

JUNE 2018

Meredith & district News

Our FREE Community Newsletter since 1972



inside

- Refurbished Playground Opened
- Art Tossing Explained
- Flying Artists Entertained
- Marg Interviews a Cottage
...and the usual MUCH MORE!

Woo Hoo
IT'S WINTER!

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





PROJECT UPDATE

Sponsorship

As we move into the next phase of the project, Moorabool Wind Farm is pleased to announce a second round of sponsorships. To make an application, please visit the sponsorship section of the project website, and download the application form. Applications open 1st May and close 31st July. Allocation of sponsorships will be advised by 31st August 2018.

Traffic Updates via SMS

Moorabool Wind Farm is pleased to launch a dedicated SMS notification system. This will send regular SMS notifications relating to construction traffic movements. To register to receive the updates text your full name to **0418 975 014** or contact us via any of the methods listed below.

For more information contact us on:

T: 1800 019 660

E: info@mooraboolwindfarm.com

W: www.mooraboolwindfarm.com



Meredith & district NEWS



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

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

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

connect emergency

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

Police, Ambulance, Fire **000**
(from mobile phone) **000 or 112**
5286 1222
Meredith Police Station 132 412
Power Failure 1300 606024
Nurse-On-Call 1300 280 737
Mental Health Advice 13 11 26
Poisons Information 1300 656 007
Barwon Water
SES Emergency - 132 500
flood & storm 1800 629 572
24 Hour Helpline
24 Hour Drug & Alcohol Counselling 1800 888 236
Kids Help Line 1800 551 800
24hr 5-18yo 1300 363 036
Golden Plains Shire 0408 508 635
A.H. emergencies 5220 7111 or 0409 830 223
5281 1221
Bannockburn Vet 5281 2226
Golden Plains Vet 0429 430 646
Injured Wildlife 0421 617 238
Pets and Horses 24/7

Justices of the Peace

Mr Don Atherton. 0409 869 960
Mr Paul 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

..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 .

The lion and the calf shall lie down together, but the calf won't get much sleep.

- Woody Allen





Community

Meredith...You Have Done it Again!!

Di Ritchie

Meredith's Biggest Morning Tea high tea was a wonderful success. Thank you to everyone who came and supported this cause which is dear to everyone's hearts.....a cure for cancer. More than 50 ladies and gents were treated to a most scrumptious high tea including champagne and punch and the opportunity to bid on some great prizes in the silent auctions. Raffle winners were 1st \$100 Clyde Park Voucher : Greg Foster

2nd. Dorothy's Kitchen voucher : Myrtle Wiseman

3rd: Travel rug Helen Dunne.

A total of \$2028 was raised ...Thank you everyone for your support



Meredith Senior Citizens

Jim Hynds

The Seniors met at the Hall on Monday, May 28 and enjoyed a superb two course meal presented by Kylie and her ladies from the Meredith State School. The children from the school do a wonderful job serving the meals and tea and coffee to the Seniors. We are very appreciative of their service.

Armed with tea and coffee, some spirited conversations took place throughout the afternoon. Well done Seniors, it gives your committee an insight as to what you require from us.

We also decided our destination for the next bus trip. We are going to Stoney's Hotel at Bacchus Marsh for Morning Melodies on June 18. The entrance fee will include morning tea, the show featuring Retro Girls 70's and lunch.

Our Christmas in July is just about organized. More about that later!

MOVING SALE

- Wood Lathe with some tools GC \$200
- Six seater dining suite extends to 8 seater GC \$50
- Three-storey fully furnished dolls house \$45
- Small wooden fully furnished dolls house and bus \$25.00
- Three seater blue couch folds down to bed GC \$40
- Deutscher self-propelled mower new cutting deck \$300
- Two standard lamps \$15 each GC
- Six seater wooden children's table and chairs \$30

Phone 0439 860 726

GARAGE SALE 9th of June (not before 9 AM)
4 Wilson Street Meredith

Meredith Playgroup

Meredith Playgroup meets every Thursday from 9.30am

During the School Term

Enjoy new activities every week. All Welcome

Contact Community Centre for details 52 860 700



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 the July issue is
2pm Thursday 28th June

Church News



CATHOLIC

St. Joseph's Parish Meredith Mass Times

Parish Priest Father Charles Balnaves phone 52861230.

Mass Times:

Winchelsea 6pm every Saturday.

Bannockburn / Inverleigh : No Mass on Sunday June 3rd. All Masses on that day are at Meredith for First Eucharist. Sunday June 10th/17th @ 9 a.m. at Inverleigh

Sunday June 24th @ 9a.m. at Bannockburn (now in the red brick building at the school.)

Sunday July 1st. Family Mass @ 9a.m. Bannockburn, Sunday July 8th/15th/22nd/29th @ 9a.m. at Bannockburn. Sunday July 29th @ 4p.m. at Inverleigh.

Anakie @ 11 a.m. Sunday June 17th

Meredith @ 9 a.m. and 11 a.m. and 2 p.m. Sunday June 3rd (First Eucharist) ; @ 11 a.m. Sunday June 10th / 24th .

Feast of the Sacred Heart Mass at Sacred Heart **Inverleigh** on Friday June 8th at 7 p.m. Annual Mass of Healing and Luncheon at St. Joseph's **Meredith** @ 11 a.m. Saturday July 7th.

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

ANGLICAN

Weekly Services, baptisms, weddings, funerals and pastoral care. Contact: Rev. Phil Jacobson Ph. 0419 322 385

Church Office, Byron St. Bannockburn 5281 2553

Service Times: Holy Communion at Anglican Church, Meredith, 11.00am 5th Sundays of the month

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

MEREDITH Uniting Church

11.00 am, 2nd Sunday each month

BUNINYONG Uniting Church

1st; 3rd; 4th Sundays, 9.30am.

5th Sunday, combined service at Meredith Church of Epiphany, 11am.

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.



Meredith Drop-In Support for Families

BCYF offers a Drop-In Support Service 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.

Alternate Thursdays - March 8 & 22;
April 19; May 3, 17 & 31; June 14 & 28
9:00 a.m. – 12:00 p.m.

For more information, please contact
Louise on 0408 920 599

Our Cover

Di Ritchie took our cover photo of Vivien, celebrating the opening of the refurbished children's playground at Pioneer Park last month. Vivien is the daughter of the playground designer, Nick Bainbridge.

(See our report of the opening on page 14 .)



Got something to SELL? The first insertion of non-commercial ads up to 25 words is **FREE** for local residents.

FREE
Classified
Ads

Classifieds

First insertion of small ads are FREE to district residents

Two PhD students looking for affordable housing near Brisbane Ranges National Park from early Sept to mid-March. Please call 0491336322 if you have availability."

Recreation



Meredith Golf Club

The golf course is looking great at the moment with the fairways greening up and a lot of work has been done to clean the course up. If you are interested in a hit why not join us on a **Sunday morning at 9:00am** for either 9 or 18 holes. Everyone is welcome, no matter what ability. And if you don't own clubs, we could arrange a set for the day.

During May, two Playgolf Clinics were held: a morning session for adults and an afternoon session for juniors. Supported by Golf Victoria, the one hour clinics ran over four weeks and only cost \$20. Both groups had great fun learning the fundamentals of golf and improving their game in the process. We have been told there may be several others interested in attending a clinic so if we have enough interest we are happy to run more. Contact the club on the numbers below if you are interested or know someone who is.

We had five junior players attend the clinic in May. If we had enough interest from juniors we would be happy to organise a day for juniors to play their own competition. Contact the club to discuss the possibility of a future junior competition.

Peter Nemtsas - 0407 795 342

Scott Crighton - 0430 480 156

Paul Mitchell - 0448 523 821



The schoolteacher was taking his first golfing lesson. "Is the word spelt p-u-t or p-u-t-t?" he asked the instructor. "P-u-t-t is correct," she replied. "Put means to place a thing where you want it. Putt means merely a hopeful attempt to do the same thing."

St. Joey's Op Shop Meredith

Lots of wonderful bargains every Wednesday and Friday 10 am to 4pm.

Many pushers and prams in fantastic condition at absolute bargain prices.

All winter coats and jumpers now in stock so call in and grab an item from our excellent stock and friendly op shop staff.



from the **MAYOR**



Cr Helena Kirby
Mayor, Golden Plains Shire

The 2018-19 garbage collection calendar comes into effect from 1 July, so make sure you go online to download your new calendar (or call Council if you'd like one sent to you) Find them online at goldenplains.vic.gov.au/garbage-collection-areas

Submissions to the draft Budget are now closed, and these will be heard at a special meeting of Council at 6pm on 12 June 2018 at the Bannockburn Shire Hall. Following this, Council will consider any changes to the Budget and Council Plan. The final versions of these documents will be presented for adoption at the 26 June Council meeting.

From 21-27 May, we proudly celebrated Volunteer Week by holding two morning teas in the north and the south of the Shire. Golden Plains has a long history of an active, passionate volunteer culture and our communities all benefit from this. On behalf of Council, I would like to again thank all those who give their time, and encourage those new to volunteering to get involved – the benefits are numerous!



**Country to
Coast
Electrical**

R.E.C. 14586

**All Types of Electrical Installations
Pensioner Discounts and Free Quotes**

Mob. 0419 504 297

Shaun Bubb
email: shaun.bubb@bigpond.com
66 Bruncl St. Lethbridge 3332



Bannockburn Pharmacy Newsletter

Proprietors: Scott Wilkes & Damian Bennett

6 High Street Bannockburn VIC 3331

Phone: 5281 1519

Teenage Health & Wellness Information Evening

We are hosting a Teenage Health & Wellness information evening on **Wednesday 18th July** from **6:30pm - 8:00pm** at the Bannockburn Cultural Centre.

The purpose of the evening is to provide teenagers (and their parent/guardian) with practical information to help them look after their health & wellness.

We invite teenagers (13-17 years old) to come along with their parent/guardian. For this event to run successfully for all involved we can only accept bookings if BOTH the teen AND parent/guardian are attending together. This event is strictly limited to 30 people only. Tickets cost \$10 per person attending and all money will be donated to Headspace Geelong. **Tickets need to be purchased at the pharmacy.**

We have 3 great speakers speaking during this evening.

6:30pm—7:00pm our Naturopath, Karah McLaren, will be discussing the important of nutrition for teens and addressing current diets, etc that are popular amongst teens.

7:00—7:15pm personal trainer, Kylie Condie, will be discussing the importance of exercise for teens and ways in which to get them more active and enjoying it.

7:15—7:40pm a representative from Headspace Geelong will discuss mental health & wellbeing in teens focusing on confidence & self-esteem.

7:40pm—8:00pm Question & Answers time for guests attending to ask any questions they have.

Flu Vaccination Clinic

Have you had your flu vaccination yet?. Two of our pharmacists, Cindy & Tracey, are accredited to provide and administer **flu** and **whooping cough** vaccinations in the pharmacy. You don't need a prescription from your Doctor. Our vaccination clinic is open during the following times:

Monday: 8:30am - 5:45pm
Thursday: 10:30am - 2:45pm

*** Flu vaccination cost**

- **\$25** (\$15 for the flu vaccination + \$10 for the administration of the vaccine by one of our accredited pharmacists)

- **FREE** flu vaccine + \$10 for the administration by one of our accredited pharmacists if you have a chronic condition, are over 65 years of age, pregnant or Aboriginal or Torres Strait Islander.

To secure a time that best suits you we recommend that you make an appointment

through the pharmacy. You can either phone the pharmacy on 5281 1519 or you can book online through our FaceBook page:

<https://www.facebook.com/bannockburnpharmacy/>

Pharmacy Features:

- **Vaccination Clinic**
- **Naturopath**
- **Glasshouse Fragrances**
- **Ear piercing**
- Medela (we hire Breastpumps)
- MooGoo
- **FREE Home Deliveries**
- **Roogenic teas**
- Natio
- 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

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

Teenage Health & Wellness Information Evening (Wednesday 18th July)



Kindred matters

judith emond FAMILY THERAPIST

Dear Judith,

I am worried about my son. He is 10 yrs old and I think that he may have anxiety? Lately he has withdrawn from activities and is always feeling sick.

It's great that you want to know more about anxiety given you are concerned about your son. I hope that you find the following information helpful.

What is child anxiety? Children express their anxiety in many ways but as a rule there are three main signs;

Fear and Worry- Fear is the critical force of anxiety. This fear becomes 'real' for the child even though it seems 'silly' or 'irrational' to an adult. Children experience many 'worry thoughts' such as parents splitting up, family members dying, pets dying, having a car accident, etc. The fear and worry thoughts and believing that something bad will happen is extremely distressing for children.

Physical symptoms- Children cannot always express to parents how they are thinking so it's important to know the physical symptoms of anxiety. An anxious child will experience, nervousness, stomach aches, vomiting, diarrhoea, headaches, crying, shortness of breath, racing heart, sweating, general aches and pains or become sick for no reason.

Avoidant behaviour- This is a sure sign of anxiety and probably the easiest for parents or teachers to detect. Not wanting to go to school, not wanting to play sport or socialise with friends, not wanting to participate in family activities, acting out in order to be punished so as to be excluded from activities.

How to help? Children can successfully learn skills to manage the anxiety they experience. Skilling children up at this age is critical to ensure that they are less likely to have ongoing difficulties controlling the anxiety in their teens and into adulthood.

Learn about it- I cannot encourage this enough. Knowledge about anxiety and how it is treated gives you power to help your child to control it. There are many step by step guides and self help books on child anxiety for parents available at libraries, schools, book stores and online. Seek **professional help** from your doctor, a school counsellor or a psychologist experienced in treating childhood anxiety.

Listen, Reassure & Explore- Try your very best to listen to your child and do not dismiss their perceived fear or worry as 'nothing to worry about'. For them it is real, so you will need to hear what they are fearful about. Explore with them what they think could happen and what

kind of worry thoughts they experiencing. And ask how they are feeling inside their body.

Be a good role model- Children learn coping strategies from adults. It is really important to model what you would like your child to do. It is unfair to suggest relaxation and calming strategies to them if you cannot do this yourself. Be very mindful of your own behaviour and how you respond to stress and worry. Very often children with anxiety have learnt some of their behaviour from adults in their life. This is not in anyway blaming adults but more of a reminder to check in and see if the way you are responding to distress in your own life may be having an impact on your children. Perhaps you may need to learn new skills to manage your own stress in order to help your child.

For more information go online to access child appropriate anxiety treatment programs at

www.brave4you.psy.uq.edu.au; www.headroom.net.au;
www.smilingmind.com.au

Got a Question For Judith?

Send your questions directly to Judith at Suite 5/84 Gheringhap St Geelong 3220. Those that can be dealt with in this column in a general sense, and without breaching confidentiality, may be used to provide general advice on the issue raised.

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

coopelec
REC11582. Electrical and excavation contractors
Phone: 0417 518 930

FOR ALL YOUR ELECTRICAL REQUIREMENTS
MURRAY COOPER
PO Box 267
Buninyong, 3357



ELECTRICIAN SOLAR INSTALLATIONS

GRID CONNECT, BATTERY STORAGE
DESIGN, INSTALL, MAINTENANCE

FREE QUOTES

SERVING MEREDITH AND SURROUNDS

MARK GRABER
0409 722 200
graberelectric@yahoo.com

REC# 17021
ABN# 902 031 584 56

CEC ACCREDITED

Community Coordinators

Golden Plains Shire has been working with Meredith's Community Coordinators over several months to develop a renewed Community Plan for the next three years. This work, carried out through a program of community consultation, is near finished and the draft plan is soon to be presented to Council for adoption.

Local residents known as Community Coordinators, volunteer their time to coordinate the development and implementation of a community plan. The following community members are Community Coordinators for this Meredith Community Plan.

Marg Cooper	jeffandmargcooper@gmail.com
Di Ritchie	dianeritchie90@gmail.com
Jenni Tournier	Jenni.Tournier@Clearwater.org.au
Caitlin Wetherall	Caitlin.wetherall@hotmail.com
Claire Kelly	dotti1705@hotmail.com
Linda Wong	linda@handsofchange.org.au
Terry Hart	terry@twwhoppers.com.au
Joel Hart	hat.joel@mail.com
Kerrie Kruger	kerrieskruger@gmail.com
June Cameron	juneviolet1934@gmail.com
John Diffey	merrymaint@trinitytelecom.net.au
John Dunstan	showstarmediasales@gmail.com

Please contact your Coordinators for more information about this plan or for the date of upcoming meetings that you are welcome to attend.



ELAINE FARM SUPPLIES

5264 Midland Hwy Elaine
Phone: 03 5341 5665



For all your Pet, Livestock and Rural Supplies

We stock all your requirements including

- * A Large Variety Horse Feed
- * Natural Herb and Mineral Supplements
- * Poultry and Bird Feeds
- * Dog & Cat Food
- * Guidar, Vaccines & Drenches
- * Pasture Seeds & Fertilizers
- * Shearing Items
- * Electric and Rural Fencing Supplies
- * Farm & Garden Chemicals

Normal Trading Hours Monday - Friday 9am - 5.30pm
Saturday 9am - 1pm

Come in and Visit us for store specials

Andrew Howard's SLIDING DOORS



Typical, Unremarkable, Average. Seb was a typical young lad from a typical country town; totally unremarkable. One tiresome day of work and too much drinking with the same blokes telling the same stories about the same people. Sleep & repeat. Some would say boring.

Not for Seb though. From his way of looking at the world, as myopic as his view may have been, he was having the time of his life. Now a qualified tradie, like his Dad and his 2 brothers, he was first picked each week in the local footy team, "popular" with the girls and lived his life one party-filled weekend to the next. Seb was a happy young lad.

He was of the view that there was not much in the world to worry about. His Pop has told him many years ago "Worrying is like a rocking chair: it will keep you busy but won't get you anywhere". If it was good enough for his Pop, by chance a tradie and footballer, it was good enough for him.

But the truth of it was that Seb did have something to worry about, and while it didn't get him down or impact the everyday merry-go-round of his wonderful, carefree life, it still gnawed at him. It got under his skin that it should even bother him.

It was his lifelong mate Dan that bothered him. Well not so much Dan himself as he loved Dan like a brother. It was his bohemian, wandering lifestyle that ate away at him. His best mate was only in town for a few weeks at a time and then for no more than 2 or 3 times a year. Seems like he'd been coming and going for ever, and never to stay. Every visit home for Dan was a short and restless break in between each adventure in some far-flung corner of outback Australia or some amazingly exotic and unheard of overseas destination. Seb just didn't get it. He rarely ventured beyond the network of towns he played footy in and had no great desire to do any different.

For Dan he was always drawn to some incredible opportunity that would set him up for life...or at least he'd have some fun on the way! And it was a bonus if the opportunity was as far away from this lifeless hole of a place as possible.

And so these two lads who had been mates since kindergarten found themselves at the bar of the local. Dan was home for a week or two, giving Seb the latest update on a chapter of his life of adventure handbook. As always, Seb was an enthusiastic audience for these regular updates!

But this time there was a difference, Dan had an offer for Seb; an offer that only a fool could knock back. Dan had

just invested in a start up mining operation, deep in the African interior. Everything stacked up perfectly. Seb knew that Dan was a perfectionist when it came to due diligence. With no stone left unturned Dan was confident that this was the big one, and that glory days were just around the corner. He wanted his best mate to be part of it.

Seb could sense Dan's enthusiasm and genuine confidence and he too knew this one was the real deal, a ticket out of this joint forever.

"What do you think?" Dan probed hopefully

The offer was seemingly too good to refuse...

"....nah, why would you leave this place?"



Digital & Satellite Installations
FREE QUOTE
SERVICE CALL OUTS
ALL WORK GUARANTEED
Contact Robert Rivo: 0439 785 703
Email: arrow-antennas@hotmail.com
Web: arrowantennas.com.au

NILOC maintenance

- Mowing of house blocks to acreage
- General Maintenance
- Landscaping and Gardening
- Tree Trimming and Removal
- General Carpentry
- Wall and floor Tiling
- Bobcat and Truck Hire
- Pressure Washing
- Concreting
- Rubbish Removal
- Carpet Cleaning
- Bobcat and Tipper Hire with Operator

Servicing all areas

Email: chotchin1@bigpond.com

Call Colin for your FREE Quote

0425 872 866



Plumbital

- New homes
- Renovations
- Sewerage work
- Spouting
- Appliance service
- Roofing
- Mini excavator hire
- Kanga trencher, ideal for poly pipe and irrigation for farms
- Split system air conditioners
- maintenance work

**Local Beremboke plumber
Servicing all surrounding areas**

Darryl 0419 782 015

GREAT DEALS BEFORE JUNE 30

8 MACHINES IN STOCK NOW



2324
6 DISC MOWER



2628
7 DISC MOWER



9443
ROTARY RAKE



IN STOCK NOW
CALL IN AND SEE THIS
HAY GEAR TODAY

FINANCE OPTIONS AVAILABLE
INCLUDING INTEREST FREE
FINANCE FOR 12 MONTH LOANS.
TERMS & CONDITIONS APPLY



MASCHIO

**MASCHIO
PRESTO 350C**
SPEED DISC
IN STOCK NOW



**HOWARD EHD 210
ES2 SLASHER**

2.13M CUTTING WIDTH
IN STOCK NOW

AITCHISON® IN STOCK NOW



**SEIDMATIC®
4124 SEED DRILL**



**GRASSFARMER®
3018 SEED DRILL**

USE THE \$20,000 INSTANT TAX WRITE OFF WHERE APPLICABLE

*Applies to ABN Holders, we recommend that you discuss with your financial advisor to verify if this offer applies to you * Terms and Conditions apply see in store for details.*



"We Service What We Sell"

12 Wiltshire Lane, Ballarat, Victoria, 3356 | t 03 5335 8609
www.westag.com.au | f facebook.com/westagballarat





In our Nature

Wendy Cook

A small flock of galahs, perched on exposed bare branches near the top of the old manna gum, ignored the weather. Together, they took off into the cold wind and rain, trusting in the protection of well-preened waterproof feathers on their pale grey backs and rosy pink bellies. Below them, a magpie sought food on the ground. Four lively fairy wrens hopped and chirped among the grasses. In the garden, yellow wing and tail feathers flashed as two black and white New Holland honeyeaters fed from the pink camellia flowers, finding some protection from the weather in the gloom of these dense bushes. As the rain became heavier, drops landing on the ground was the only sound to be heard. The birds retreated silently to whatever shelter they could find and fluffed up their feathers to trap their body warmth close to their skin.

Away from the garden, a narrow crack in one of the manna gum's branches provided a path to its hollow interior, just wide enough for a tiny feathertail glider to enter. These smallest of Australia's gliders, have bodies up to 8cm long and tails of the same length, edged with hairs in a featherlike arrangement. They had dragged leaves from the tree and its neighbour in through the crack and constructed a ball-shaped nest. In a hollow in the midst of the ball, six gliders were curled, their body temperatures dropping as the air became colder. They would soon enter a state of torpor, their breathing and heart rate decreasing along with other body functions, their body temperature perhaps dropping as low as two degrees for several days. After this time they would warm up enough to go out foraging for the limited supply of insects, nectar and sap, before returning to their nest and re-entering torpor, a pattern of behaviour they may maintain until weather conditions improve. Torpor is a survival strategy, requiring little expenditure of energy. It is used by many animals in cold weather or when food supplies are low. These animals include other marsupials, echidnas, bats, tawny frogmouths, lizards and snakes. They may remain in this state for days, or only the coldest hours of each day. Some frogs hibernate, remaining inactive for a longer period.

While the manna gum's upper branches are exposed to strong winds, lower down conditions are easier for bushes. Now is the time to grow leaves and prepare for flowering. Many plants wait for the warm Spring to produce flowers, but banksias and heaths bloom in Winter when the few remaining pollinating birds and insects will be keen to feed on their nectar. Closer to the ground, conditions are ideal for mosses and lichens. Rain has reinvigorated them and now they grow capsules on stalks, or cups, containing spores. They rely on water to spread their spores to a moist place where they can become new life. Lichens, which are a partnership between a fungus

and an alga, produce spores of only the fungal partner. These spores need to be moved by water to increase their chance of contact with an alga which will allow them to form the bond required to become a lichen.

Despite the cold, rain makes winter a season of rejuvenation. The creek is flowing, its waterholes filling so that when the flow stops, a supply will remain for birds and animals until next winter. Some frogs that aren't hibernating are calling. On the ground, on logs and rocks, you can find flourishing mosses, lichens and fungi. Look for tiny leaves pushing up through the soil. Winter has its own delights, but is also a time that is full of promise of spring to come.

Wendy

IF YOU NEED ALUMINIUM, GO TO...

JUST ALUMINIUM

19 BIRKETT PLACE, SOUTH GEELONG



FULL RANGE OF EXTRUSIONS & SHEET

Deliveries to Ballarat via Midland Highway
on Tuesdays and Fridays

Phone: 5222 5444 Fax: 5222 2788

Wanted

General farmhand - Minimum 16 hours/
week inc some weekends. More during
peak periods.

Age 25 up, licence, flexibility.

Experience desirable, not essential.

Training on job dependent on skills.

M 0409 862 326

Those Ritchie Boys

Marg Cooper

Marcus Ritchie is working out of Qatar and Nick Ritchie is working in Saudi Arabia at the moment. They are in countries next door to each other on the other side of the world from their home town of Meredith.

Nick was home recently and was waiting for his visa to be renewed. Once this happens he will fly to Dubai, fly to Jeddah (not far from Mecca) and then have a four hour road trip to the mine site where he works. He is pleased that a company is employed to drive them as although the roads are good, the drivers are mad and there are many road deaths every day. They always stop at "Hungry Jacks" or "Subway" on the way and they call it the "Last Supper".

Nick works for an Australian Company "Byrncut" as a Shift Supervisor at an underground copper mine. He is responsible for the day to day operation of the mine, making sure it runs to schedule. On Nick's crew there are two other Australians and 50 others including men from Indonesia, Zambia, Ghana and Saudi Arabia. The language barrier is massive and they are not allowed to discipline Saudis. The copper is processed in a mill on site and is then carted by truck to a shipping port. Nick says the Saudis are not used to working because, in the past, they have received handouts for doing nothing, but the oil is running out. The country made a fortune from oil but is now looking at their mineral riches including copper in the Gobi Desert. The biggest problem is water. All the water is carted in from Medina and it is all re-used water. Every day 100's of truck loads are carted. No ground water is used at the mine and this is quite unusual. Nick works 5 weeks on and has 3 weeks off. He often flies to Thailand, has visited many other countries and would like to go to China, Korea and Japan.

Saudi Arabia is a strict Muslim country where no alcohol is allowed, drugs are forbidden, robbers have a hand cut off, every service station has a mosque and they are paranoid about explosives. Nick describes how, when the mine plans to detonate explosives there are lots of regulations and police and army are on site. They are scared that explosives may get into the hands of terrorists. It is planned that the mine will become an army base when its life ends. Already preparations are being made with fences, gun turrets and gates being erected.

Nick explained how the Crown Prince can see that Saudi Arabia needs to become closer to the modern world. From next month tourist visas are going to be issued for the first time and he has allowed women to drive, go to soccer matches and the cinema.

Nick says the food at the contractors' camp is OK. It is usually chicken and rice which caters for the 5 -7 different nationalities. They don't venture to local towns. According to Nick, the camp is very quiet and can be boring.

Shearing & Crutching Services

FOR HOBBY FARMS.

NO MOB TOO SMALL.

30 YEARS EXPERIENCE

PLEASE CALL 0438 861 380

BANNOCKBURN EARTHWORX

FOR HIRE WITH OPERATOR:

Cat traxcavator with skid steer (bobcat)
and Cat 3 tonne mini excavator

Tom McBride

OWNER/OPERATOR

Ph. 0435 892471

tommcbride10@hotmail.com

BANNOCKBURN SURGERY

16 High Street, Bannockburn, 3331

Tel: (03) 5281 1481 Fax: (03) 5281 1978

www.bannockburnsurgery.com.au

Dr Cameron Profit Dr Andrew Bell Dr Benjamin Fry
Dr John Henderson Dr Margaret Somerville
Dr Jessica Iser Dr Samantha Buchholz

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 after hours for further information.

We are an accredited teaching practice, training GP's of the future, our current Doctors are **Dr Carolyn Grigg, Dr David Russell and Dr Daniel McCubbery.**

We also offer the following services:

Jessica O'Shannassy- Diabetes Peter Angelucci & Stephanie Bennetts- Podiatry; Vernon Kaurah- Mental Health Nurse; Q-Fever testing and vaccinations and Yellow Fever vac's;

Mr Chatar Goyal- Orthopaedic Surgeon and Dr Saj Rathnyake- Gynaecologist will both be practicing at Bannockburn Surgery as visiting specialists. Please talk to you Doctor about a referral if you require either of these services.

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.

Appointments currently available!

The Things We Say

Gemma Hanan

Turn a Blind Eye

We've all done it. Sometimes situations, facts or realities are just too inconvenient and we decide that it is in our own best interest that it remains ignored or unacknowledged. This saying is originally attributed to Admiral Horatio Nelson who was blind in one eye. It is said that when the British forces used flag signals to get him to stop attacking a Danish fleet, Nelson held a telescope to his blind eye and declared that he could see no such signals.

A Pride of (the) Lions

Di Ritchie

Sunday May 27th was a great day for the members of Meredith & District Lions and the community.

The official opening of the new playground and the refurbished and re-landscaped playground took place after a barbeque lunch was enjoyed by all.

To commemorate the opening, trees were planted by the District Governor of Lions v2 District, Cr Helena Kirby Mayor of the Golden Plains Shire and Diane Ritchie representing Geelong Community Foundation.

Funders for the project were Geelong Community Foundation, Community Grant from Golden Plains Shire and donations from Advance Meredith Association and Meredith playgroup through fundraising with Ballark Gun Club.

Thanks must go to all members of Meredith and District Lions and special thanks to Kerrie, Peter and Nick Kruger, Shane and Teresa Telford, Helen and Pat Banks, Anne Kearney, Michaela Holyroyd, Peter Peppard and to Tim Wood for the use of his machinery. A big thank you to grantwriter Jarna Kelly for without her writing the applications, this project would not exist.

So come on down, bring the family and enjoy the new playground. And congratulations to the Lions Club of Meredith & District



HYDRAUT^{TECH}
FLUID POWER

**HYDRAULIC
SALES & SERVICE**

- Suppliers of hydraulic parts & components for farm machinery
- Rebuilding of hydraulic cylinders
- Pump & Motor resealing, pressure testing
- Suppliers of oil & grease for farm machinery

03 5336 2266

18 Wiltshire Lane, Ballarat, Victoria, 3350
www.hydrautech.net.au



**MORTIMER
PETROLEUM**

**MEREDITH
ROAD HOUSE**

45Kg GAS BOTTLES

ONLY

\$88

**...with FREE delivery
and FREE rental**

**phone the Road House on 5286 1556
to place your order**

BULK FUEL Phone David Mortimer **0418 524219**

- Addblue 1000lt delivered free \$770.00
- Addblue 220lt delivered free \$187.00
- Diesel exhaust fluid, 200lt drum oil also available

SERVICING Gheringhap, Bannockburn, Teesdale, Inverleigh, Lethbridge, Meredith, Steiglitz, Anakie, Geelong, Bellarine Peninsula, and more.



Meredith

**FIRST POINT BULK BILLING CLINIC
MEDICAL CENTRE**

Ph:5274 9090 or 5286 1369

Geelong's First Point Medical Centre has now opened a rural branch **at 32 STAUGHTON STREET, MEREDITH**



Opening Hours: Monday to Friday, 9.00 am to 5 pm
(by appointment or just drop in)

After hours services are available (a service fee applies)

Phone: 5274 9090 or 5286 1369 (after hours 5286 1369)

Website: www.firstpointmc.com.au

Doctors:

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

Services:

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.

Art Tossing...or, is *adscittitious* a real word?

Jim Elvey

I was recently encouraged to enter a ceramic sculpture into an exhibition; something I have never done before. This required me to provide a 50 word *artist's statement* (as if I had set out to say something!) An artist friend commented "... So you've become an *art tosser*!" In simple terms, this involves the elaborate and often dense description of a piece of art, giving it meaning and interpretation that the observer would never arrive at in a million years. Well, after copping a ribbing from some other friends over my efforts, I set a challenge whereby they would write the *artist's statement* for another of my sculptures, this one looking very much like a post and rail fence. "That's not art!" I hear you say. But, as my wife pointed out, it serves no practical purpose whatsoever, which leaves *art installation* its only justification. Anyway, here's one of the responses: Enjoy!



Resisting the *adscittitious* complexion of orthodox sculpture, this coruscating montage of tortured rectangles dispassionately inhabits its stark surrounds, as if unintentionally fulfilling its utilitarian obligation to nurture the artist's sacred ground in the form of a protective palisade.

Adscittitious- Forming an addition or supplement; not integral (*Dictionary.com.*)

"My practice examines hesitation as part of the process of decision-making, where the object is neither the object of objecthood nor the art-object. It is rather the oblique object of my intentions. ..."

"My work centers on an interest in the universality of our biological make-up and landscape; combined with the collective sense of the sublime..."

"...a group of sculptural works that aims at a void that signifies precisely the non-being of what it represents..."



City to Country
Plumbing & Gasfitting Pty. Ltd.

Lic #35586 ABN 18 518 220 928

For all your Plumbing needs

- **FREE no obligation quotes**
- Heating/air con installation (wood/gas/split system)
- Licenced gas testing (heaters/appliances) & Gasfitting
- Roofing, guttering & spouting
- Drainage, septic & sand filters
- Hot Water Services (gas/electric/solar)
- 2 & 8tn Backhoe Hire
- New & Existing Homes, Commercial & Industrial
- Accredited Backflow Tester

1735 Steiglitz Rd Maude Vic 3331
Ph: 5281 9443 Mob: 0408 526 365
E: enquiry@citytocountryplumbing.com.au

Steve Trofin - Your local plumber for 17+ years

We Should Have Known...

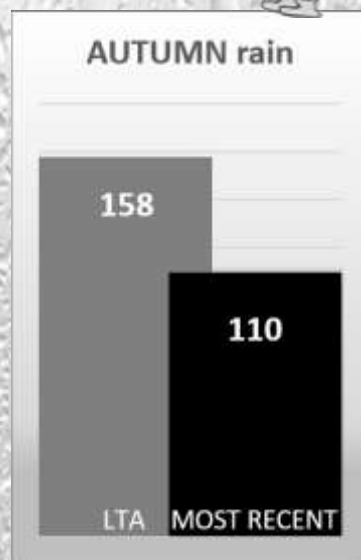
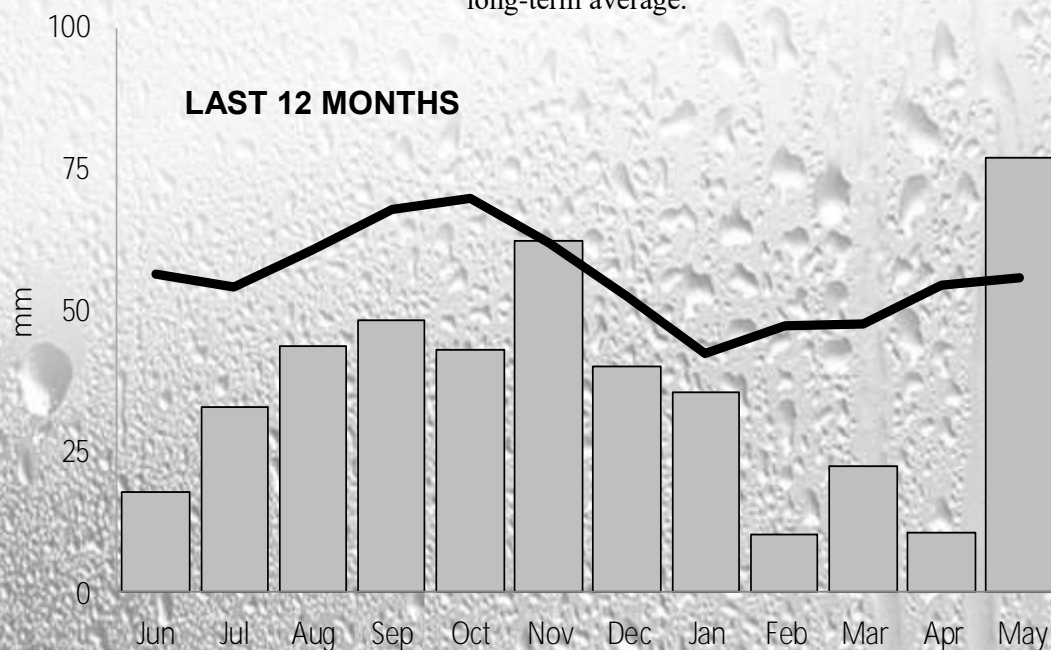
...web dwellers are all over this. There's even an "Art Critique Phrase Generator" called the *Critical Response to the Art Product* - or "CRAP" for short. (For the busy exhibitor, we assume): pixmaven.com/phrase_generator. But we especially liked Scottish artist, Scott Naismith's take on the issue. Having made the journey from despair to amusement, he collected up some real life examples. We've posted a few for your edification. (We could have said "information" but art tossers never miss an opportunity.)



the rainfall report

Over the last several years, we have rarely reported a season's rain above the long-term average. And this report of the rainfall registered in the autumn just finished, is business as usual. We must at least be grateful for those four days around the middle of May, when we received 57 mm of the month's 77 mm. In fact, those four days amounted to over half of our total autumn rainfall.

The previous 12 month's rain amounts to around two thirds of the long-term average.'



Paul Ryan Transport

- Livestock & General Cartage
- Bulk Haulage
- Grain and Fertilizer



0409 861 296

5341 5575



I Am a Much Loved Cottage

(as told to Marg Cooper)

I was shifted from Elaine to Mt Doran on June 1, 1918. A copy of the receipt for shifting me (the house) hangs on my lounge room wall. It says A McGregor, Carrier, Contractor and Home Remover moved me for Mr MacGillivray and set me on foundations for £15 and he was paid by cheque. My owner thinks I was moved on a dray pulled by bullocks from the property owned by Stalkers, near Narmbool.

John (Jack) MacGillivray grew up on the Mt Doran/Egerton Road on a property called "Glen Willin" and it seems that when he was about to get married to Lillian Ferguson he had me removed to a 20 acre block over the road from his parent's house. They married on October 11, 1918 and they called me "Carween".

Dorothy and Ian MacGillivray, children of Jack and Lil lived in me until they shifted to Ballarat and I was sold by auction to Jim Wood at the Elaine Hall in 1964. James Gordon Wood had been born at Steiglitz in 1914 and from the age of 15 until 21 years he worked as a general farm hand at Morrison which included milking cows at "Ballark". Jim then went to work on the Railways but came up at weekends to tend the several blocks of land that he had purchased. I was the centre of attention when his railway mates came up for car trials and all ended up here for a barbeque and when family reunions were held which often involved over 100 people.


Jim kept a diary from 1971 until 1975 which records work done on his land, events held and people involved. Many men were recorded as "cutting posts" or doing work for Jim including Bert Cardell, Jim Connell, Brian Lewis, Bob Sellars, Ern Slocombe and Bill Argent.

My owner, Faye Hedt, loves me. She bought me on March 15, 1989 from the estate of her father and moved in permanently in 2006. She had previously lived in a big flash house in Hamlyn Heights but admits that she doesn't like modern stuff. She adores the old furniture that had been in me when her father bought it including a dresser, a "what not", a Coolgardie safe and a table. Fay, with the help of Alby Smith and her children, over many years has painted, replaced, renovated and adorned to make the cottage (me!) a comfortable home with old world charm. She insists on retaining what can be retained and using second-hand heritage materials where it is possible.

Fay believes that the dairy out the back was removed from Ryans in Elaine and she believes that the outside toilet was removed from the Elaine Railway Station. Fay has a lovely garden surrounding me which includes historic artefacts that each have a story. Fay is in heaven. She loves the history, loves living in a house that is part of her family history, (her grandmother Margaret was a sister to Lil Ferguson) loves being in the country and loves being in her garden with her bum in the air.

100 Years since I was moved.

Fay would love to know about the house pre 100 years ago.



JOSIES
CONCRETING
& Excavation Work

Colin Jose

Garage floors • Foundations
Paving • Driveways • House slabs • Free quotes

MOBILE 0412 402 924

TEST'N'TAG

All plug in electrical items can be tested
and certified safe.

On-site or off-site testing. Reasonable rates.

Contact Meredith Maintenance
(Licensed Tester)

52861550 or 0427300742

"GLASS"

Glass cut to size

- ~Doors, windows, mirrors
- ~All glass replacements
- ~Tractor cabin windows
- ~Made to order leadlight
- ~Personalised service

Ph 5341 5500

200 Midland Hwy Elaine 3334



*Free
Quotes*



ADVERTISEMENT

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.



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



SUPAGAS

100% AUSTRALIAN

Paul Ryan

YOUR SUPAGAS DEALER

SUPAGAS is pleased to announce that
Paul Ryan

is delivering SUPAGAS to your area.

Paul will supply competitive 45kg, forklift and BBQ gas cylinder refills in a reliable and friendly manner.

- 45kg Domestic and Commercial Cylinder applications
- Fork lift Cylinders (15kg Aluminium Cylinders)
- Refills BBQ and Camping Cylinders
- Bulk Gas Quotations supplied

Please contact Paul to arrange your next
SUPAGAS LPG delivery

Contact Paul Ryan on 0409 861 296



Stockdale
Leggo

Dean Wilson

0418 521 322

Julie Kaye

0411 059 001

Steve Roper

0411 381 243

Call us today! (03) 5281 4444

Stockdale & Leggo Bannockburn
4 High Street, Bannockburn, VIC, 3331
stockdaleleggo.com.au/bannockburn



little
GEMS



Fear Factor

In everyday life, there are things that we encounter that may make us uneasy, uncomfortable and maybe even a little fearful. These can range from minor instances of fearing the smell of cut grass in case your allergies flare up to the life-altering, irrational ones that see you walking the long way to work so that you don't have to encounter people in costumes at certain times of the year. No matter what level of intensity, it's possible that all of our little personality quirks stem from phobias that you've not only never heard of, but that you cannot pronounce.

One currently doing the rounds as a meme on the internet is Misophonia. Ever been annoyed at the sound of someone slurping away at their soup? Or you've just settled in for a nice read on the couch only to hear someone chomping away noisily at their sandwich? Described as the fear of certain trigger sounds such as eating noises, this phobia induces anger and rage related emotions that might see you questioning your own sanity because if you don't leave the room there is a good chance you'll say something you'll regret.

If seeing your partner's 20 pairs of shoes strewn about their bedroom like there has been a shoe factory explosion causes you discomfort, then you could have Ataxophobia. While the fear of disorder or untidiness seems extremely relatable, the anger felt towards the partner/roommate/dog is more of a reflection on the trials and tribulations of living in close proximity to others rather than as a symptom of a more serious phobia.

Living in the 21st century has thrown up many new and unusual problems and with new technologies comes new fears. This reliance on technology has brought with it the disturbing discovery that some people now suffer from Nomophobia, an irrational fear of losing phone reception, running out of data, and a dying battery. While anybody would be a little wary of this for safety reasons such as being stuck in the bush without means of contacting the outside world, the fact that people actually suffer from this phobia in an everyday sense is a disturbing commentary on today's society...I say as charging my multiple devices.

Much like looking up illness symptoms, Googling any fear that your brain can think up will no doubt end in a list of phobias as long as your arm that bear little to no relevance to your situation. Perhaps your quirks may be related to a serious fear, but chances are you're no more special than the rest of us in that regard. Unruly eyebrow uneasiness and all.

LETHBRIDGE QUARRY

NORTH ALTONA ROCK BLASTING CO PTY LTD
Lot 2 LOWER PLAINS ROAD LETHBRIDGE

OFFICE: (03) 5281 7190

PAUL: 0429 361 378

OPENING HOURS:

Monday to Friday 7:30am-4:00pm
(Saturday by appointment)



FOR ALL YOUR CRUSHED ROCK NEEDS
FROM A TRAILER FULL TO A TRUCK LOAD

email: northaltonarock@bigpond.com

Note: No credit given and no EFTPOS on premises

IS YOUR SOLAR FEED-IN TARIFF BEING CUT BACK?

GIVE US A CALL AND GET THE RIGHT ADVICE ABOUT
HOW YOU CAN FIGHT BACK AND CONTINUE TO
MAXIMIZE THE ECONOMIC BENEFIT FROM YOUR
SOLAR POWER SYSTEM.



BREAZE
ENERGY
SOLUTIONS

Solar Power (with Batteries) Solar & Heat Pump Hot Water
On-Grid & Off-Grid Domestic & Commercial

energysolutions@breaze.org.au

03 4309 4027

Heart to Heart Equine Assisted Therapy



Equine-assisted therapy is effective in treating trauma, anxiety, depression, grief & loss and life stressors. Equine assisted therapy does not involve riding. Rather it draws on the horse's behavioural responses and connection with an individual. Mindfulness, emotional regulation and somatic experiencing exercises are used in sessions. Judith Emond has over 10 years experience in providing psychological treatment, family therapy and bereavement counselling.

Judith Emond

BSW, AMHSW, Masters Family Therapy
Grad cert Bereavement Counselling
Centre Equine Experiential Learning Facilitator
NDIS and Medicare provider
www.h2hequinetherapy.com.au

<https://www.facebook.com/Heart-to-Heart-Equine-Assisted-Therapy-1551920938188627/>

Located in Meredith 0408 791 097

B&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
- Poultry
- Collars & Leads
- Bird Seed
- Supplements
- Pure Apple Cider Vinegar available
- Horse Rugs (all sizes)
- Double Horse Float Hire

Agents for Sureguard Solar Electric Fence Energizers

Delivery can be arranged

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

ELGAS

Trust a Local for your LPG needs

Elgas is a local business, run by local people offering LPG for your home:

**Talk to Silvano
delivering LPG in your
area, providing friendly
and reliable service.**



Silvano Baldasso 0458 006 294
1055 Mt Mercer Rd A/H 5286 1543

ELGAS
Hassle-free LPG

131 161
www.elgas.com.au



CENTRAL HIGHLANDS
**ANTENNA
SERVICE**
PTY. LTD.

Master Technician with 35 years industry experience and service to the region

- Digital antenna systems
- Satellite/VAST systems
- Metro & Regional Reception
- On site Signal tests & quotes
- Home Theatre, DATA & Phone
- Friendly Service, Advice & 5 year warranty

Frank Schaefer

53334441 or 0418508524 anytime

www.chantenna.com.au

Those Frequently Flying Artists

Marg Cooper

On Saturday, May 5 nine Meredith artists flew to Perth, met Lyn who had flown from Sydney and then travelled in a hired mini bus to Margaret River for a holiday. Our accommodation was in an unusual house that had been built behind "Brookland Valley Winery" in bushland, close enough to the western coast of Australia that we could hear the waves crashing. Unfortunately, on our walks through the bush and around the winery we could not find access to the beach, although we were so close. The house featured a roof of arched bricks sitting atop walls of sandstone blocks and a polished concrete floor that had had lots of shells thrown in the mix. With six bedrooms, the house easily accommodated our ten and with a table made of wooden planks fifteen feet long, there was room for us all to sit at the table together on bench seats also made of wooden planks. Each day we ventured out in the hired mini bus to tourist destinations such as Cape Leeuwin and the lighthouse, Cape Naturaliste and the lighthouse, to factories where they produce cheese, chocolate, icecream, olive oil and of course to some of the wineries. We particularly admired the autumn leaves on the grape vines as they ran up and down the hills and the wines we tasted. To our delight we discovered that the "Margaret River Region Open Studios" event was on during our stay. We picked up a free guide book and each day we visited several artists in their studios. There were one hundred and thirty artists exhibiting paintings, sculpture, jewellery, printmaking, glassmaking, mixed media, woodwork and

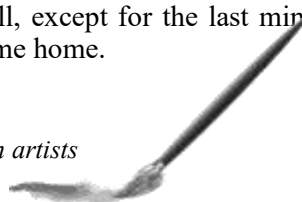
photography.

John Miller specialises in old world metal working techniques and tooling. He spoke to us in his workshop, explaining how he became a jeweller, how he buys gold and precious stones, how he mixes metals and how he creates. Most of us purchased something in his shop. Leon Pericles is a well-known printmaker with particular focus on etching and collagraph. His friend Peter explained how Leon etches and prints. We visited his elegant workroom in his house and Leon explained the significance of several of his works. Another artist who impressed us was Martine Perret. She worked for the United Nations for ten years photographing in conflict zones and now captures stunning photographs above Western Australia. If ever an artist personified the nature of his art, it's Heusso or Mark Heussenstamm. He came to Australia in the 1970's as a surfer, stayed to surf and when he's not at the surf beach named after him he constructs original creations using mainly materials from the tip. He has studios in Australia, California and Hawaii and since 1991 has had 35 solo exhibitions. Although he was only "open by appointment" (we didn't realise that) when we arrived he willingly told us about himself, explained his art and how he up-cycles.

We all enjoyed the opportunity to talk with the artists, learn secrets, see new techniques, share ideas, admire the art and be inspired.

A lovely time was had by all, except for the last minute dash to catch the plane to come home.

Finding inspiration - Meredith artists relaxing in Margaret River.



LOCAL PLUMBER

Jason Le Fevre

0473380192

Lic: 106050

All types of plumbing
including gas, roofing
and maintenance.

No job too small

Guaranteed reliability
and quality
workmanship



Meredith, Bamganie, Shelford, Mt Mercer Districts “Soil Limitations and Solutions Workshop”

Over the past 4 years 12 properties in the Meredith, Bamganie, Shelford and Mt Mercer area have completed annual soil testing on their properties. This workshop will interpret the results of the soil tests and provide information on soil biology and how the soil in the area responds to lime application. A seasonal climate outlook presentation will follow the soil session.

Wednesday 20th June 2018

Meredith Hotel (Midland Hwy, Meredith) 6:00pm for pub meal

FREE EVENT

Guest speaker: 7:00pm Lisa Miller - Southern Farming Systems

Followed by Bamganie Meredith Landcare Group AGM

KEY TOPICS

- *Constraints of the soil, treatments and fertiliser recommendations for each soil tests will be presented.*
- *Soil acidity level in response to lime application*
- *Soil biological production which applications provided benefits*
- *Bamganie Meredith Landcare Group AGM will follow the presentation*

RSVP is ESSENTIAL If you are interested in attending this event, please RSVP

Nick McKinley, Leigh Catchment Group on 0455 147 398 or nick@leighcatchmentgroup.org

Legal Help for Volunteers

From media release

The Federal Government has allocated \$250,000 to fund the delivery of online legal resources to help not-for-profit organisations and volunteers.

Justice Connect will be rolled out later this year and provide online resources, including apps, e-learning modules, webinars, and a comprehensive national guide of best practice.

2019 Kinder

From media release

Is your child turning 3 or 4 before 30 April 2019? If so, they will may eligible to attend 3 or 4 year old Kindergarten in 2019. Council-managed Kindergarten programs are offered at these locations: Bannockburn Children's Service (offering long day care & Kindergarten); Inverleigh Kindergarten; Meredith Kindergarten; Rokewood Kindergarten; and Teesdale Kindergarten. To find out more, please contact the Bannockburn Family Services Centre on 5220 7230 or email earlyyears@gplains.vic.gov.au

GPS Environment Review

From media release

Golden Plains Shire residents are encouraged to contribute to our new Environment Strategy to make sure community aspirations are reflected in Council's vision, plans and actions for the local environment. Community engagement for the Strategy has started and opportunities to contribute include community workshops, and pop-up conversation posts across the Shire and an online survey (also available in hardcopy on request). See the Environment Strategy 'Have Your Say' on the Council website for more information, or contact the Environment team on 5220 7111.

New Child Care System

...have you switched?

From media release

Families are urged to make the switch to the government's new child care and early learning system or risk missing out on the new subsidies.

New data shows that with just weeks to go until the new system starts on 2 July, around 48% of families have already made the switch.

Families need to make the switch by 2 July, or they could miss out on receiving the new child care subsidy. Visit education.gov.au/childcare for more information.



Memories of My Childhood

Darran Heron

It was so nice being back in my home town of Meredith and visiting my two sisters who live in the town although my childhood home has been pulled down and my Mum and Dad and brother Les have all passed away. My son and I try to come back once a month to visit and put flowers on their graves.

Coming home brings back some lovely memories of my childhood. I recall minding the cows along the highway every night after school while we did our homework. I recall cutting wood with the wedges and wood splitter. I recall filling the water tubs with water from the Coolebarghurk Creek for the animals and I recall putting hay out for the sheep at night, feeding the chooks, geese, ducks and turkeys and collecting the eggs. I recall feeding our many cats and dogs and minding the sheep on the hill.

The life was hard but it was good. Us kids who were home with Mum would have to get in and do our chores. During the week Dad (Dicko Lowne) worked at Fords in Geelong and he'd come home on Friday night, stay for the weekend and go back to Geelong on Sunday night. At weekends Dad and Les would go out in the bush to cut wood.

We had school trips in springtime to the bush where we picked heath and chocolate lilies. We made daisy chains. Joyce and Doreen picked daffodils and jonquils in Watson's paddocks and there was a pussy willow there as well.



**TREEHOME
NURSERY**

Plants for landscape restoration,
farm plantations, small acreage & gardens

39 Carr St, Teesdale Phone: 0409 585 998

Opening Hours for 2018

May 18th - September 8th

Fridays 9am - 4pm & Saturdays 10am - 4pm

Other times by appointment

email: treehomenursery@bigpond.com

www.treehomenursery.com.au

M MULCAHY & CO

AGRI SOLUTIONS

Latest news...



Rachael Trickey
Partner/Agri Business Consultant

Meet Rachael, who is a Partner & Agri Business Consultant for Mulcahy & Co Agri Solutions. You may already know Rachael from our Accounting division, as she has been an accountant for the past 10 years.

Rachael grew up on a property near Skipton, which run sheep, beef cattle & broadacre cropping enterprises. Rachael now lives on a 20 acre property and enjoys riding horses and camping in her spare time.

The dry start to the year has changed the playing field with the demand for grain and hay reaching a point where it is putting pressure on supply. As winter kicks in this is expected to continue. In this edition we look at the business life cycle and how it relates to farming situations, farm land values and where to from here and tax effective financing options as we approach the end of financial year.

Please visit our website to read our latest Farming Matters newsletter.



Have you reviewed your 2018 tax position?

Tax minimization is an important part of any farm enterprises yearly planning. As the late Kerry Packer said at a government tax inquiry some years ago "If anybody in this country doesn't minimise their tax, they want their heads read because, as a government, I can tell you you're not spending it that well that we should be donating extra". Nothing has changed in recent year to compel us to donate extra tax.

We offer a free no obligation meeting to review your situation. Call us today on 03 5330 7200 and take advantage of this valuable offer.

MAN COOK EAT



Steve Duffy

The Local Food Experience

When you tuck in to a meal with appetite you don't think about the philosophy of food. We eat because we are hungry! Some may see it as just taking on fuel, others seek out the experience of eating. That's what I'm about.

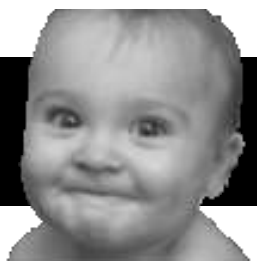
We are well beyond the heritage of our prehistoric ancestors salivating at the sight of game on the hoof. Or are we? Clearly when we drive down the A300, past sheep, goats, alpacas and the occasional cow, we don't get overcome with a desire to whack 'em on the head and chow down in the paddock. But we do drive on to get our shopping; including cuts from the relatives of the beasts we have just passed. We are so civilised! On the land one is more likely to make the connection between "on the hoof" and "on the hook".

All around us here in Meredith, food production is the game. (And fibre, of course, but that's beyond my brief!) Talking to local producers; "quality" is imperative. We have some wonderful "cottage" food producers. We have previously spoken about such locals growing and making olive products. There are great outlets like Back Creek Café and Dorothy's Kitchen. We have two good pubs that serve meals. Hearn's have a new chef! All of these are different in their philosophy.

Here, I must make a declaration: Graham Hamilton-Smith has recruited me to add input at Dorothy's Kitchen. So lately I have reconnected to the retail world of food. Graham's idea is to add to the food culture of Meredith. I am coming out of retirement because it will be good for our town: adding to the vibrancy of our little nook. I hope to live up to Graham's expectation of his generous experiment. Let's eat out more in Meredith.

Good eating! Steve

GO ON....SMILE!



"I like to imagine the guy who invented the umbrella was going to call it the 'brella'. But he hesitated."

- Andy Field .

GRASS HAY

Small square bales

Fully shedded

Delivery can be arranged or pick-up on farm

Ph Anytime 0437 358 307

5286 1201

0407 931 711



Earthmoving

Traxcavator, Excavator, Low-Loader and Tip Truck Hire

- Dam Construction
- Land Clearing
- Site Leveling
- Conservation Work
- Building Demolition
- General Earth Moving

4113 Midland Highway, Meredith, Victoria 3333

Free Whooping Cough Vaccine

from media release

The federal government will provide the whooping cough (pertussis) vaccine to every pregnant woman in the country, protecting both baby and mother from this life-threatening disease.

The \$39.5 million investment will mean the vaccine is added to the National Immunisation Program, guaranteeing its access, safety and availability for the first time.

"Whooping cough is a terrible disease that can cause life-threatening complications, including pneumonia or brain damage. Babies in their first six months of life are most at risk," Corangamite MP, Sarah Henderson said.

Newborns cannot be vaccinated until six weeks of age and the most effective way to protect a baby against the disease is vaccination of the mother during pregnancy.

Whooping cough is a vaccine preventable disease and all mums-to-be should get vaccinated.

The free vaccine will be available from 1 July 2018 for all pregnant women.

WOOLABRAI P/L

4350 Midland Hwy Meredith

PH 5286 1223 www.woolabrai.com.au

Pet & Rural Supplies & Woolbuyers

Serving Meredith and district for 22 Years



Pet and Rural Supplies

- A complete range of stock feeds
- General Rural Merchandise & Supplies

Woolbuying

- Cash Price for Small Lots
- Test and Sell Direct to Exporters
- Auction through WISS
(Woolgrowers Independent Selling Services)

Contract Fencing and Fertiliser Spreading

- Free no obligation quote
- Fencing Materials and Fertiliser available in store

“We are Independent and Local”



When Skip Bins Go Bad

from media release

The EPA wants you to help fight widespread illegal dumping of skip bin waste. You can do this by asking the skip bin company if they can provide documents that show your household garbage or renovation waste went to the right place; a licensed landfill or recycling facility will give them paperwork whenever they drop off a load.

By seeing receipts, you can make sure your waste is not dumped in the bush, local parks or creeks, on farmland, at a former industrial site or in a rented warehouse.

Illegal dumping costs the State Government and local Councils more than \$100 million a year.

You can report illegal dumping on the 24-hour hotline 1300 EPA VIC (1300 372 842).



ADVERTISE with US

Advertising in the Meredith & District Newsletter is a great way to let district residents know about your business.
FULL COLOUR ADS are now available in every issue (Conditions apply)

Ring Ian on 0409 016815

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



Victoria Bans

Opera House Traps!

Victoria will ban the use of opera house yabby traps (OHTs) in all waters, both private and public, starting from 1 July 2019. State Minister for Agriculture, Jaala Pulford, announced that this change to Victoria's recreational angling regulations had been made to stop the bycatch deaths of platypus, rakali and turtles in OHTs and other types of enclosed nets. The new rules will only allow recreational yabbing methods that pose no risk to platypus and other aquatic air-breathing animals. These are expected to include hoop nets, open-top lift nets and the traditional technique of dangling bait in the water on a piece of (hookless) string.

A Way of Life

by KERRIE KRUGER



A PRACTICAL GUIDE TO A MORE SUSTAINABLE LIFESTYLE

What Chickens Can Teach Us

Backyard chickens can have a positive effect on our mental welfare and are now being introduced into old age facilities and schools where they help with social isolation and depression.

Have you noticed that spending time with your chickens is almost guaranteed to lift your mood! Do you, like me, when feeling anxious or out of balance, you always get a sense of peace by just watching them go about their lives?

Now, we can name them Henny Penny, Amelia Egghart or Arabella, but no matter how long you live with chickens and no matter how hard you try you will never be one of the flock (although people with a few chickens certainly form a close bond with them) and you will never be the boss! Have you ever tried to get a chicken to do what you want, when you want? They can be coerced with a bribe or two, but not always and never when you are in a hurry... they are the queens of slow living.

Chickens live in a very structured social group, all members of the flock know who is the boss and, as long as they respect the rules, all is fine. If one steps out of line a swift 'bok "on the head and all is sorted. But within that group they are all unique individuals and they are certainly not slow or stupid. They are feathered philosophers-curious and interested in life. They hold no grudges and they accept and enjoy the moment they are in. Whether its chasing a fly or a group having a game of chasey, when one chicken has something they all want, they're in the moment and when its over, its over. No grudges, no tears, no worries, they just move on to the next adventure.

Chickens are content and accepting. Have you ever seen a chicken hiding because she is moulting and looks shocking. No way she is out there strutting her stuff, she knows that her new feathers will grow and in the meantime her attitude is let's just get on with the day. You never see a chicken sitting sulking under a tree, (unless sick) sticking out her bottom beak or flouncing off to be by herself and slamming the nest box shut.

I think that is why they have the ability to calm us. They remind us to live in the moment and not to stress the small stuff, that the sun will come up each morning and go down each night and no matter how much you worry and feel anxious the sky will not fall on our heads and eventually the worm will pop up!

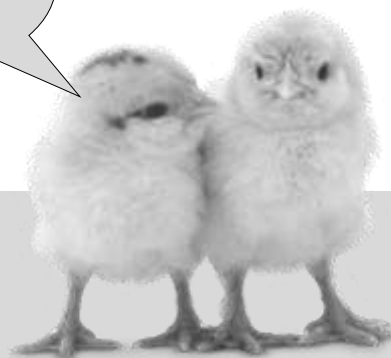
- Watch – *Chicken Run*
- Listen – *Arabella* by *The Formidable Vegetable Sound System*
- Read- *Hattie & the Fox*, *Little Red Hen* & *Sonya's Chickens*.

So next time you are feeling out of balance with the world, go and grab a cuppa and watch your chickens.

Slow Down, Connect and Enjoy your Life.

Kerrie

Did You Know...



- People have been raising chickens for more than 7,000 years.
- Chickens were first domesticated in India and China
- A healthy chicken lays about 265 eggs each year.
- Chickens are related to the Tyrannosaurus Rex.
- Chickens will be less nervous if you walk backwards when entering the coop.!!

KRUGERS Maintenance.
SHEETMETAL Repairs.
Fabrication

Pete 0419 539 162
Green Tent Rd Meredith

krugerssheetmetal.com.au



PLUMBING & GASFITTING SOLUTIONS

- Complete Bathroom Renovations
- Rain Water Tanks
- Storm Water
- Roofing
- Irrigation
- Gas Fitting
- Gas Appliance Servicing
- Solid Fuel (Wood) Heating
- Evaporative Air-conditioning
- Sky Lights
- Solar Hot Water
- Hot & Cold Water Supply
- Sanitary Plumbing
- Drain Blockage Clearing
- Drain Pressure-Jet Cleaning
- Septic Systems
- Sewerage

call Nathan
0408 996 721
nathanlepage@hotmail.com

Based at Meredith

QUALITY WORKMANSHIP



Alpacas for Sale

Four de-sexed males

ONE YEAR OLD

\$100 each

Phone Michelle 0407924202

Judy Hullin

Civil Celebrant



- ♦ Wedding Ceremonies
- ♦ Funerals or Celebrations of Life
- ♦ Naming Ceremonies
- ♦ Commitment Services

All ceremonies are unique and memorable and your guests are an integral part of the special service. Your special day is all about you.

Mobile: 0407 226 544

335 Pioneer Ridge Road, Meredith, 3333

Internet: *judyhullin@ipstarmail.com.au*

Web: *www.judyhullin.com.au*

DREW'S TRIMMING & CANVAS

Servicing the Golden Plains and Geelong Areas

Over 30 years Experience in the Motor Trimming Industry

No matter what your project is - Car Interiors , Boat Covers and Interiors, Caravan Awnings and Interiors, Ute Tonneaus, Trailer Covers, General Machinery Covers, General Upholstery, Horse Floats and Plane Interiors are just some of the areas I can help you with.

GIVE ME A CALL FOR A QUOTE AND FRIENDLY SERVICE

Vin Drew

Mon to Fri 8.00 am to 4.30 pm Sat 9.00 am to 11.30 am

29 Burrows Rd, Lethbridge

Ph 0439 967830

After Hours by Appointment Only

G'Tow/G&S Towing, 24/7

Tilt tray breakdown towing service and transport of Vehicles, light machinery, 20 foot container and trailers/ Caravan.

Anything up to 3.5 tonne
Located in Bannockburn



Phone: 0425 800 812

More than just tyres at Bannockburn.



Passenger
& 4WD



Mechanical
Repairs



Light Truck



Agricultural

60 Holder Road
Bannockburn

5281 1666

BRIDGESTONE



Bridgestone Service Centre

CLEARANCE / GARAGE SALE

Everything must go as moving

Farming equipment

Workshop & plumbing gear

Vintage wares including large wagon wheels

Furniture

Homewares

Outdoor furniture & garden ornaments

Plants etc

Saturday 9th June 2018

10.00 am – 2.00pm (STRICTLY no early entry)

518 Bamganie Rd, Meredith

Note: combined nearby farm items for sale
also on the day at same address

SALE UNDER COVER SO COME RAIN, HAIL OR SHINE

Dorothy's Kitchen

Meredith
Quality Local Produce

NOW SERVING

**Light Lunches
Fresh Roasted Coffee
Bakehouse Bread & Cakes**

**Thursday 9:30am – 4:00pm
Friday 9:30am – 5:00pm
Saturday 8:00am – 3:00pm
Sunday 9:30am – 2:00pm**

30 Staughton St Meredith

0409 781 091

karen@dorothyskitchen.com.au



This month, the Goats give us some background on, and their take on a recent performance by Mic Conway.

PETE GOAT

The Guildford Music Hall where Mic Conway performed is one of the oldest surviving venues of its kind in Victoria, if not Australia, having been built early in the gold rushes (Guildford is just south of the major mining town of Castlemaine and had a large population in its own right).

One of the things that struck me as we were enthralled by Mic's show was that this was just the sort of entertainment that would have been very popular in the gold rush era. If we were enjoying it so much that night, imagine the impact it would have had in those days before recorded music, film and television, let alone the internet, YouTube and all the other sources available today. The mix of music, comedy, puppetry, ventriloquism, conjuring, acrobatics, juggling, sleight of hand, impersonations and fire and sword swallowing would truly have been as magic to many of those in the audiences then.

It was a very clear, frosty night when we walked out after the show and I could imagine the audience of that time making their way back to their tents and shacks or whatever was home to them to marvel for long after at what they had experienced. And like his predecessors Mic hit the road next day, to perform in Ballarat that night, on to Gippsland the next.

We drove home that night and woke in the morning to the real-life drama of news that La Mama Theatre in Carlton had been gutted by fire overnight. La Mama had just celebrated its 50th year and Sue Ingleton, who had performed before Mic that night, has performed many times there from the very beginning. As is well known, David Williamson and Cate Blanchett had their beginnings there, as well as so many other writers, performers, directors and theatre workers. The good news is that the building was fully insured and will be refurbished and all scheduled productions will go ahead at other venues - the show will go on. But of course much was lost including Artistic Director Liz Jones' 30 years diary.

STEVE GOAT

This past month saw a national tour by legendary performer, Mic Conway. It celebrated his 50 years of performing. Mic hails from a long line of artists and these days he brings to his audience this family tradition of Vaudeville entertainments. In his act you can expect not only the songs and music of the early 20th century, but also magic tricks, juggling and fire eating.

Before the Conway brothers formed the iconic Captain Matchbox Whoopee Band, they had been involved in various jug bands and the beginnings of another iconic organisation: Circus Oz. It was at this time Mic and his brother Jim really hit the big time with hits like "My Canary Has Circles Under His Eyes" - a song from the 20's - and "Wangaratta Wahine" with the Matchbox Band. Despite the "smokey" atmosphere of the times, these guys were genuine, natural entertainers. Jim Conway has long been recognised as one of the best harmonica players in Australia, performing with the Backsliders, until he tragically was incapacitated with MS. But Mic has never stopped touring.

Mic Conway's Australian Junk Band have been his most recent band over the last decade or so. Regularly appearing at Port Fairy Folk Festival and the Woodford festival in Queensland; plus the semi-regular gigs at "Camelot" in Marrickville in Sydney. With some solo tours up and down the east coast in smaller venues. But Mic has been very busy in another capacity. He is constantly on the road performing at primary schools and kindergartens, doing two shows a day, five days a week. These days, your children or grand-children are more likely have seen Mic Conway, than most adults. These shows bring the vaudevillian style to a new generation with themes in Reuse and Recycle.

As Pete Goat reports, last month the Goats travelled up to Guildford Music Hall to see Mic perform live. This show was part of his 50th anniversary Tour with Matthew Fagan, a noted classical guitarist. For this special night they were joined by Sue Ingleton and Jan "Yarn" Wositsky. It was a fabulous night of fun and laughter. Pity you couldn't make it.



Yummy **easy** and **delish**



Zucchini, Goat's Cheese and Pea Slice

Prep time 15 mins + Cooking Time 25 mins

Serves 8

Ingredients

14 sheets filo pastry
60g butter, melted
4 eggs
1 lemon, rind finely grated
2 tbs chopped mint, plus extra to serve
350g zucchini, coarsely grated
100g frozen peas, thawed
100g goat's cheese (Meredith Dairy of course)

Method

Pre heat oven to 180 and line 22 x 30cm slice pan with baking paper.

Brush 2 sheets of the filo with butter and layer on top of each other. Starting from the short side, push towards the other end so that the pastry crinkles. Place into pan. Repeat with remaining filo to completely cover the base of the pan.

Whisk eggs, rind and mint together in a large bowl. Squeeze excess liquid from zucchini, then add to egg mix and season with salt and pepper. Stir to combine and pour over filo base.

Scatter peas and goat's cheese over zucchini mixture.

Bake 25 minutes or until set. Cut into squares and garnish with extra mint.

Recipe from -Fresh Magazine - Woolworths

Stefania



QUALIFIED PLASTERER

WORKMANSHIP GUARANTEED

AFFORDABLE RATES

ANYWHERE IN THE MEREDITH AREA

PHONE ADRIAN

5341 5705 0421 475 299



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



BYV

**WOOL BUYERS
& BROKERS**



Family owned & operated
for more than 20 years.

**BYV HANDLE CLIPS
BIG & SMALL
WITH A RANGE OF OPTIONS
INCLUDING OUR
\$22-A-BALE
FLAT RATE BROKERING**

Specialising in:

- Clip Brokering
- On Farm Pricing
- Shed Clean Ups
- Pick Ups

(subject to availability)

**SECOND HAND PACKS
REPLACED
FREE
OF CHARGE**

SERVICING ALL AREAS

CALL TODAY

and we'll come to you!

Ph: (03) 5267 2703 0417 054 792

Monday to Friday, 8-5pm

Saturday by appointment

2990 PRINCES HWY WINCHELSEA

byvg@bigpond.net.au

www.byvwool.com.au



Marg's Book Review

“The Sound of One Hand Clapping”

by Richard Flanagan

The central character is Sonja Buloh, a strong but troubled woman in her late thirties who returns to her birthplace in Tasmania. It is a bleak narrative. Sonja was abandoned at three years old in 1954 by her mother who disappeared into a blizzard and she is thereafter shuttled between various temporary households by her often alcoholic and sometimes violent father, Bojan Bojan, a Slovenian immigrant whose parenting ranges from adoration to abuse.

The author moves back and forth in time between Sonja's childhood and her return as a hardened adult to the scene of her father's ruin and her mother's long ago departure. Bojan's memories are of atrocities and corpses of Nazis and Slovenian partisans. The family came to a construction camp in the remote Tasmanian highlands where Bojan helped to build a hydroelectric dam. Bojan is an archetypal immigrant labourer, drinking away memories of war in Europe, straining his body to build a new vision of Australia and mocked as a foreigner while living in an isolated camp of “cowering corrals of huts” in atrocious weather conditions.

The mystery and heartache surrounding the time when Sonja's mother Maria walked out of the hut at Butlers Gorge never to return echo through Sonja's life all the way to 1989 when the pregnant Sonja returns from mainland Australia, longing to see Tasmania and her estranged father. Though her father can't articulate his suffering she remains bound to him in a deep understanding of his despair.

This book by Richard Flanagan is somewhat easier to read than the book we read last month also written by him called “First person”.

I am enjoying the book called “Book of Colours” by Robyn Cadwallader. The blurb says “the author fashions words with the same delicate, colourful intensity that her 14th century illuminators brought to their illustrated manuscripts.” Preceding most chapters are words from “The Art of Illumination” eg “As a limner (illustrator) you must have an eye that observes carefully, have imagination, a heart that encompasses order and disorder, the serious and the playful, so that you can understand the delicate dance between word and picture and you must love your work, let colour and shape, light and shadow lead your brush.”

The book for discussion in June is “The People Smuggler” by Ribin De Cresspigny,

New Speed Limit

from media release

A new, safer speed limit of 80km/hr has been set for drivers travelling through the intersection of Granite and Geelong-Bacchus Marsh roads, near Balliang. Between 2012-2017 there were three serious crashes at this intersection involving a head-on collision, u-turn and running off the road.

The speed change from 100km/h to 80km/h will apply for around 700 metres on both roads either side of the intersection. Signs have been installed to inform drivers of the changed speed limit.

The speed change is part of a broader safety upgrade being undertaken on Geelong-Bacchus Marsh Road between Geelong and Bacchus Marsh. This section of road has been identified as one of the highest risk in the state, with seven people killed and 41 seriously injured in crashes between 2010-2015.

Other works to be undertaken as part of this major safety upgrade include the installation of flexible safety barriers, further intersection improvements, rumble strip line-marking, overtaking lanes and road widening.

The Victorian Government is investing \$47 million into improving the safety of this route as part of the Towards Zero Action Plan being delivered in partnership between VicRoads and the Transport Accident Commission (TAC).

Work between Heales Road, Lara and Little River Ripley Road, Balliang, is due to commence later this year while planning is being finalised between Little River Ripley Road, Balliang, and Woolpack Road, Maddingley.

VicRoads Director of Safe System Road Infrastructure Program, Bryan Sherritt, said changing the speed limit through this intersection would immediately improve safety for motorists.

What?

Two things caught our eye in the above media release. Firstly, it referred to the speed limit being lowered to 80m/hr. It may be a little presumptuous on our part, but we have taken the liberty of changing this to 80 km/hour. (Otherwise, this is an intersection well worth avoiding if your time is at all valuable.)

The second is that the project is part of the state government's “Toward Zero Action Plan”. We would love to meet somebody who sat on the committee that came up with that name! - Ed.



GARGAN WATER CARTAGE

water tanks,
swimming pools

Can't get it in?

Don't want a Big Tanker?

Call Scotty-

0428 301 701

Drinking water only



Part of Your Community.

Inverleigh resident and
Funeral Director,
Ebony Hovey can assist you
with your enquiries and
funeral care needs.

Ebony is available to
guide you through
funeral planning
and arrangements
as well as provide
obligation free funeral
advice and information.

*...for a life worth
celebrating.*



GOLDEN PLAINS VET PRACTICE

Veterinary care for your family pets when you need it

Opening hours:

Monday to Friday: 8:00 am to 6:00 pm

Saturday: 9:00 am to 5:00 pm

Emergencies: 24 hours a day

Appointments: 5281 2226

2 Bruce Street, Bannockburn Vic 3331





it's History

Meredith History Interest Group

A few years ago we received a Community Grant from Golden Plains Council to “set up” (folders, shelves, cameras etc) so we could collect and record information about Meredith. Our aim was to document the history of every building and block of land in Meredith township. We now feel it is time to extend that project to document buildings and land on the roads around the town. We are calling it “Escape to the Country” and hope to once again receive some funding to “set up”.

The information collected is vitally important for researchers. History is very connected to the land, where people lived and worked, how they lived and worked, why they lived there and when. A lot of this information has been collected by people from newspaper cuttings, property sale advertisements, titles and so on. It just needs to be collected and collated.

Have you got time to help?

Weddings:

Jan McDonald has recently researched local weddings on Trove (which is a web site of old newspapers) and has accumulated pages of descriptions. We also wish to collect photos and descriptions of weddings in your family and have talked about having an exhibition.

Geelong Honours Them:

“Geelong Honours Them” aims to digitally capture and display information held in World War 1 Honour Boards located across the Borough of Queenscliffe, City of Greater Geelong, Golden Plains Shire and Surf Coast Shire geographic areas. For more information go to geelonghonoursthem.grlc.vic.gov.au. A short film to promote this project can be seen on that site which features the Meredith State School Roll of Honour.

Catalogue Day is Thursdays from 9 am. Call in any time, bring some photos or information to share.

A & R DURRAN Bricklaying

DB-U 40238

& BUILDING SERVICES

Specialising in brick & block masonry construction

- * Solid brick houses
- * Retaining walls
- * Scaffolding
- * Telchandler Hire



A & R DURRANS BUILDERS
ESTD 1980

Anthony Mobile: 0409 524438
ABN 63614843881
aandrdurransbricklaying@bigpond.com
www.DURRANBricklaying.com

Bush Nursing

The first district council of the Meredith Bush Nursing Centre met on Thursday, July 14. It was decided that the district cover a 10 miles radius from Meredith, being extended in the south two miles beyond Lethbridge. The following office-bearers were elected: — President, Mr. R Gargan; vice-president, Mr. M. M'Donald; secretary and treasurer, Mrs. Matheson; committee, Messrs. Marshment, Matheson, Hutchins, Molesworth, Grant, M'Donald, Mooney, Dean, Lewis, Brown, Phillips. It was decided that returned soldiers and representatives of the church were to benefit for the first year as honorary members. Subscriptions and donations received to date are satisfactory, and the nurse is expected to arrive in a few weeks' time.

Geelong Advertiser Thursday 21 July 1921

The Meredith Bush Nursing Association, which was formed nearly 12 months ago, was expected by many to have a life of short duration, but to the satisfaction of those who have worked so hard to put it on a sound footing the scheme has flourished up to their most sanguine expectations. At the meeting held on Wednesday afternoon the nurse reported that she had paid 100 visits for the month, which clearly shows how much her services are valued in the district. New members are reported at every meeting of the committee, and the financial year will end with a handsome credit balance.

The Ballarat Star Saturday 3 June 1922

Meredith in Two World Wars:

“Meredith in two World Wars has built up a record of which its people can be justifiably proud. In addition to the Members of the Armed Forces, almost every member of the community rallied to the Call of the Empire in one sphere or another. In World War 1 sterling service was given by various organizations, namely The Red Cross, Prisoner of War Group, The Meredith Social Club, Welcome home Committee and Church groups of each denomination. Shortly after Japan's entry into the War, the Meredith Spotting Station was established, and its members maintained around the clock tour of duty which materially assisted the Allied Cause. In addition to the above-mentioned groups, the VDC was an active body. With the advent of peace the Meredith Sub-branch of R.S.S.I.L.A. was established.”

From: Back to Meredith booklet, 1947

Jan McDonald, Meredith History Interest Group

Is Your Pet Registered?

from media release

Golden Plains Shire Council is undertaking a Shire-wide Pet Registration Audit in May and June to encourage responsible pet ownership, improve pet registration levels and help build a safer, happier community.

The Audit involves Council's Community Protection Officers visiting properties in Golden Plains Shire to make sure domestic pets are registered and microchipped.

Pet owners are required to microchip and register all dogs and cats with their local Council under the Domestic Animals Act 1994.

Registering your pet helps us find your pet should they accidentally escape your property, making the chances of getting back a lost furry friend much higher. It can also help us identify pets that have died in road accidents, and notify you.

"I strongly encourage residents who have unregistered dogs or cats to get in touch with Council as soon as possible to register their pet, as the cost to register a domestic animal is much less than the fine for failing to do so," Mayor, Cr Kirby said.

Benefits of pet registration

- Includes a 'Free Ride Home' for pets at large when they have been collected by Council.
- Allows pets to be returned to their homes promptly, which can significantly reduce the distress associated with missing animals.
- Allows pet owners to be notified when their pets have been found to have passed away.
- Saves residents a potential \$317 fine (2017-18) for failing to register a pet over three months of age, plus a potential \$180 pound fee and the cost of registration.
- Allows Council to get in touch with the owners of dogs involved in animal attacks or nuisance complaints, so that issues can be resolved for local families as quickly as possible.

Registration fees

The cost of registration is \$126 (per animal). Discount registration is \$43 (per animal) and eligibility includes:

- Dogs used for working stock
- Animals over 10 years of age
- Animals that have been desexed (proof required)

A further discount of 50% of the fee applies to Pensioner Concession Card holders only (prior approval must be obtained from Council).

Failure to register or renew the registration of a dog or cat over the age of three months is a Council offence.

For more information contact 5220 7111 or drop into our service centres in Smythesdale, Linton or Bannockburn to register their pet.



A.D.F.

AUTO DRIVE FENCING

For ALL your fencing needs

Town & Rural

Horse, Sheep & Cattle yards

Horse Shelters

Post & Rail

Electric fencing

Repairs & Maintenance

SPECIALIZING IN FAST

POST DRIVING USING THE LATEST
MUNRO AUTO

DRIVER ON SIDE SHIFT

Call Matt 0438 828 043

ELAINE EXCAVATIONS PTY. LTD.

CONTACT Warwick Mob. 0408 508 303

pitcherindustries@bigpond.com

A.H 03 53 420329

FAX 03 53 420387



*Excavation Work

*Site Leveling * Driveways

*Dam Digging & Cleaning

*Demolition Work *Drainage Work

*Septics *Rubbish Removal

Scraper, 4.5 & 10 Tonne Excavator

Traxcavator, Grader, Bobcat,

Lazer Equipment, Under - Road Borer

Tip Trucks & Trailers,

***Free Quotes**

GIVE US A CALL!

Feral Cats

Victoria's listed threatened species are at increased risk of extinction as a direct result of feral cats, including the critically endangered Helmeted Honeyeater, Mountain Pygmy Possum, Orange-bellied Parrot and Plains Wanderer. That's why we're declaring the feral cat an established pest animal on public land managed by DELWP and Parks Victoria from mid to late 2018. The existing arrangements for cats will continue to apply in areas the feral cat declaration does not cover. More info environment.vic.gov.au/invasiveplants-and-animals/feral-cats.

Living with Wildlife

Wildlife is protected in Victoria under the *Wildlife Act 1975* and it is illegal to wilfully disturb or destroy wildlife without approval from DELWP. Our recently released Living with Wildlife Action Plan outlines strategies and actions to ensure wildlife are secure and sustainably managed. We're asking for your feedback on ways that it could be improved by 29 June. Visit: engage.vic.gov.au/atcwreview.



The above two articles first appeared in "Community Consultations", published by DELWP Grampians Region

**Golden Plains
Physiotherapy
& Massage Clinic**



- Remedial
- Sports
- Pregnancy
- Chronic pain
- Dry needling
- Health fund rebate available
- Mobile service
- Gift certificates
- AAMT member

Also available at
Corio Bay Health Group located in High St Bannockburn
Phone (03) 5281 1016

www.goldenplainsmassage.com.au

Phone 0418 798 608

email: goldenplainsmassageclinic@gmail.com located in Meredith



MEREDITH CONSTRUCTIONS GEOFF L. HARDY D.B.U 15273

Registered Building Practitioner For

New homes	Renovations
Additions Ground Floor	
2nd. Storey	Bathrooms
Kitchens	Decking
Painting	Tiling
Plans etc.	Pergolas

All aspects of concreting

Phone. 0429 084 655 8am-5pm

GLF Excavation

No job too small



Gary Fairchild

Call for a free quote
0427094650
garyfairchild0@gmail.com

We Get The Job Done

OK Google
...tell us a joke.

What is ET short for ?
Well, his little legs don't help.

Ballarat Big Vac ABN 39 905 288 238

Specialising in Septic Tank Cleaning Services and all other aspects of vacuum cleaning including:-

- Insulation and Dust
- Grain Silos
- Elevator Pits
- Water Tanks and Flood Damage
- Grease Traps
- Pressure Cleaning

EPA licence accredited

Ph Milton Howard mobile: 0409 503 778

P.S.



Midden 1818



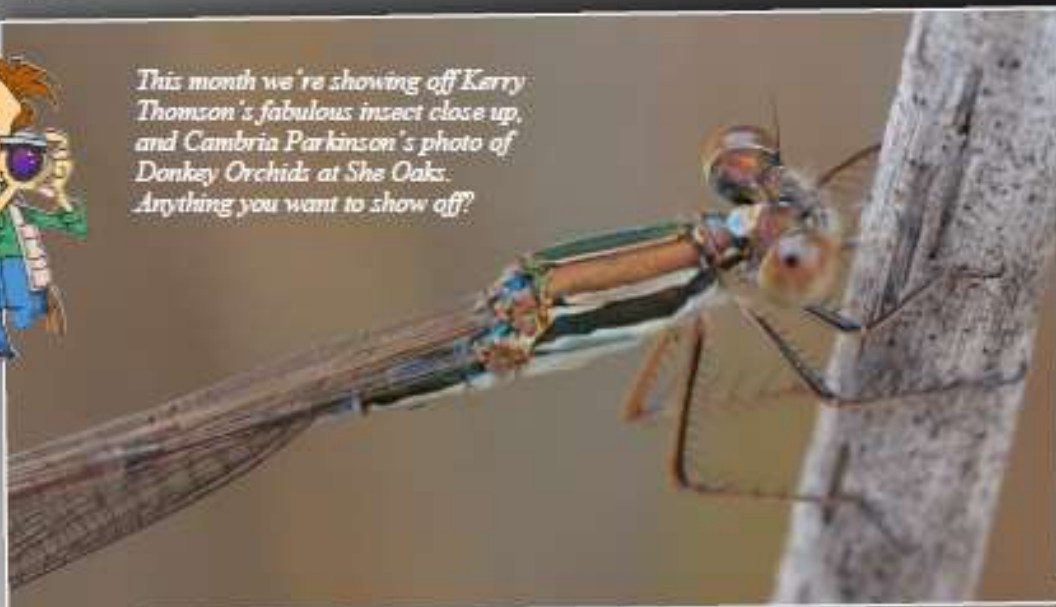
Midden 1918



Midden 2018



This month we're showing off Kerry Thomson's fabulous insect close up, and Cambria Parkinson's photo of Donkey Orchids at She Oaks. Anything you want to show off?



TRUCK DRIVER / LABOURER WANTED

Casual position which may lead to a full-time position for the right person.

Must have a H/C licence and a red/white card.

Work is mostly in Geelong and depot can be in either North Geelong or Meredith, whichever is easiest for you.

If interested please send your resume through to jorg.contractors@gmail.com or contact Brett on 0417 392 985 for more information.

B&C
EXCAVATIONS



WHAT'S ON in JUNE 2018



SUNDAY 10th
JUNE 2PM
FREE



Lachy & Nat Acoustic Duo



JAZZ & HOGES

FRIDAY 15th
JUNE 8PM
FREE ENTRY



FRIDAY 29th
JUNE 8PM
FREE ENTRY