.

The *I Don't Need* in my life list includes, new clothes, new furniture, takeaway coffee cups, negative comments made without thought, fake friends, junk food, and the hard ones; regret, doubts, fear, stress and overthinking.

Make these lists colourful and add pictures, have ownership of these list and keep them somewhere handy.

What's on your lists this year? Become more aware of what really is worth your energy and if it's important to you, you will find a way to achieve.

Remember life can be amazing then it can be awful and then amazing again, but it's the in between bits, the ordinary and routine days that make our daily lives. We only have one life so live it your way.

During my summer reading I came across more 'R's' to add to my thinking in regards to living our life our way .. reflect, react, respect, reduce, revere, restore, recycle, reuse, replenish, retool, respond, repair, reinvent and revitalise. I think these will sum up our ideology for this year.

Slow Down, Connect and Enjoy in 2018

Kerrie

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Wedding Celebrant

Marg Cooper

A string of firsts! The first wedding in Father Charles Balnaves immediate family. The first wedding in St Kevin's Church in Lower Templestowe since recent renovations. The first major event in the family since Fr Charles' wife Tanya died in 2012 (other than his ordination). And I would have thought a first for a priest performing the marriage of his son but Father Charles tells that in fact there are quite a number of men who have been widowed, and then become priests, or have been married and Ministers in another denomination who convert to Catholicism and become Catholic priests.

Father Charles performed the marriage ceremony for his son James and his now wife Min Wang on December 16 at St Kevin's Catholic Church. He was extremely proud to lead the Nuptial Mass and be the Celebrant for the wedding and enjoyed the occasion immensely. The smiles and positive comments proved that his desire to have the wedding relaxed and fun was achieved.

After an extended photo session at various local locations, including Tanya's grave, family and friends gathered for the reception at the Balnaves family home in Templestowe Lower (home to Father Charles' other son Michael). A little bit of Meredith was there because Fr Charles was there and also he borrowed 5 tables, 50 chairs and 2 marquees from St Joseph's Parish.

The bride wore a beautiful white gown with a modest train all covered with lace in a peacock design and topped off with a small tiara containing peacock blue stone. The groom wore a suit (NO TIE!) with a brooch of a dragon design specially made for the day. Afterwards the bride changed into a brilliant red dress decorated with gold peacock and James donned long flowing black and red cape to match (the cape was made for Fr Charles by Tanya for their wedding). In case you are wondering, the peacock (for the girl) and dragon (for the boy) are good luck wedding symbols in China (Min is from China).

A highlight of the reception was that the speeches were well done but very brief with a moment of real hilarity when the bridesmaids and a sister-in-law sang their self-prepared rendition of "James and Min Rhapsody." Sung to the tune of Bohemian Rhapsody, the words reflected the lives, experiences, character and love of the happy couple (all positive!).

James and Min will leave for China in early February for their honeymoon and for James to finally meet up with Min's family there.

Father Charles performed the marriage ceremony for his son James and his now wife Min Wang.

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STEVE and PETE GOAT

So here we are in 2018 and what to write about?

Pete Goat

Maybe we could go back a bit and look at why we are writing this column, why “The Cultured Goats” and what do we understand by this word “culture”.

Well, there’s agriculture, horticulture, aquaculture and apiculture all around here, meaning the cultivation of, or human intervention in, the natural world of soil, plants, water and animals to produce food and fibre. And there’s *Lactobacillus* culture. “Cultivate” comes from the Latin to till the soil, but by extension has come to mean to manage or make grow and then further, to shape or educate (a viticulturist trains a vine, a teacher cultivates a pupil’s mind).

Now, my understanding is that cultivation and culture have come to have the wider meaning of referring to all the things in human life over and above the instinctive necessities and inevitabilities of life, from birth to death. These things we now speak of as culture include food, clothing, architecture, language, literature, music, dance, painting, sculpture, religion, sport, philosophy, film and theatre amongst many other things ---and now of course all the cyberculture, including social media and gaming.

My understanding is also that culture is something that can only be passed from generation to generation by learning. It is not passed genetically; it is the nurture not the nature. And it is essential to the continuity and survival of any human group or society that its culture is beneficial and sustainable. We also have violent cultures, sub-cultures and consumer cultures which may threaten other cultures though they themselves may not survive in the long run.

When it came to choosing a title for this column we went from “Culture Vultures” to “Culture Cockatoos” then via a Meredith connection with Cultured Goat Yoghurt to “Cultured Goats”. Perhaps it should have been “Uncultured Goats” as Cultured Yoghurt can, of course, come only from female goats...

Enough of this ramble, perhaps continue on the theme another time.

Steve Goat

Well put, Pete. I was hoping to bring you all an insight into one of our cultural hubs: the Meredith Community Centre. But with their start up just beginning as we go to print, look forward to that article in the March edition of the Meredith News. In this issue, don’t miss the first Brochure of upcoming Events at the Meredith Community Centre for 2018. If you have an event or happening coming up, please let us know so we can spread it around.

So for now let me say: our community culture is constantly changing. For example: unfortunately the Meredith bakery will not be reopening this year. What a loss that will be, and we wish Diane all the best for the future. Another loss is our Post office. The Corner General Store has suddenly closed down and we can only hope that the powers that be get this vital service reinstated ASAP.

Coming Up

TRIENNIAL at the NGV, Melbourne. This huge exhibition will run through to April. Over 100 artists from 33 countries are on exhibition over 4 levels of the Gallery.

COLONY at the NGV, Ground level, this exhibition will run from March to July. Includes significant works by Eugene Von Gerard and John Glover.

GOLDEN PLAINS ARTS TRAIL, Coming up in March, over 2 weekends: 17th -18th in the North of the Shire, and 25th-26th for the Southern part of the Shire.



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Necessities of (Domestic) Life

Do you ever remember looking at a nice, new toilet brush and thinking 'this is perfect!'? I bet you don't. There are objects like this all throughout our homes that we can go weeks without noticing them at all. But once your attention is drawn to it (like now) you'll notice it everywhere.

The Baader-Meinhof phenomenon is when you notice something obscure or consciously seek out something due to a need or want for it, and then you notice it everywhere. As I begin the process of building my first home, homewares are suddenly on my radar and I'm seeing them everywhere. I see them going to work, I see them in catalogues littering my letterbox, and I envy friends' retro soap dispensers like I never believed I could envy a device used to store liquid soap. I purposefully seek out styling advice from particularly experienced work colleagues. These objects have become items of excitement and possibility, a symbol of being in control of something that I've never been in control of. Or even deigned to be in control of. And yet here I am: waltzing into a homewares and manchester store wielding a silver gift card like it's a golden ticket into Willy Wonka's Chocolate Factory and I've only got one thing on my mind: bathroom accessories.

Colour coordinated accessories shopping is something I never knew I could be excited about. It was while I crawled around on the floor trying to find a mint coloured bath mat set in the lowest shelves while arguing with my partner over the disadvantages of wooden shower caddies that I stopped to do a quick self-reflection. In that moment I realised what I had become. Almost overnight we had turned into boring adults walking haphazardly down the rite of passage that is interior decorating.

I had taken for granted the fact that someone put a lot of thought into buying these every day, mundane necessities that somehow just appeared in the bathrooms of my life. Now they were occupying a large space in my thought centre. I was mentally constructing a white-tiled guest bathroom with all-mint accessories, wondering whether they would 'wow' my visitors and what kind of scores I would receive on those renovation shows that I never watched but somehow suddenly knew everything about.

Although slightly disturbed, I have come to appreciate this unique time in our lives where we take up the challenge of moving into full-blown domestic life. And although one day I'll look at it with revulsion from all of the memories associated with it, for now I know how to appreciate a good toilet brush.

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Kenneth's New Business

Marg Cooper

When Kenneth Medlyn gave me his card advertising his new business of "Kenneth's Lawn Mowing Service" I asked him if he was ready to mow tomorrow if I asked him to. He replied that he wasn't quite ready! He had ordered a new push mower from Bannockburn Hardware and had to pick up a Ride on Mower and Whipper Snipper that had been offered to him.

A few days later he proudly pushed his new red Stanley mower up Staughton Street. He tells that Pop (Gordon Primmer) helps him with mechanical problems and is teaching Kenneth how to maintain his equipment. He also has a cordless hedge trimmer and a small trailer to pull behind the ride on mower. Jobs in town that he can walk to are sought.

Kenneth is 15 years old in February and is in Year 9 at Woodmans Hill Campus in Ballarat. He tells that he enjoys school, likes hands on subjects like cooking and outdoor education and is looking forward to woodwork this year. During the school holidays he has been helping to harvest crops and working in shearing sheds.

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from the MAYOR

Cr Helena Kirby



Mayor, Golden Plains Shire

2018 Australia Day Award Winners

Council held its 2018 Australia Day Awards Ceremony on Tuesday 23 January, and I am delighted to announce the award winners:

- Citizen of the Year – Margaret Cooper
- Senior Citizen of the Year – Dianne Moylan
- Young Citizen of the Year – Kaitlyn Schurman
- Community Event of the Year – Linton Town Wide Garage Sale

Congratulations to the winners and all who were nominated for their hard work and community service.

You can find out more information about all these deserving winners in this month's Gazette or on our website.

Investment Boom in Golden Plains

Council is delighted that the Golden Plains Food Production Precinct near Lethbridge has attracted \$50M in investment. The Precinct is a 4,000 hectare area to be transformed into a major regional hub of intensive agriculture that is forecast to create hundreds of jobs over the next decade. Critical to the Precinct's success is the 18km potable water pipeline, officially opened in May 2016. The pipeline was built as part of a partnership project between the Federal Government (\$4.17M), the State Government (\$2.94M), Barwon Water (\$3.44M) and Golden Plains Shire Council (\$1.23M).

Community and Civic Centre Update

Around 150 people responded to Council's call for input to the Golden Plains Community and Civic Centre. Feedback included a number of suggestions about environmental efficiencies (solar power and water saving), telecommunications and digital access, and triggered immediate and important changes to the concept plan.

Many suggestions will be addressed later on, during the development of the detailed designs. Importantly, feedback tells us that residents would like to see the existing Shire Hall in Bannockburn made available for community use. Council has workshopped feedback and will endorse the final feedback paper for the new building in February 2018.

Follow us on social media

Want to stay up to date with Council news and events? Please like us on Facebook (search 'Golden Plains Shire Council') or follow us on Twitter (@GPSCouncilNews), and check our website news page regularly as well – you'll find lots of relevant great information on there.



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Dr Mitra and Dr Gupta are female GPs with a special interest in Women's and Children's Health, Chronic Disease Management and Geriatric Medicine
Dr Kunjidapaadhum is a general practitioner with a strong interest in Men's Health, Geriatrics, Children's Health and Aviation Medicine

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The experienced medical staff at the Meredith Medical Centre offer a wide range of services :

- ☒ General check-ups, health assessments, pre-employment medicals, aviation medicals
- ☒ Family planning, pregnancy care, Pap smears
- ☒ Childhood immunisations, travel vaccinations
- ☒ Chronic disease management, mental health care, counselling
- ☒ Minor surgery, on-site pathology
- ☒ Home Visits (a service Fee applies)

We are looking forward to meeting members of the local community and assisting with their health care needs.

Golden Plains Rural Women's Network

At a recent meeting of the Golden Plains Rural Women's Network those present asked the most difficult question of themselves and the organisation – should we disband? – are we no longer relevant?

Reflecting to the history of -The Golden Plains Rural Women's Network we remember that it was established initially to support rural families during drought conditions. It has since its inception worked to provide opportunities for women and families to connect, share their stories and build stronger communities.

There have been numerous social gatherings utilising excellent speakers to raise funds over the years. A grant from the Geelong Community Foundation was received to run a disability family fun day that provided a wonderful chance for both the disabled children but also their siblings could enjoy the outing.

The mental health of families affected by difficult conditions has been a central focus of the group and to this end training in mental health first aid was arranged in a short course delivered at Hesse Rural Health. Many business operators across the municipality attended and from this training developed very effective strategies to identify and support clients who were experiencing stressful situations and required extra support and understanding to cope.

All of this has been achieved by a very small committee, who welcome new members, that meets on an as needs basis to support the community.

Recently the group recognised that many farmers in the centre of the shire were struggling to maintain water supplies for livestock. Most farm dams were dry and farmers are utilising the various water points throughout the municipality. One of these water points is at Warrambeen, where a bore and tank was established during the drought. This has been well used by local farmers but currently the single tank is struggling to keep up with the supply. In conjunction with the Bannockburn Connected Communities and the Shire a second tank was purchased to secure water for dry times and fire.

The committee has resolved to seek expressions of interest in the continuation of the group or if none is forthcoming at its April 2018 meeting the group will formally commence the process of winding up its operation.

Yes, there will be hard times in the future, there will be droughts and difficult times and the Golden Plains Rural Women's Network is recognised for its past success.

Now it is up you

Do you want this group to remain in operation – we are happy to help but we also need your interest and involvement.

Please contact Jen Blake Secretary at:
jennyblake1@bigpond.com if you wish to register an interest.

Kinder News



Welcome back to Kinder for 2018, we hope you have all enjoyed the holidays and are getting ready to start the new year full of fun and learning. We have lots of new families joining us this year as well as new staff and new routines. Don't fret yet!! Jodie and Kylie are still with you and we are rested and recharged for a fresh start to the year. We are welcoming Kinder teacher Mandy Bartlett to the Kindergarten group who will be job sharing this year with Jodie and is running the Thursday sessions. We also have Michaela O'Keefe joining Kylie in the Pre-Kinder group until we find our new permanent staff member.

Our Orientation sessions begin on Tuesday 30th January for the Kindergarten group and on Wednesday 31st for the Pre-Kinder group. First full Kindergarten session is on the 1st Feb at 9am -2pm and the first full session for the pre-Kinder group is on Wednesday 7th at 9am -2pm. We look forward to the start of a wonderful year with all our families at Meredith Kinder.

Jodie Meredith Kindergarten

You've been studying the shapes and numbers on page seven. So...



1. Which shape appears twice?
2. Which is the one shape with an even number in it?
3. Which shape has a 13 in it?
4. How many sides has the shape with a 17 in it?
5. What is the biggest number?
6. How many shapes have four sides?
7. What is the smallest number?



When the community recycles correctly without plastic bags, Council is able to save money to be put towards other community services and initiatives. No plastic bags.



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5 cups fresh or frozen peaches and 2 tbs lemon juice

5 cups fresh or frozen raspberries

5 cups fresh strawberries and 2 tbs lemon juice

Method

Bring 3 cups water and sugar just to a boil in a medium saucepan over high heat, stirring until sugar has dissolved.

Remove from heat. Cool.

Process sugar syrup and fruit in batches in a blender or food processor until smooth.

If your fruit flavour calls for lemon juice add it here.

Cover and chill for 2 hours.

Pour mixture into a freezer container or ice cream maker and freeze or process according to manufacturer's instructions.

Recipe from – thespruce.com

Stefania



3	3	3	3
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Death by Suicide

When some one we love dies by suicide it is the most devastating and emotionally painful event. We can have prior knowledge about our loved one's intentions to die or have "no idea" at all and it's a complete shock. It is extremely difficult situation to make sense of and can be a long and enduring experience for those left behind managing post suicide bereavement.

Suicide bereavement is a very difficult experience as it leaves us wondering "WHY" and what we could have done to prevent it. Profound feelings of failure, self blame, rejection and anger are extremely common reactions. It is important to know that there is a great deal of support in our community to help us to manage such intense emotions. The most important message to understand is that we do not have to deal with it alone.

Thankfully we now have several suicide prevention programs and awareness raising movements that support families bereaved by suicide and provide education to communities.

Support groups are reported to be very helpful as they provide education, bereavement support and connection to others also impacted by suicide. Individual and family counselling with a qualified bereavement counsellor can make a difference. Bereavement counsellors have specialist training and experience working with those of us bereaved by suicide. There are also really good websites that offer support and helpful interventions.

However here are some suggestions for you to consider which are promoted by both professionals and those who have a lived experience;

- Rest is essential for managing such intense and painful emotions, do not expect to bounce back and be able to function at your usual capacity.
- Celebrate the life and fond memories of your loved one rather than just focusing on the way they died.
- Seek out support from trusted family and friends and connect with those who have a lived experience of what you are going through.
- Blaming yourself and feeling guilty is natural but in the long term is unhelpful. Honour that you did your best under the circumstances.
- Engage in the things that normally give you joy. Initially they won't feel joyful but they will ease a little of the emotional pain you experience.
- Eat as well as you can as the body needs good fuel to help it to cope through the intense grief. Limit substances or alcohol and talk to someone if you feel this is a problem.

- Remain spiritually connected to your loved one as much as you desire through photo's, candles, memorials, letters, favourite places, personal belongings, planting trees, roses or a garden, art and sculptures.

It is common that you may also experience thoughts about suicide please seek help from your GP or health professional immediately. You may choose to connect with the following state wide services that can then link you into supports in your local area;

Australian Centre for Grief and Bereavement- Suicide bereavement information and referral service 1300 664 786 or www.grief.org.au

Support After Suicide- Online information and support, DVDs, books and support groups (03) 9421 7640 or www.supportaftersuicide.org.au

Compassionate Friends Supporting Family after a Child Dies- (including the death of adult children) Information and support for parents, grandparents, siblings, support groups and online support toll free 877 969 0010 or www.compasionatefriends.org

Judy

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A Progressive Lunch

Di Richie

It was back to the future on Sunday January 21st when St. Joseph's Parish Meredith held a Progressive Lunch to fundraise for the new St. Mary MacKillop Church in Bannockburn. The first course of drinks and savouries was held at Alcon Park Bamganie Road, the home of Diane and Roy Ritchie around the pool. The main course which was an amazing variety of meats fish and hot and cold salads and vegetables was at the home of John and Denise Farrugia Mt. Mercer Road. The crowd then journeyed for sweets to the garden of Father Charles in Meredith for his special chocolate cake, trifles and mixed berries. The many gum trees provided a cooling finale to a lovely friendly community day. Thank you to Meredith Dairy and Bannockburn Meats for their sponsorship and to all those who assisted.

Peter and Ann Bongiorno, Dawn Macdonald, Kevin and Margaret Parkinson and Peter Macdonald



MAN COOK EAT



Steve Duffy

To start 2018, I would like to wish everyone here in Meredith and beyond, a fabulous New Year. There is a Japanese proverb comes to mind at this time:

"The happiest omen for a New Year is first Mount Fuji, then the falcon, and lastly eggplant".

I was once told that the Japanese name for eggplant translated loosely as the "noble vegetable". I cannot vouch for this but in my experience it certainly is a wonderful base for many diverse dishes, used in many different cuisines. They are also called Aubergine in Europe and Brinjal in Asia.

Often associated with tomatoes and capsicum, and belonging to the same genus, the eggplant did not come from the new world. They were first cultivated in Asia, but their cultivation has spread worldwide in the warmer climates. I was able to find recipes in just about every cuisine, except the British Isles. (I'm not surprised!) The name comes from the variety which is white and indeed looks like an egg with a top knot of green foliage. There are many cultivars available; from the common purple through to white, but also in yellow, green and striped; in many shapes and sizes. The long slender ones being particularly handsome on the plate.

In this climate they are a summer vegetable that is easy to grow and relatively pest free. The pretty mauve flowers with yellow stamen turn down to suspend the fruit from the strong stem, but may need support if they crop heavily. Keep feeding them as the fruit mature and you will be rewarded with a fine bounty. In the past eggplant were salted, soaked and refreshed with water to remove any bitterness, especially if they were seedy, but I haven't salted eggplant since Barassi played.

Since I started with a Japanese proverb, I should share one of my favourite recipes for Japanese style **Sesame Eggplant**:

- 1 large Eggplant Spray oil for Frying
- 2 Tablespoon Sesame Seeds, toasted golden brown,
- 2 Tablespoon Japanese Soy (Kikkoman or similar)
- 3 Tablespoon Mirin (Japanese rice wine)

Cut the Eggplant into wedges lengthwise, 6 or 8 pieces. Heat a Fry pan, spray with oil when hot. Sauté the eggplant wedges till browning on the edges, but still firm. Lower the heat, add the other ingredients and toss together. The sauce will coat the eggplant, and the seeds will stick as well. Serve as a side with grilled fish and rice; or as a vegetable dish with a BBQ.

There are many variations on baked and pureed eggplant like **Baba Ganoush**, like the French Caviar d'aubergine or Israeli Eggplant Salad. Here's the Middle Eastern one:

- 1 large Eggplant
- 2 heaped spoonsful Tahini (Sesame Puree)
- 3 cloves Garlic, Juice of 1 lemon,
- Salt, 1 teaspoon whole or ground Cumin,
- Olive Oil, 1 teaspoon Paprika or Sumac

(Note: if using whole cumin seed, Dry roast the seeds in a pan - no oil- till aromatic but not burnt. Then crush in a mortar and pestle or blender.)

Place the whole Eggplant in a moderate oven on a rack with a tray underneath. Roast till the skin cracks open and the flesh is soft. Cool.

Peel the Eggplant and Puree, a few burnt bits can be included for a more smoky flavour. Chop and crush the garlic. Add it and the lemon, salt and Cumin, spoon onto a plate in a circle. Drizzle a little olive oil over the top and sprinkle with Paprika/ Sumac.

Some other Ideas for Eggplant are:

Roasted eggplant with Miso: Score halved eggplant in a crisscross pattern, Top with some medium Miso paste and a little Japanese Soy, then roast till tender.

Fried Eggplant: Slice the eggplant in 1 cm slices. Heat a hot plate, spray the eggplant and grill till coloured. Great just like that on an Anti-pasta platter, or rolled around some Mozzarella cheese with a sprig of Mint.

Steamed Eggplant: Cut into batons or thick fingers and steam over boiling water. Cool. Lovely in a salad with Pomegranate seeds, Red Onion slices which have been marinated in Red Wine Vinegar for a few minutes, with fresh greens and Goat's cheese. (Meredith, of course!)

So I hope the Eggplant is a happy omen for you in 2018!

GOOD EATING

Steve





Bannockburn Pharmacy Newsletter

Proprietors: Scott Wilkes & Damian Bennett

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Phone: 5281 1519

Welcome back Cindy (Pharmacist)

After leaving in November to move up to Coffs Harbour, Cindy and her family have decided they want to be Geelong and have moved back again. Cindy will be working with us from this month every Monday.

Are you a member of our FREE Loyalty Club?

Have you joined our FREE Loyalty Club yet? There are lots of benefits for joining. Here are 6 reasons why you should join, if you haven't already:

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5 cents for every \$1 you spend in-store goes back to your loyalty profile (excludes prescriptions for legal reasons). For example, spend \$20 & receive \$1 on your loyalty club.

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Friday:	8:30am - 6:30pm
Saturday:	8:30am - 1:00pm
Sunday:	CLOSED

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Maiden Ewes to Meredith

Marg Cooper

Nearly every season Myrtle Wiseman gains the highest price at the Ballarat Saleyards for her lambs. They are born in May-June and when she sells in October-November they are prime and much sought after by the buyers. She runs Border Leicester/Merino Cross ewes (known by farmers as First Cross) on her block down the Shelford Road and on the block where she lives in Grant Street. In the past Myrtle and her son Steve bred their own First Cross ewes from merino ewes from "Nareeb Nareeb" and Border Leicester rams from "Johnno's" and also bred Dorset rams from a fine looking ram they bought from "Gloroy" Stud for \$3,000. The lambs they bred from their own ewes and rams topped the Ballarat Market (of 40,000 lambs) twice in a fortnight and gained top price for the state on one of these days. This was a big achievement!

She now buys Dorset rams from Olivers of "Inglewood Park" at Inverleigh and has bought 1- 1½ year old ewes at the January First Cross Ewe Sale at Ballarat Saleyards from H Wade & Sons. She liked the ewes Wades produced and was determined this year to buy another run of their ewes.

She did, but she had to pay \$350 each! This was the

second highest price paid on the day.

Gerard White of TB White & Sons, Stock Agents at Ballarat said the January market started well and one pen recorded a Ballarat saleyard high of \$362 a head with several drafts exceeding the \$300 a head mark. The highest price paid for young First cross ewes at the December sale was \$329. (These are the two sales held at Ballarat saleyards each year specialising in First Cross ewes, where farmers buy young stock to replace aged ewes.)

Myrtle is a great livestock manager and a great lover of sheep.




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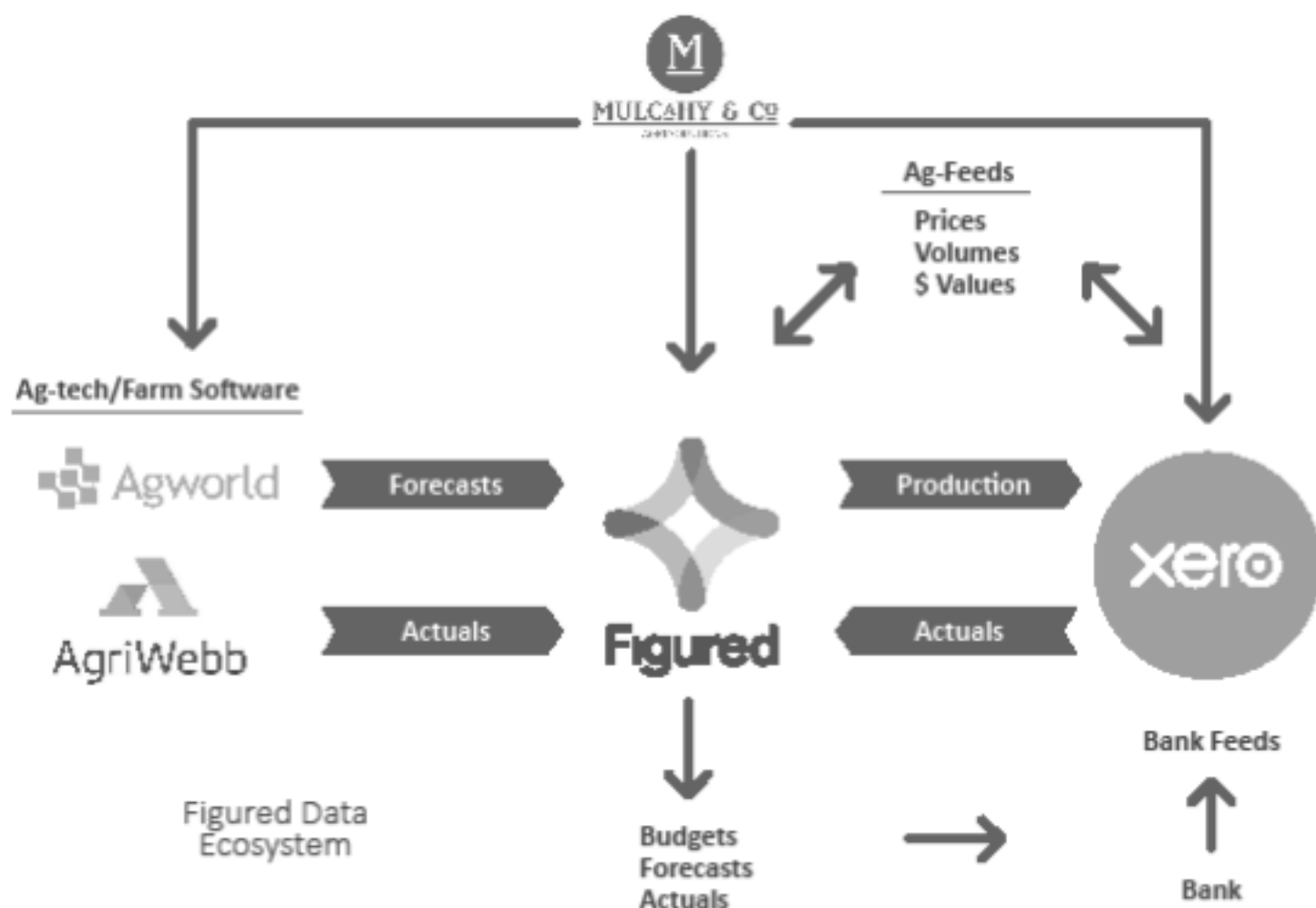




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it'S HiStoRy

Meredith History Interest Group

Annual Meeting:

You are invited to the Annual Meeting of MHIG on Sunday, March 4 at the History Centre, Staughton Street at 1.30 pm.

The "Top Shop" is our topic and Peter and Anne Bongiorno are coming to tell us about their time in the shop when it was the centre of four/the universe.

If you are interested in history and would like to join a group of the like-minded, if you have any skills you would like to share or if you want to go to our events, come along and tell us.

Please bring a small plate of afternoon tea and ideas for projects and events. We aim to create an interest in the history of Meredith and District. How do you think we should do that?

Birthplace of People:

Meredith Township had a population of 151 in 1863.

- 73 were born in Victoria,
- 6 came from other Australian Colonies & New Zealand,
- 27 came from England,
- 1 came from Wales,
- 10 came from Scotland,
- 32 came from Ireland and
- 2 were born at sea.

Outside Meredith Township had a population of 528 in 1863.

- 251 were born in Victoria,
- 16 came from other Australian colonies and New Zealand,
- 89 came from England,
- 1 came from Wales,
- 59 came from Scotland,
- 106 came from Ireland,
- 1 was born at sea,
- 1 came from other British Possessions,
- 1 came from France,
- 1 came from other European Countries and
- 1 came from USA.

The Merino Sheep:

"The cross-bred sheep drives his owner out of his mind because they will get through, under or over any fence you like to put in front of them. But the merino ruins his man with greater celerity. Nothing on earth will kill cross-breeds, while nothing will keep merinos alive. If they are put on dry salt-bush country they die of drought. If they are put on damp, well watered country they die of worms, fluke and foot rot. They die in the wet seasons and they died in the dry ones. The hard, resentful look, which you may notice on the faces of Bushmen comes from a long course of dealing with the merino sheep. It is the merino that dominates the bush and which gives Australian literature its melancholy tinge and its despairing pathos. The poems about dying boundary riders and lonely graves under mournful she-oaks are the direst outcome of the author's too close association with that soul destroying animal, the merino sheep."

From: The Merino Sheep by A.B. Paterson printed in The Bulletin, December 14, 1895.

Aunt Connie's Letter Box.

Has anyone heard of "Aunt Connie" from "The Weekly Times?" For many years she and "Uncle Ben" looked after the Young Folks Page. Children from Victoria and further afield wrote letters to them, and eagerly awaited the arrival of the paper to see these in print. Quite a dub evolved, helping to alleviate the isolation of these children, and providing a community of "cousins."

These old letters provide quite a snapshot of life in those days – children tend to say it as it is, and it is amazing how they took in their stride issues which might leave us floored today – death of siblings are frequently mentioned. Milking cows before a 4 mile walk to school, a snake in the bedroom, the house burning down, little brother drowning in the creek

Aaah, the good old days!

OUR LETTER BOX.

A Prize-winning Family. — Rosevale, Morrison's, 26th January. — Dear Uncle Ben and Aunt Connie,—I went over to Elaine with my father a few weeks ago, and saw the Minerva Claim. It was very nice to watch the machinery working. We are expecting Park and Co.'s machinery here to dredge the Moorabool, and wash the top off a hill called the Bald Hill. The creamery is working very well this season; it is managed by Mr Longmore. I won the prize for the highest number of marks in the fifth-class. It is called "The Swiss Family Robinson." My brother Robert won it in the sixth. His prize is called "The Drummer Boy," and my sister Millie received the special for monitorship and best work.

Our cricketers won the Duchworth and Fox Trophy last season. It was an imitation marble clock. My brother is their secretary, and they presented it to him. They do not expect to win it this year, as some of their players have left the district.

Staughton street in Meredith does not look so nice now, for the fire made a wreck of the shire-hall.

Dear Uncle Ben, I wish to know if I may join the League of Kindness. I will do my best to keep the rules. I will be ten years old on the 30th of March.

With kindest regards, I remain, your affectionate nephew,
Ernest Cole

*Weekly Times Saturday 9 February 1895
Jan McDonald, Meredith History Interest Group*

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Marg's BOOK REVIEW

"Burke and Wills" by Peter Fitzsimons

Another epic edition produced by Peter Fitzsimons pre Christmas.

The book tells the story of the ill-fated expedition sent by the Royal Society of Victoria to be the first Europeans to cross Australia from south to north. The Victorian Exploring Expedition set off from Royal Park in Melbourne on August 20, 1860, farewelled by 15,000 cheering well-wishers. Led by Robert O'Hara Burke, a brave man totally lacking in the bush skills necessary for the task, surveyor and meteorologist William Wills and 17 others, the expedition took 20 tons of equipment carried on 6 wagons with 23 horses and 26 camels.

John King, who was the only survivor of the group who actually reached the Gulf of Carpentaria, joined the 73rd Regiment in 1853 when he was 14 years old, was then posted to India where he met with Mr Lansdells who had been sent by the Royal Society to buy camels for the expedition, sailed from India to Australia with the camels and then joined the expedition himself.

The expedition was almost immediately plagued by disputes and sackings, the expeditioners battled the extremes of the Australian landscape and weather, food ran short, many suffered and some died.

Although the tale of Burke and Wills has been told many times, Peter Fitzsimons gives it a new life and vibrancy. Like many of his other books, the story is told in the present tense using newspaper articles, letters, diaries and reports in chronological order. This gives the story momentum and encourages the reader to push forward like the expedition itself. One becomes totally absorbed for over 600 pages.

One thing that stands out is the multicultural nature of the expedition which included participants of Irish, German, English, Indian, American, Afghan and Aboriginal descent. Another observation is that although the expedition members became desperately hungry they didn't fish in the waterholes, forage on the land, learn from the Aborigines or accept offers of help from the Aborigines.

The expedition did cross Australia from south to north with disastrous results but Burke and Wills were lauded for their efforts. When the remains of Burke and Wills were brought back to Melbourne over 100,000 people visited the coffins lying in state, they were buried in what was to be the first State Funeral held in Victoria, most of Melbourne lined the streets for the funeral procession and many monuments were erected.

A Royal Commission was held to determine what went wrong. The book sets the scene for a new debate. No doubt every reader will have their own opinions about who to blame!

The book for discussion in February is "Love in the Time of Cholera" by Gabriel Garcia Marquez.



Hudson Park, Kilmore

Ruby Wedding Anniversary

Cathie Boer

Greg Foster and Mary Gilfoyle were married on 14th January 1978, at St Thomas's Church in Norlane.

Greg and Mary celebrated their 40th anniversary with a garden party at their home surrounded by about 60 family and friends.

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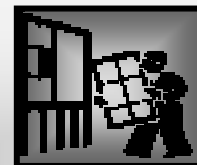
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IN our Nature

Wendy Cook

On a hot Spring day, we walked up a steep stony track, above the top of a cliff face and onto a flat promontory of rock beside it. On a narrow ledge on the rock face below us, we could see the blue-grey back of a female peregrine falcon sitting on her nest. Although we were quiet, she quickly became aware of us and took off, screeching loudly, attempting to draw our attention away from the ledge. Soon the smaller male joined her. On the ledge where she had been sitting we thought we saw two sandy coloured rocks. One moved, lifting its head and spreading its fluffy featherless wings. We could see its curved grey beak, dark eye, bare pink skin under its wings and large yellow feet with black claws. The other chick remained motionless. There was no sign of nesting material on the ledge, just sand, a few stones and dark feathers left over from a meal. The female continued to fly above and screech angrily. We didn't stay long. The female needed to get back to the nest and protect her chicks from the hot sun. She followed us for a few minutes as we retreated from the cliff and walked back downhill.

Although peregrine falcons are found across Australia and elsewhere in the world, they are not common. In the past people have killed them, often to protect racing pigeons, on which they will prey. Birdlife Australia, which keeps records of birds, has reports of only 250 nests in the last 42 years, so it was important to find out if the chicks survived. We returned four weeks later. Before we reached the cliff face, the female was above us, screaming at us again. A second falcon joined her, and some of us had a brief glimpse of a third, which we believed to be one of the chicks, especially as we found the nest empty. Another bird observer on a later day saw both fledglings flying, a very successful nesting season for the peregrine falcons.

At the same time that the peregrines were nesting, I had the chance to watch the breeding season of another pair of birds, which may not have gone so well. My son returned from a walk along the creek where he had been watching two small birds in a clump of silver wattles. They had grey backs, pale fronts, and white stripes on their black heads and wings. A yellow stripe above the beak and eye changed to white at the side of the head. We identified them as striated pardalotes. He had seen one bird flying off the edge of the creek bank and down. These birds nest in tunnels so we returned for another look three days later. Under the overhanging creek bank, next to the exposed roots of a wattle, was a tunnel entrance only a few centimetres across. A hole in the tunnel roof provided enough light for us to peep inside. We could see nesting material and three large beaks on fluffy heads. We had heard the chicks chirping when the

parents delivered food, so we waited at the base of the bank for their return. Our presence made the parents, both with insects in their beaks, cautious. One landed on a stick next to the tunnel and entered. We could hear the babies demanding to be fed. It flew out and the other parent approached warily. It landed on the stick but would not enter, so we left, not wanting to disturb the family. I returned six days later and saw an adult fly out of the tunnel after feeding the chicks. When I peeked inside I could see that the chicks now had feathers and yellow stripes above their eyes. That evening it rained heavily. I visited the pardalotes two days later. It was hard to see into the hole which was partly blocked with dirt. It had been washed in by water from the hole in the roof of the tunnel. I didn't see the chicks or the adults, and can only hope that the chicks were old enough to fly away.

It is now early January and there are more young birds about. In the bush outside my bedroom, two yellow-faced honeyeaters are sometimes to be seen feeding insects to their two fledglings. Further from the house I have heard a young kookaburra squawking harshly as it tries to imitate its parent's laugh. It makes me wonder if other birds have so much difficulty learning the signature call of their species. Two days ago I had a surprise as I watched a sacred kingfisher whose fledglings may now have left home. Two spotted pardalotes, a more colourful and spotty relative of the striated pardalote, approached a large hollow where a branch had broken off a tree. They took turns flying into the hollow to feed the chicks which must be in there, although they are so young that I could not hear them. They were undisturbed by my presence and I shall watch them with interest.

Wendy



This year we're splashing out on colour in every issue. And what a great start with 12 pages of colour. If you are an advertiser this means you can add a splash of eye-catching colour to your ad. If you're a reader then you're in for a more colourful year!



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Whats on in February 18



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