

AUGUST  
2018

# Meredith & district News

Our FREE Community Newsletter since 1972



## inside

- Bruce is the Best on the Buses
- We get a Big Lift
- BOP Art No 1
- An Obsession with Cars

*...and the usual MUCH MORE!*



e: [news@meredithnews.com.au](mailto:news@meredithnews.com.au) w: [meredithnews.com.au](http://meredithnews.com.au)



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Please note, advice is general in nature and is designed to be an initial step to overcome an issue or information gap.



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# 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](mailto: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 ads and submissions must be lodged by 9.00 am on 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
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Half page	\$40.00/\$100
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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  
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Accounts: Dawn 0428 861274  
[accounts@meredithnews.com.au](mailto:accounts@meredithnews.com.au)  
Editorial: Jim: 0409 163169  
[news@meredithnews.com.au](mailto:news@meredithnews.com.au)  
**WEB**

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

## ONLINE PHOTOS

We do not publish children's photos online.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

## DISCLAIMER

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

# connect

**ADVANCE  
MEREDITH**  
5286 1291

**ANGLING CLUB**  
0419 423 980

**B'BURN ART  
GROUP**  
0410 808 483

**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**  
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Juniors 0430 587 674

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Meredith  
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**SEW 'N' SEWS**  
5286 0700

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# emergency

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(from mobile phone)	000 or 112
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Mental Health Advice	1300 280 737
Poisons Information	13 11 26
Barwon Water	1300 656 007
SES Emergency - flood & storm	132 500
24 Hour Helpline	1800 629 572
24 Hour Drug & Alcohol Counselling	1800 888 236
Kids Help Line	
24hr 5-18yo	1800 551 800
Golden Plains Shire	1300 363 036
A.H. Emergencies Ranger	0408 508 635 5220 7111 or 0409 830 223
Bannockburn Vet	5281 1221
Golden Plains Vet	5281 2226
Injured Wildlife	0429 430 646
Pets and Horses 24/7	0421 617 23

## Justices of the Peace

Mr Don Atherton. 0409 869 980  
Mr Paul Ryan Elaine. 0409 861 298

# services

<b>CEMETERY TRUST</b> 5286 1550	<b>MATERNAL &amp; CHILD HEALTH</b> 5220 7230
<b>HALL HIRE</b> Meredith Memorial 5286 1251	<b>PRE-SCHOOL</b> 5286 0722
Elaine Mechanic 5341 5596	<b>PRIMARY SCHOOL</b> 5286 1313
Elaine Rec Res 5341 5703	<b>RECREATION RESERVE</b> 0429 841399
<b>LIBRARY VAN</b> 5272 6010	

## ..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.



*Plan your life like you will live forever, and live your  
life like you will die the next day.*

- Unknown





# Community

## Our Community Plan

*Kerrie Kruger*

What is Community Planning? Community Planning is a process where community members come together and take action to improve their community.

Who are Community Coordinators? *"The Golden Plains Shire Community Coordinators are the unsung heroes in our local communities – they empower everyone involved in community planning to create shared goals and a vision for their communities. Their dedication and passion builds the foundation for strong and resilient communities. We are very proud of our Community Coordinators for their contribution to making our Shire such an amazing place to live and visit."* - Cr Helena Kirby, Mayor, GPS

How was this Plan developed? At the start of this year, the community was asked for ideas and projects via a survey distributed throughout the community. 23 surveys were completed with approximately 63 suggestions provided. A public forum was held on the 16th of March (Showcasing Meredith) at which approximately 56 people attended. Further suggestions were made and then those present voted to establish the top priorities for the Plan. From this process, seven project areas were established as the priorities for the Meredith Community Plan 2018 – 2021. They are:

- Accommodation and Land Zoning,
- Young People
- Community Engagement
- Parks, Creeks & Paths
- Support Community Groups
- Asset Upgrades
- Support local Business and Tourism

After the plan and funding allocation was agreed on by the Community Coordinators (voted in at the Public Forum) we presented it to the Council. We also met with the key Shire Officers in our nominated priority areas.

We decided to approach our planning by identifying the seven areas and then allocating a Lead community group and a lead community coordinator to each area. We listed what we want to achieve based on community voting at the public forum. The Community Coordinators were represented by, Diane Ritchie, Linda Wong, Kerrie Kruger, Johnny Dunstan and Jenni Tourneur, supported by Jim Baker and young Nick Kruger.

We each presented, alongside a PowerPoint display, on the seven priority areas identified as being important to the Meredith Community. We have had feedback that our presentation was well received. We were asked many questions at the end our presentation and some immediate feedback of assistance from Golden Plains Shire. Fingers crossed we receive the Seed Funding of \$7500 to be spent over the 3 year plan. As our summary from the presentation concluded, of course we don't know our future, but we as community coordinators want to make Meredith The Golden Plains Shire 's most liveable town.

We have a plan and Meredith we have a great community, so let's work hard and work together to achieve a town we are proud to call home. To view full Meredith Community Plan 2018-2020, go to Golden Plains Shire Web Page.

## Meredith Seniors

*Jim Hynds*

Meredith Seniors celebrated "Christmas in July" at the Royal Hotel on July 9, 2018. The dining room was beautifully decorated for us with traditional decorations and we were served a traditional roast dinner with plum pudding and brandy sauce for dessert. Many thanks to Claire, Damien and their staff who looked after us so well.

During the afternoon many raffles were won by members and guests. Mrs Dawn McDonald entertained us with some lovely piano music and we sang along when she played our favourite songs. Many thanks to Dawn. Our members certainly appreciated the sing-along.

In all a pleasant day was had by everyone.

The Annual Meeting has been held. Details will be in the next issue.

### Bannockburn Probus

The Combined Probus Club of Bannockburn, meets 1st Monday of the month.

#### GUEST SPEAKERS

August 6th Adrian Hurring, Everest Base Camp

September 3rd Ron Medson

October 1st Carol Cottage by the Sea

November 5th RACV Healthy Ageing

#### TOURS and OUTINGS

Tuesday 24th July Christmas in July at Fyansford Hotel. Mini bus to pick up 10 people at 10am from church.

Tuesday 7th August Visit to Geelong Library by Gull bus, \$21 p p

Wednesday 5th September Blumes fashion show at 1.30pm afternoon tea to be provided \$5 entry

September trip to Steglitz

October 3rd week Fiona Donkey farm / Goat farm/ Daylesford.

For more information, phone 52811168 or 52815647

### 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



Our editorial deadline for the July issue is  
**9.00 am Thursday 30th August**

### Classifieds

First insertion of small ads are FREE to district residents



# Church News



## CATHOLIC

### **St. Joseph's Parish Meredith**

Parish Priest Father Charles Balnaves phone 52861230.

Parishofmeredith@bigpond.com

#### **Mass Times:**

**Winchelsea** 6pm every Saturday.

**Bannockburn:** every Sunday at 9 a.m

**Inverleigh** every last Sunday of the month at 4p.m.

**Anakie** Sunday August 12th/26th at 11a.m

**Meredith** Sunday August 5th/19th at 11 a.m.

Confirmation Sunday August 19th at 2 p.m. to be held at Holy Spirit Church Manifold Heights

## 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 5<sup>th</sup> Sundays of the month

### **Church of Epiphany - Meredith.**

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

### **St James. - Morrisons:**

Contact: 0429 146 566 or 5368 2730. The Rev. Glen Wesley

1<sup>st</sup> Sunday of the month at 5pm, 3<sup>rd</sup> Sunday of the month at 9am.

## UNITING CHURCH

### **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.

## **Bamganie-Meredith Landcare Group**



**BREAKING NEWS:** We have just heard that our application for funding as part of the Corangamite Catchment Management Authority 2018-2019 Community Grants Program has been successful. The grant, "Meredith: Flora, Fauna, Forestry and Farming" will be used to run a series of workshops and field days over the next twelve months. The aim of the workshops is to raise awareness of the importance of remnant vegetation, and to provide practical skills and guidance for the protection and restoration of land. Workshop topics will include:

- Protecting and enhancing native remnant vegetation
- Farm forestry and marketing opportunities
- Indigenous seed collection demonstration
- Understanding carbon credits and how they can help you.

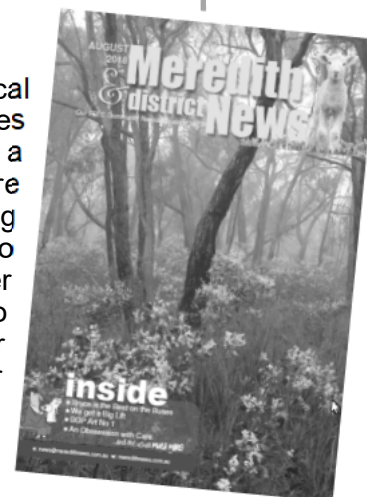
Details of the workshops are still to be finalised – watch this space or go to our Facebook page, Bamganie and Meredith District Landcare Group for further information.

**FIRST AID COURSE:** Do you need to update your first aid skills? If so, we have the course for you! We have funding to run a Level 2 first aid course (HLTAID003) for members either later this year or early in 2019. The course includes a theory component for participants to complete online before attending one day of practical training.

Details of the first aid course will be available shortly – again, watch this space or go to the Facebook page, or better still, come along to the next Landcare meeting on Thursday 16 August 2018 at 7:30pm at the Meredith Community Centre. Landcare members, or anyone with an interest in land management issues and who want to find solutions to these issues, are very welcome to attend.

## **Our Cover.**

Kerry Thomson's local bush photo captures bright wattle through a heavy mist - a sure reminder we are drawing out of winter. Be sure to get off the highway over the next few weeks to enjoy this spectacular sight around our district.



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



# Recreation



## Elaine Cricket Club Office Bearers

**President** Julie Pandzitis  
**Vice President** Brad Kierce  
**Secretary** Jonathon Inglis  
**Assistant Secretary** Shane Dunne  
**Treasurer** Rebecca Curran  
**Committee Members** Nigel Parkinson, David Flood, John Baker Karen Pritchard Angus Hogarth Seamus Dunne Nicholas Pandzitis, Ron Read, Jimmy Connell, Lachlan Baker, Damon Kierce, Margaret Coulson, Carl Ludeman and James Parkinson

Elaine CC has an excellent junior cricket program U16 and U14 teams and a very large committee with Brad Kierce our new junior coordinator this season. A huge thanks to David Flood who has stepped down as U16 coach this season due to work commitments after many years coaching U16 and U14 sides including a junior flag. Nigel Parkinson is head Junior Coach and Cheyene McLean is in charge of what used to be called the Milo Cricket Program for kids 5+ It's currently being rebranded under a new name. Any boys or girls interested in playing cricket this season please contact Nigel, Brad or Shane. Training will start Thursday 6th September at 5pm.

Nigel 0498623532  
 Brad 0411281482  
 Shane 0448291074



## Elaine Tennis Club Office Bearers

**President** John Baker  
**Vice President** Kerrie Flood  
**Secretary** Shane Dunne  
**Treasurer** Ian Farhall  
**Committee members** Jac Baker, Simon Colla, Eliza Baker, Matilda Dunne, Hannah Farhall Megan Farhall, George and Mark Gallo



## Elaine Tennis Club Open Day

Elaine Tennis Club will hold an Open day on **Saturday 1st September** 12pm 2018. Free coaching will be available as well as a free BBQ and prizes. Any playing members will receive a free racquet and hat, playing uniform including hat, T-shirt, and spray jacket. A trip to the Australian Open at Rod Laver Arena once again will be provided to all members. Congratulations to committee and look forward to seeing many happy faces once again this season.

## Meredith Cricket Club

PLAYING CRICKET ON THE MCG SINCE 1861

Terry Hart would like to invite cricketers of all ages and ability to play cricket on the MCG (Meredith Cricket Ground) this summer.

Following on from a successful 2017 season, the club will again be fielding two Saturday senior teams for the upcoming season.

We are delighted to announce that former player and GCA cricket legend Jason Murray is returning to the club as Senior Coach for 2018/19. Jason brings a wealth of experience and leadership to the club and is enthusiastic about the opportunity to develop our young playing list.

This season the Meredith Cricket Club, in conjunction with other local clubs in the district will also be fielding junior teams in the following age groups- Under 11, Under 13, Under 15 and Under 17

All junior teams will compete in the Geelong Junior Cricket Association competition and are open to both boys and girls of all ages. For more information please contact Damian Brunt on 0414 876 693

The club held its Annual General Meeting on July 16th with the new club executive elect as follows-

**President** – Andrew Campbell (0431208252)

**Vice Presidents-** Jack Beggs, Joel Hart

**Secretary-** Terry Hart (0418178513)

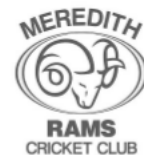
**Treasurer-** Jimmy Hay

**Junior Co-ordinator-** Damian Brunt

**Committee-** Craig Young, Brendan Wild, Shane Grinter, Aaron Hart, Jason Murray.

Pre-season training will commence on Sunday August 26th at 10.30am at the Rec Reserve and will be followed by a free BBQ lunch. New players of all ages and ability are most welcome.

For more training dates and updated club information follow us on facebook- Meredith Cricket Club or contact Andrew Campbell on 0431208252 or Terry Hart on 0418178513.



The two rival cricketers were talking. 'The local team wants me to play for them very badly.' 'Well, you're just the man for the job.'





To ensure our community newsletter is sustainable, we are keen to recruit "partners" for critical roles. So, if you have the aptitude, enthusiasm and time for one of the following roles, PLEASE, contact us for a chat.

### co-editor

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

You will have good computer skills and bit of a creative flair about you. This will take you up to 20 hours a month.

### co-production officer

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

### accounts officer

As Account Officer, you send out electronic invoices to all advertisers and track their payments. You will prepare monthly reconciliations and a quarterly report to the newsletter committee. If necessary, you will learn the simple MYOB program we use. This will take you up to 10 hours a month.

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

Excellent working conditions including one month's annual leave. (We don't publish in January!)

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from the **MAYOR**

**Cr Helena Kirby**  
Mayor, Golden Plains Shire



I'd like to remind you that Council's rates notices will be distributed from mid-August to ratepayers so please keep an eye out for yours.

I am very excited to announce the recipients of our 2018-19 Community Grants. Council provides grants to community organisations all across the Shire to help address community needs and provide opportunities that enhance the wellbeing and quality of life of our residents and I'd like to congratulate all the recipients on behalf of Council.

The Northern Settlement Strategy (NSS) will provide a municipal approach to land use planning for the northern part of Golden Plains Shire. Council is holding information sessions including a short presentation in Napoleons (Napoleons Public Hall, Colac-Ballarat Road, Wednesday 8 August, 2-7pm, presentations at 2.30pm and 6pm) and Smythesdale (at the Well, 19 Heales Street, Thursday 9 August, 2-7pm, presentations at 2.30pm and 6pm) to present the key findings of the NSS. You can find out more about the NSS at [goldenplains.vic.gov.au/consultations](http://goldenplains.vic.gov.au/consultations).

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## GP Rural Women's Network

### *Felicity Bolitho*

I am pleased to inform readers that the Golden Plains Rural Women's Network Inc has decided to keep on keeping on with some renewed vigour and inspiration.

### **Lobbying for our Shire**

Pleasingly, part of the Network's submission to the Federal Redistribution was recognised with the portion of the previous Corangamite Electorate that had been destined to become Wannon was actually retained within Corangamite and thus retains its community of interest with business and education districts. The portion encompasses Barunah Park, Barunah Plains and Wingeel. This reflects the course of the Wingeel school bus route that has for many years taken secondary school children to Geelong from these localities. Unfortunately, we were not successful with the remainder of the submission that focussed on areas closer to Ballarat and surrounds in the Golden Plains Shire.

### **Changing Our Game**

The Network has been successful in securing a small grant from the Change Our Game Community Activation Grants program. Our Network in partnership with Golden Plains Shire Council, aims to develop and deliver a women's leadership program. This program will consist of a series of workshop sessions with a focus on building the capacity and confidence of local women in leadership opportunities, with a focus on local sport and recreation settings. Keep an eye out for details of the launch event we have planned for 12 September...

### **Sponsored Winners**

It is also a delight to announce that Jennifer Mitton of Dereel and Kaylene Grigsby of Teesdale are the successful applicants to be sponsored by our Network to attend the Victorian Rural Women's Network Forum to be held in early August. This should be a great opportunity for networking, making new friends and contacts and building the resilience of women across Victoria.

### **Meet our Network Women**

The Network thought it may be interesting to provide some information about our members so we will commence with our Secretary Jen Blake.

Jen is a farmer living at Barunah Park. She didn't listen to her mother and learnt to drive a tractor and to undertake most aspects of running the property with husband Kevin. Jen is passionate about listening to and advocating for the needs of rural people and wants to see younger women become more involved in our communities. Jen has a pen friend in India that she started writing to as a fan of the ABC children's hour. She has been able to visit Marina several times over some sixty years and is planning a visit later this year.

Feel free to join us at our next meeting on Monday 27 August at the Hesse Centre, Rokewood at 7.30pm.



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**Saturday 9am - 1pm**

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



## PORK & VEAL SANG CHOY BOW

*Prep time 20 mins + Cooking Time 20MINS*

*Serves 4*

### Ingredients

- 1 tablespoon peanut oil
- 630g pork and veal mince
- 2cm piece fresh ginger (10g) grated
- 2 cloves garlic, crushed
- 50g fresh shitake mushrooms, chopped finely
- 227g can water chestnuts, rinsed, drained, chopped finely
- 2 tablespoons char siu sauce
- 1 tablespoon oyster sauce
- 1 tablespoon light soy sauce
- 1 tablespoon lime juice
- 1 cup (80g) bean sprouts
- 8 large iceberg lettuce leaves
- 2 green onions, sliced thinly

### Method

#### Step 1

Heat oil in wok or frying pan. Stir fry mince, ginger and garlic until mince browns.

#### Step 2

Add mushrooms and water chestnuts. Stir fry until vegetables are tender. Add sauces and juice, stir fry until hot. Remove from heat and stir in sprouts.

#### Step 3

Divide mince mixture among lettuce leaves and sprinkle with onion.

*Recipe from Women's Weekly Family Favourites*

*StefaniaJ*

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**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!**

**OK Google**  
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Why can't a Tyrannosaurus clap?  
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## **Bannockburn Pharmacy Newsletter**

**Proprietors: Scott Wilkes & Damian Bennett**

**6 High Street Bannockburn VIC 3331**

**Phone: 5281 1519**

### **Happy 2<sup>nd</sup> birthday Sheldon**

It's hard to believe that it has been 2 years since we installed our automated dispensing robot, Sheldon, into our dispensary! Sheldon hasn't missed a beat since we installed him in August 2 years ago. He has allowed us to further reduce the amount of time for us to process prescriptions which has allowed for reduced waiting times but also better access to our pharmacists. Having Sheldon has allowed two of our pharmacists have the time to be able to provide and administer vaccinations.



### **Best of luck Cindy**

We would like to wish Cindy all the best as she is due to have her 3rd child this month. Cindy returned to us earlier this year after a brief time away while she lived in NSW. Cindy will be off on maternity leave for 12 months and we look forward to welcoming her back in 12 months' time.

### **New Giftware in store!**

It has come to that time of the year again where we are going to Melbourne to buy new gifts for the Pharmacy.

Our prices are still below the recommended retail price you will pay at other leading retail stores, plus not to mention you also receive a further 20% discount if you are member of our FREE Loyalty/Gift Club! So come in and compare our prices and range before shopping in Geelong or elsewhere.

### **Franjo's Kitchen Lactation Cookies – now available**

Breastfeeding is no walk in the park and so many mums have struggled with it at some stage or another, but knowing that there are little things you can do to ensure that you are able to feed your little one when they need it, that your milk is full of all the essential nutrients they need and you're not stressing wondering how things will go today is a godsend to mums everywhere. In walks Franjo's Kitchen, their nutritionist and naturopath created lactation products are baked to keep you and your little ones nourished and happy. Full of galactagogues oats, brewers yeast & flaxseeds. Along with superfood's chia seeds, coconut oil & buckwheat flour the cookies not only help you fill up your tank's whilst breastfeeding but also load you & your baby up with vitamins, minerals & good fats during this time. Available in 2 flavours, Choc chip and Fig & Almond.

### **Pharmacy Features:**

- **Vaccination Clinic**
- **Naturopath**
- **Glasshouse Fragrances**
- **Ear piercing**
- Medela (we hire Breastpumps)
- MooGoo
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- **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:	<b>8:30am - 6:30pm</b>
Tuesday:	<b>8:30am - 6:30pm</b>
Wednesday:	<b>8:30am - 6:30pm</b>
Thursday:	<b>8:30am - 6:30pm</b>
Friday:	<b>8:30am - 6:30pm</b>
Saturday:	<b>8:30am - 1:00pm</b>
Sunday:	<b>CLOSED</b>

**Franjo's Kitchen Lactation Cookies – now available!**



## BOP one

*Marg Cooper*

The theme for the first Annual BOP Arts Co-op Exhibition was "Farms and Fields" reflecting and celebrating the rich culture and history of the country. Think farm animals, rusty cars, old wire fences, sunsets and farm living."

There was a diverse range of artists with their work on display this lovely winter's day on June 23 in the new exhibition space at 10 Wallace Street. Certainly the biggest artwork was created by Melinda Everest, a ceramic artist at heart who also had a bust of a horse, an array of paintings and a collage entered into the exhibition.

It was a large ceramic vessel fashioned on the old milk cans of yesteryear. Around the top she had dedicated a poem to her father who had been a dairy farmer: My father is a farmer, His heart is in the soil, It's where he finds his solace, Among the grimy toil, He plants the seeds in springtime, A harvest Lord, I pray, He tills and cultivates with care, Believing that come October, He'll reap a harvest fair. My father is a farmer, I'm thankful that he's mine, I pray that God will bless him, Today and for all time.

When Melinda was doing her 12th year at High School she focused on the Arts doing the Top Art and Design course at Warrnambool TAFE, via the Cobden Technical School. She followed this year by entering for a double major of sculpture and graphics at Ballarat College of Advanced Education in 1987. Peter Pilven was lecturing at this time. After a year of studies she realized that being an artist as a career choice would be hard so she became a chef for 22 years. Now taking her oven to much greater degrees in temperature she makes ceramic art in Lovely Banks, Geelong and teaches others the pursuit and passion of clay. Mel is making large ceramic vessels at Ballarat University for a Graduate Diploma in ceramics in 2018 and recently received a high distinction for her work. Peter Pilven is Melinda's lecturer 30 years later!

Being thankful to her parents for the opportunity to explore her passion in the Arts at an early age and to now follow that dream Mel has dedicated her first two pots to her parents as gifts. The theme "Farms & Fields" was a perfect title to exhibit Mel's work, as her interests go back to a time growing up on a farm and are depicted in her work: the shape, the earthy colours, the grass shapes scratched from the base and the poem demonstrate her connection with farm and fields.



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## Benchmark Your Grass

*from media release*

Former Grassland Society of Southern Australia president, Nick McBride, is urging all farmers to join in benchmarking.

Delivering the annual Mac Troup lecture at the Grassland Society's annual conference at Millicent on July 18-19, Mr McBride said benchmarking was a key profitability driver.

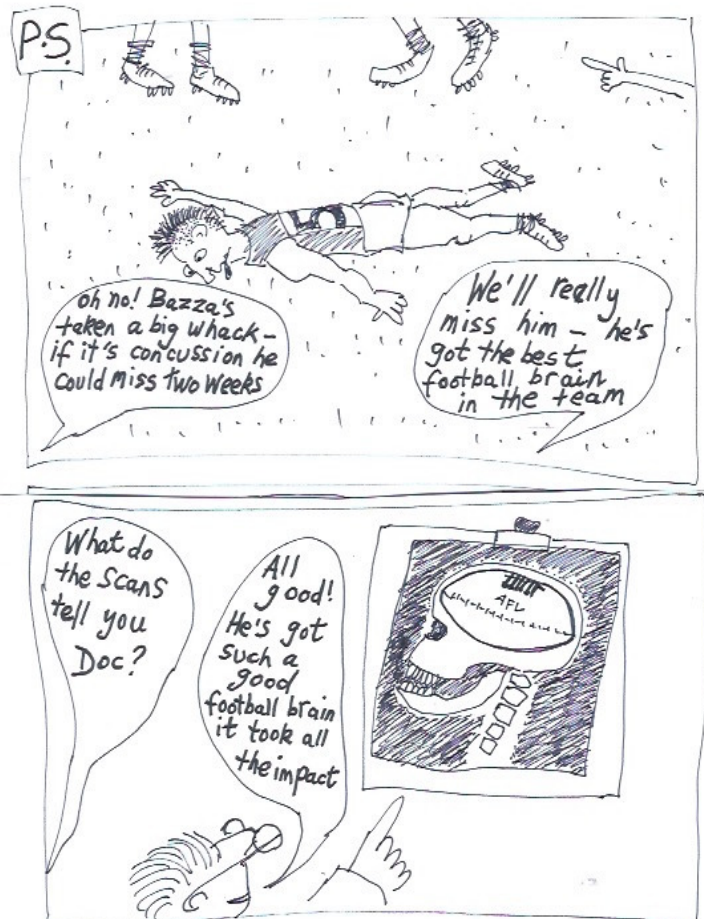
"It not only shows a farm's position compared with others, it highlights what other farms are doing better," he said. "If you're not measuring and comparing, how do you know where you're at? If you're interested in getting a return from your land, you need to measure and compare and benchmarking is an effective method to do this."

Speaking of his own experience, Mr McBride said benchmarking had helped the company into a very strong position over the past decade. "We were able to put in place strategies such as drought management, productivity improvements and feed budgeting."

Mr McBride said his company aimed to be in the top 20 per cent of benchmarking producers.

The society was formed in 1959 and has branches in Albury-Wodonga, Central Ranges, Central West, Gippsland, East Gippsland, and Western District in Victoria, Limestone Coast in South Australia, and Tasmania.

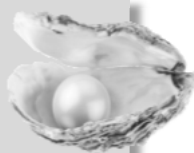
You can contact the Society at [office@grasslands.org.au](mailto:office@grasslands.org.au)







little  
GEMS



## Holiday Braggers II

Coming back from holidays (especially in winter) is always a little bit disappointing. There is the brief relief of finally being home, of crawling into a bed that hasn't been shared by hundreds of other people a year, and, best of all, no longer feeling the overwhelming need to wear thongs in the shower. Then comes the high of telling everybody about the wonderful things you did, saw and ate before being inundated with often insincere pleas that you **MUST** show everybody the photos.

But then comes the low. The realisation that after the jet lag wears off, you'll be slipping back into your uniform and heading back to work. There's also the pressing need to perform household duties and the struggle to come to terms with the fact that you now have to find yet more space in your cramped handbag to carry reusable shopping bags. 'Yay' for the environment, but also an opportunity to curse yourself every time you arrive at the supermarket and realise you have forgotten them... again.


But amongst all these emotions, there have been people at home during your holiday who have felt similar blows thanks to social media updates, WhatsApp messages, and (even worse) the radio silence that means that you're off having some magnificent adventure and don't have time to contact those of us back in the 'real world'. The same people who have been adapting to new roles to help fill the space left by the vacationer's absence.

Suddenly, to those left behind it becomes achingly clear that when there are less people to share the load, that load becomes quite heavy. And amongst all the pleased-yet-jealous instances of looking at pictures of sunny European skies and blue inviting waters, they are left to have an epiphany about just how little they do around the house. At work they'll start thinking about what ingredients they're going to have to buy at the supermarket after their shift every night instead of just a couple of nights a week. They'll calculate exactly how long it takes to get home and make dinner to ensure they have time to brave the sideways rain to collect wood so that the house doesn't turn into an icebox. They'll also have to vacuum **AGAIN** because apparently dust bunnies breed just like the hares digging ankle-breaking holes in the yard.

After having just had a message from you saying

that today you'll be having an amazing time eating real pretzels in the sun on top of some Italian mountain, the ones stuck here have to jump in the car to go to work. They'll be wearing a beanie, scarf and gloves because their fingers have turned to numb, useless appendages after trying to de-ice the windows. Fingers that now burn as they desperately will the heater to start working.

And as you settle down in your sunlounge, drinking regional wines and not giving a thought to home, they've just turned up to the supermarket and realised they've forgotten their bags...again.



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Bronte Gorringer  
Agri Business Consultant

I'm Bronte & I'm an Agri Business Consultant at Mulcahy & Co Agri Solutions.

Four things you should know about me:

1. If I had to live off one food group for the rest of my life it would be dairy... milk, cheese, chocolate, Yum.
2. If you buy me a drink; always go with the Sauvignon Blanc.
3. I completed a farm business management degree.
4. I grew up in the Western District; with a strong production background in livestock (dairy & sheep).

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.



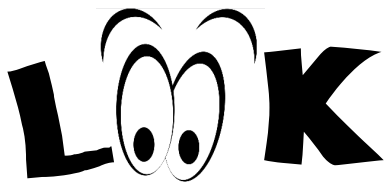


## The Things We Say

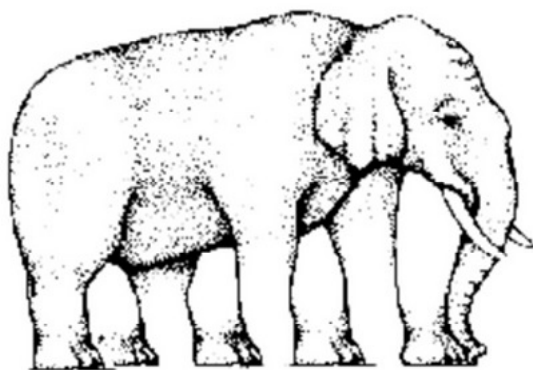
Gemma Hanan

### Hair of the Dog

Had a night of overindulging in your favourite tippie? Then chances are pretty good that some clever, nausea-free individual will suggest that your miracle cure lies in having 'hair of the dog'. Originally, the phrase was 'hair of the dog that bit you' which was less of a saying and more of an instruction. It was once said that if you were to get bitten by a rabid dog, the antidote would be to take the hair from the same dog and rub it into the wound. Just like the alcohol version, there is no scientific evidence to back it up and there's a fair chance that both will end up making you worse for wear.



How many legs does this elephant have?



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- ☒ 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.**

# Andrew Howard's SLIDING DOORS



It started out as a very normal Saturday morning. Following her usual routine for a warm Summer Saturday morning she was up early for a 10km run through town, traversing the inner-city lanes and streets, taking in the sights and sounds of the city waking up for a new day. Breathing it all in she was feeling refreshed and energised by the thought of the hour ahead. Best time of the week. These days nearly the only chance she had to exercise and clear her head in a busy weekly schedule.

As usual her very early start in the pre-dawn light coincided with the end of the night for the Friday night end of the week revellers with the occasional slightly bizarre and awkward footpath meeting of an inebriated nightclub patron or two and the hopeful athlete starting her day with some vigorous and mind clearing exercise. Nothing unusual and mildly entertaining for both parties.

As the run unfolded the pre-dawn light developed into a magnificent summer sunrise full of bright red, orange and purple artwork across the eastern sky, a sky full of hope and optimism. Following her normal routine, she made a point of gathering the odd piece of random litter or carelessly disposed of drink container to drop in the nearest rubbish bin. Doing her bit to feel good and to hopefully assist just a little bit to save the glorious, fragile natural environment that this stunning sunrise reminded her of.

Continuing her quest to save the world while maintaining at least a slither of fitness in her middle years she gracefully bent at the hips while running at a steady pace to scoop up a single scrap of white paper. Seeing there was no rubbish bin in the vicinity she glanced at the slip of paper and noted with interest some words scrawled on the scrap of paper in bright pink highlight pen. Slowing slightly to take in the words she was strangely intrigued to read "Take me home!"

Immediately her curiosity was alerted and her inner sleuth clicked into overdrive. Feeling supremely confident in her investigative powers her thoughts turned to the combination of woozy couples she had already passed this morning exiting nightclubs for the erratic and clumsy walk home. It appeared for many that their connections may have been established only in the hours prior, lubricated by the pseudo courage of Friday night drinks.

Quickly she deduced two possible scenarios. The first was the note was hastily constructed with a slip

of paper and a highlighter pen from a ladies work satchel and discretely passed to her new love across the bar..."Take me home". It may well be that she had innocently passed the resultant outcome of the exchanged note. Indeed, taking her home he may well have been doing.

The second option was a less romantic version of the first. Out for an enjoyable and innocent Friday post work drinks session the overly enthusiastic aspiring beau was becoming nothing less than a pest. In desperation the same note was passed across the noisy bar to her nominated driver best friend. Get me out of here and home to safety. "Take me home"

Fully confident that her detective work was complete and perfect she rounded the second last corner from home only to get herself caught up in tangle of wheels, pedals, chair legs and a filing cabinet. Slightly dazed she found herself horizontal on the nature strip, uninjured other than some embarrassment and bewilderment. Picking herself up she brushed off the detritus of a dusty, dirty nature strip and slowly reconstructed the previously carefully arranged push bike, office chair and filing cabinet.

In doing so, she noted with amusement a scrap of paper on the filing cabinet that read..."Take me Home"

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## An Action Packed Adventure in the Kimberleys

*Marg Cooper*

We flew, drove, boated, saw sights and were accommodated for twelve days. We saw a natural world of red rugged ranges of rock, boab trees, scrub and white trunked trees, burnt country, blue skies, termite mounds or anthills, dry creek beds, spinifex, rivers, ocean, beaches and wildlife.

We saw caravans galore, road trains, road works, dams, agriculture, stations, cattle and tourist attractions.

We were awed by the landscape, the quality of roads, the quality of accommodation and the young people who piloted, served and seemed to be the mainstay of the tourist trail.

In a land of dry, there was a lot of talk about water, whether it was us being urged to drink more water or accounts of the wet season. We were told that the water that exits the Fitzroy River after the wet season, if spread all over Australia would be one metre deep!

Adventures were at Kakadu, Yellow Waters, Victoria River, Lake Argyle and the Ord River Irrigation Scheme, Ivanhoe Crossing, Wyndham, Bungle Bungle, Geikie Gorge, Fitzroy Crossing, Derby, Horizontal Falls and Broome.

Of particular interest was the Durack Homestead where we relearned the epic journey across Australia to take up land including "Argyle Downs Station" by the Durack family in the 1880's. On the long flight home my reading was "True North", the story of the Durack sisters Mary, author of "Kings in Grass Castles" and Elizabeth, a renowned artist. I became absorbed because so much of the history of the Kimberleys was recounted in the book, from the beginnings, living at their stations, the Aborigines, transport to Wyndham, wartime and later living in Broome. To round off the story we met Mary's son John Miller in Margaret River earlier this year and bought jewellery from him that he had made.

*The amazing trip for John, Anne, Jeff and Marg was organized specially for them by Dave from Ballan who has advertised in the Meredith Newsletter for the first time this month.*



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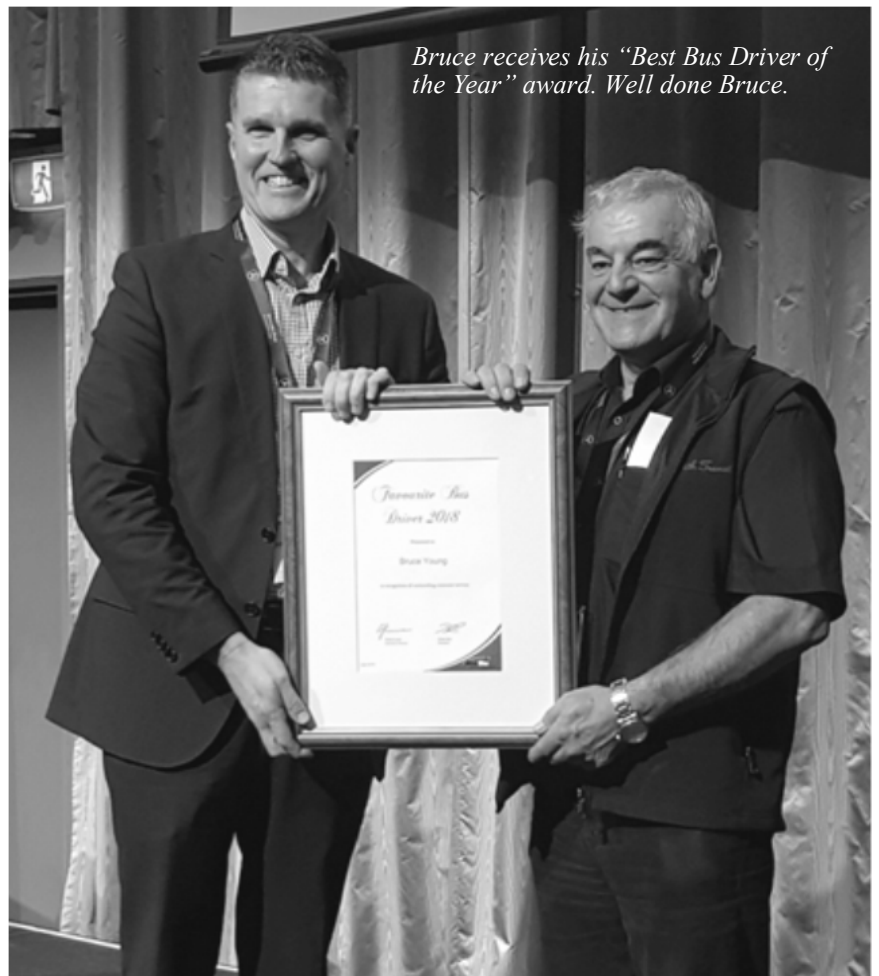
## Bus Driver Extraordinaire

by Fay McFarlane

Bus Association Victoria (BAV) held their annual conference at the 'Pullman on Albert Park' Hotel in Melbourne on 2nd & 3rd July 2018. During the award ceremony Meredith Bus driver, Bruce Young who is employed by Dale McIntyre of 'Meredith Transit', was awarded "Best Bus Driver" of the Year. The criteria for this award included, reliability, cooperation, punctuality, people skills, and most importantly excellent driving skills in any situation.

Dale described Bruce as being multi-skilled, which includes good knowledge of the district, sign writing, ability to diagnose and fix any electrical issues on the buses, a willingness to undertake any charter anytime, he is a team player, who looks after his colleagues. Another driver described Bruce as having the skill to turn negatives into positives. Bruce has worked for 'Meredith Transit', for the past eight years, and according to Dale, has been an integral part of the company's growth.

Well done Bruce - we salute you.



*Bruce receives his "Best Bus Driver of the Year" award. Well done Bruce.*





## PETE GOAT

Last issue I wrote about the Von Guerard show in Ballarat and since then took the train to Melbourne to see an exhibition called "COLONY" at the Potter gallery at Federation Square. This collection was too big to describe in detail but a very interesting follow on from Von G. with many works by European and Aboriginal artists reflecting the impact on the landscape and the indigenous population of the establishment of the Colonies of New South Wales, Van Dieman's Land, Victoria, South Australia, Swan River and Queensland. (I have just learned that New Zealand was part of the colony of NSW until 1841)

Quite a few of the exhibits were by men and women not recognised primarily as artists, including European explorers, surveyors, soldiers, settlers and convicts. This, of course, is because at that time, before photography, sketching, painting and writing were the means by which anybody recorded their impressions. Notable amongst these were Wurrundjeri leader William Barak and Murray-Goulburn man Tommy McRae whose work is a remarkable and invaluable record of the cultural practices of their people.

The other section of the show was powerful work by contemporary indigenous artists in response to the history of colonisation. This made the whole exhibition an even more thought provoking and important experience.

Just one other little follow on to one of the things that I learned from Von Guerard which was that Von Humboldt was the first (in 1800!) to describe human induced climate change: On The Science Show on Radio National I heard that in 1856 in the USA Eunice Foote showed by experiment that an increase in atmospheric CO2 could lead to global warming. She has not been properly credited with this because in 1859 an Irish physicist, John Tyndall, did a more definitive experiment. Or was it because she was a woman? Either way I am amazed to learn that the awareness and mechanism of global warming was established so long ago-in fact right at the beginning of the Industrial Revolution.

The last month, however, was dominated right

around the globe by two events involving soccer teams: one competitive, the World Cup, the other co-operative, the rescue of the Thai boys and their coach from the flooded caves.

Certainly, the World Cup entertained millions of people, sold trillions of dollars worth of advertising, beer, T-shirts etc and the favourite, France, was the winner -and perhaps also Russia. There is no denying that it is a great cultural event and still has vestiges of being a game whilst having become an industry, yet of course there were many losers, much ugliness and plenty of anger.

But for me the cave rescue was the more inspiring, dramatic event, exceeding the world's wildest hopes through the co-operation and determination of people from different lands and cultures who put aside egos and salaries and worked together to achieve what even they thought was impossible.

Sadly, one man died in the caves (and sadly several people died in Paris in World Cup celebrations) so it is not possible to say that there were no losers in the rescue, but I think the whole world celebrated this example of what human culture can achieve when co-operation comes before competition.



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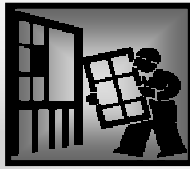
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## Holiday Snaps!

Our proof readers, Cathie and Peter Boer, had one of those "once-in-a-lifetime" overseas adventures this year when they visited several countries in Europe. Lucky for us, they took their cameras, and here we share a couple of their photos along with Cathie's commentary.

**Puffins, Shetland** - *Puffins are the cutest little birds, about the size of a galah. They are also amazing at flying in freezing cold and almost gale force winds, coming straight from Greenland, and being able to land safely on the side of the cliffs.*

**Kinderdijk, Holland** - *There are 19 windmills at Kinderdijk, mostly built between 1738 and 1740. The windmills were used to pump water from the polders,\* into a reservoir, which was then let out through locks, when the river was low enough.*

*Some of the windmills are still used, but the main water works are provided by two diesel pumping stations.*

*The mills are listed as national monuments, and the entire area has been a protected village since 1993*

*\*a low-lying tract of land enclosed by dikes - Ed.*

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*If you have some holiday snaps you like to share, please pass them on. Go on, make us envious!*



## Over \$100K in Community Grants

*from media release*

Golden Plains Shire Council has committed \$109,010.78 towards 34 important local projects under its annual Community Grants program.

This year marks the 23rd year Golden Plains Shire Council has run its Community Grants Program. Since 1996, this program has supported 930 community projects across the Shire, and by matching funding from community groups, Councils investment in community grants has delivered a staggering \$6.8M in value to local communities.

Mayor, Cr Helena Kirby, says the grants are of enormous importance to local community groups.

“Council provides grants to community organisations all across the Shire to help address community needs and provide opportunities that enhance wellbeing and quality of life of our residents,” she said.

“The projects range from large infrastructure projects like the construction of a rotunda in Haddon, down to a manure barrow for the Smythesdale Pony Club, but what they all have in common is that they answer a need in our community.

“Some of the most interesting attractions in our Shire, like the Teesdale Turtle, Corindh war memorial statues and the Cape Clear Lighthouse were Community Grants project

Around Meredith, the Meredith and District Motorcycle Club received \$2349.62 for refurbishment of existing amenities, and the Meredith History Interest Group was granted \$2,211.50 storage and signage upgrade.

A full list of this year’s grants is at [goldenplains.vic.gov.au/communitygrants](http://goldenplains.vic.gov.au/communitygrants)

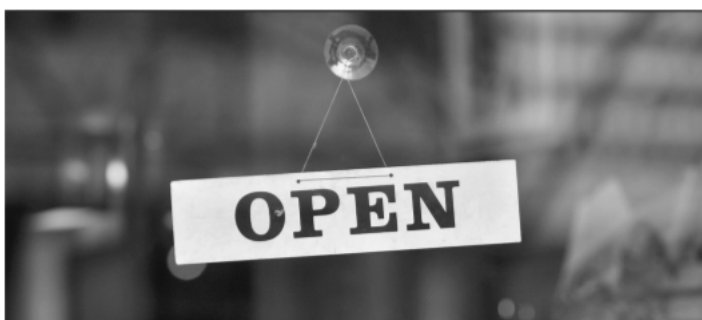
## Small Business Festival

The Small Business Festival is an annual curated events program held across Victoria, providing ideas, information and networking opportunities to help you start, operate and grow a business.

There are a range of online podcasts and other resources available throughout the Festival, as well as a host of face to face events in both Ballarat and Geelong.

The Festival runs for the entire month of August and offers a wide range of practical, interactive and innovative events that cover topics such as business planning, marketing, social media, networking and financial management.

For more information, visit [festival.business.vic.gov.au](http://festival.business.vic.gov.au).





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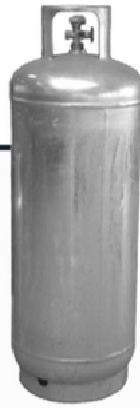
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Recently our Prep celebrated a very special milestone – they completed their first 100 days at school! To mark this very special occasion, the Preps, along with the Grade Ones, participated in a number of ‘100’ activities, including - numbers from 0 to 100, 100s and 1000s fairy bread, ‘When I am 100 years old’, planted out our pea and bean seedlings (hoping we can grow 100 or more pods), jigsaw puzzles with 100 pieces and many more. The Prep students had a great time sharing their learnings with our Grade 6 students throughout the week as well.

*\*only 2,390 to go!*

## The First 100\*

PHOTO OMITTED FROM  
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*Damon and Abbey shared some of the fun of the “100” celebrations. Below. preps, ones and sixes spell it out.*

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The Ballarat collection event is on 4 August, at the Ballarat Transfer Station, Gilles Street South, 10am-12pm. The Geelong collection was held in February



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Expressions such as, 'I've had it!' 'I'm at my wits end' 'I can't deal with this anymore' are very common if you find yourself in a care giving role. It is a well known fact that care givers have a higher risk of developing stress related illness, mental health and physical health problems.

Many care givers feel extremely guilty if they take a break and often refuse to ask family/friends to help them to share the care. They tend to believe that they must endure the role solely on their own. However, it is not meant to be such a self sacrificing role. Care givers work very hard and looking after their own needs is crucial in order to prevent their health and well being from deteriorating.

The key is to try and achieve a balance between caring and taking time out to replenish. Embracing opportunities to rest each day when we have a few minutes to ourselves is essential. Use this time very wisely! The washing, cleaning and lawn mowing can wait for a bit. Instead put your feet up, read a good book, phone a friend, take a bath, tend to the garden, go for a walk, close your eyes, take a nanna nap! Indulge a little now and then. Add more fun and laughter into the home listen to old songs and sing along or dance, seek out activities to lift your spirits. You deserve it! Creating the balance will enhance your capacity to endure the most trying circumstances as a carer.

Professional help is also available such as, respite care services, house cleaning supports, carer peer support groups and counselling. The government funding through NDIS and My Age Care packages enables you to access the above services.

Here are some good avenues for support:

- Your local doctor can assist with referrals to My Age Care, specialist carer services and support NDIS applications.
- Golden Plains Shire can provide advice and assistance 03 52207111
- Ballarat Carer Respite and Support service for Golden Plains residents (03) 5333 7104 or email carers@bhs.org.au
- Carers Australia Vic- service directory for our area 1800 242 636
- <https://www.everythingcarers.org.au/service-directory/ballarat-health-services-grampians-region-carer-support-services/>
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## IN our Nature

Wendy Cook

Patches of lush green moss can be found on rocks, soil, fallen branches, shaded tree trunks, between garden pavers and mixed with short grass. This is their time of year, when the world is moist. A magnifying glass may be useful to have a close look at them. They are miniature plants with tiny leaves growing in clusters, rosettes or along crowded stems. They have root-like structures known as rhizoids, that hang onto rock, wood or soil, but do not collect water or nutrients. Although they are plants, mosses do not have flowers or seeds. Each moss creates eggs or sperm or both. The sperm travel in water to reach an egg. When combined, they grow into a stalk with a green capsule held high above the leaves. These can be easily seen, especially when they dry out and turn orange or brown. As each capsule dries, it opens to release spores, which are blown by the wind and may land in a suitable place to grow a new moss. Mosses can also reproduce asexually, sometimes by tubers, or by broken-off stems or specially grown buds.

The leaves of mosses are only one cell thick, so they dehydrate easily. Some have a mid-vein for support and water storage, but they cannot move food and water within the plant. Their thin leaves absorb all their needs from their surroundings. They collect dew, raindrops or water flowing down a tree trunk or a rock and hold these drops in spaces between the leaves and stems, or within the mid-vein. Some mosses form mats or cushions that hold water allowing them to grow in drier environments. They may have long leaf tips growing upwards to slow the air current above the plants, so that less water is lost to the wind. Mosses growing in dry habitats may become crunchy and olive-brown over the summer, but a shower of rain will cause them to unshivel and become soft and green again.


Many mosses have adaptations that are suited to a particular lifestyle. Mosses on the ground may grow tall to avoid being buried by falling leaves, or form a mat from which leaf litter is deflected. Some mosses grow on newly exposed patches of soil, wood or rock and may be short-lived, while others that grow on trees can survive for many years, particularly if the bark is rarely shed. Some species are found on only one substrate while others grow on several. A few, often found in gardens, are introduced weeds.

Mosses may have quite precise growing requirements. While to us, a rock or a log may appear fairly uniform,

it has many micro-habitats. A slight dip can hold more water, while sunshine will cause warmer, drier spots on the north side and top. Lack of it will lead to shadier places on the south side and lower parts. Each of these slight variations may suit a different species of moss, so one log or rock can be home to several with different shades of green and leaf shapes. Over time, some may grow more vigorously and overrun the space of others or an attractive mix of several species may survive together.

These mossy places may appear insignificant, but they play an important role in the environment. Moss growing on soil will help to stabilise it and reduce evaporation. It will slow the flow of water and when it decomposes, it will add nutrients to the soil. Beds of moss are important to other species, forming habitat for tiny invertebrates, which are hunted by spiders and lizards. Scratching birds, such as white-winged choughs, turn over moss looking for a meal. Patches of moss provide a moist place for fungi to grow and seeds to germinate. Over time, moss will break down to form soil. In this place a plant can grow. Its leaf litter will create further earth and opportunities for other living things. An area of moss can be a tiny world on its own, and may also be the beginning of far bigger things.

– Wendy



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## Danielle's Luxury in Knitwear

*Marg Cooper*

Danielle Sanders is the design director and founder of 'Ella Sanders' a luxurious knitwear company that produces quality merino garments. She is the youngest daughter of Madge Parkinson from Morrisons.

The Parkinson family has lived in the Morrisons/Meredith area for five generations. Her uncle John Parkinson and cousin Nigel Parkinson now produce superfine merino wool there.

Danielle recalls sitting on the couch at night knitting with her mother. She knitted very large gauge scarves, beanies and headbands under her first brand "dsanders" which she sold at a number of boutique stores in Melbourne. From there she studied textile design at RMIT and majored in knitwear design.

Danielle has created her own style of knitwear inspired by spending days at her grandparent's farm at Morrisons. She has wonderful memories of playing with woollen fleeces and playing in the shearing shed with her cousins. This tradition in the family gave her the appreciation for the value of pure Australian wool for its warmth, comfort, and natural quality. Danielle then spent her first working years at Country Road before launching her own label. "Ella Sanders" knitwear. A boutique in Brighton, Victoria, ships worldwide and is complimented by the regional pop-up store in Ballarat.

Locals can see Danielle's work at 52 Victoria St Bakery Hill, which is managed by her older sister Carolyn.

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# A Way of Life

by KERRIE KRUGER



A PRACTICAL GUIDE TO A MORE SUSTAINABLE LIFESTYLE

Live in the country and plant a garden. Raise chickens and bees and spend our days barefoot out in the sunshine.... Ahh, dreaming as the rain comes down, the wind blows, its cold and there is mud everywhere.

Oh well it is July/ August in Meredith. Have you heard the saying, there is only three things wrong with Meredith: June, July & August! Only locals will nod knowingly, others give you a what are you talking about look! Garden wise, it is a quiet time, with little planting except seeds, broad beans & onions, and under glass or in hot house you can start leeks, lettuce, peas, rocket, sliver beet and tomatoes. They will be ready to plant out in late October, early November once frosts have passed and soil has started to warm up to at least 15 degrees.

It is also time to think about bare roots trees - which ones, which variety? Well what do you like to eat fresh and what do you like preserved? Do you want a continuous crop of say apples, then you need to plant early, mid and late season cropping varieties? Are they self-pollinated? It is also time to plan berry patch and rhubarb and asparagus plantings. Do the research, check out heirloom varieties before you commit to buying.

Now while it is cold, wet and nights are long, it is a good time to look at designing or redesigning your garden. Remember, it's important to set it out so you can maintain it as easily as possible. What worked last year? What got overlooked? Was it all too hard?

One of the best ways to do this is to divide your garden into zones – Permaculture in action.

**Zone One:** Here I have things that need to be accessed frequently and at short notice. Herbs for cooking and lettuces for salads. The lemon tree and anything in pots or tubs, as they need regular watering, which I only remember if I walk past them. Out of sight out of mind ...till dead! These all must be passed on the way to and from washing line. We also have the current fire wood supply in this zone during the cold months. Most importantly a sitting area for enjoying cuppa and pondering the days chores.

**Zone Two:** This is the part of the garden that is visited less frequently but you need easy access to the main vegetable and berry beds. Having said that, we spend more time here than either zone 1 or

3 so we have made it easy to access and work in. What wasn't working was dogs having access, so a fence made of reclaimed pallets has meant this zone is now dog free. No more slept on or dug up vegies. Kids swings and sandpit would also be in this zone as well as dog space outside the food garden.

**Zone Three:** This is the part of the garden that is visited, usually only once a day maybe twice a day. Visits to the chicken house to feed the chickens and collect the eggs are good examples of zone three activities. We also have the compost and next season's firewood stores here. The compost is near the gate to the chicken run for easy access.

**Zone Four:** Goats, bees and firewood trees. My new garden design, I think, needs to include the outdoor bath (Zone 2 or 3 for privacy maybe near chooks) and reclaimed materials green house (Zone1)

So, get out your drawing paper and coloured pencils and design. Plan. Dream. Create Magic.

Slow Down, Connect and Enjoy ...Kerrie



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R	H	R	I	N	S	J	B	E	J	H	L
B	E	A	I	A	C	A	L	E	C	O	C
T	R	T	J	A	C	E	W	D	I	O	J
G	S	R	S	K	N	A	V	I	L	K	N
J	D	U	Y	O	T	D	L	N	R	D	E
U	V	A	D	E	O	L	E	G	A	T	H
X	R	W	R	R	E	R	M	R	G	W	T
D	N	E	K	C	I	H	C	D	O	O	F
C	H	I	C	K	S	E	Z	B	B	T	E
V	Y	T	L	Q	H	Q	E	P	E	G	G

*Thank you Kerry Kruger for this word game.*



An elderly couple was celebrating their 60th wedding anniversary. The couple had married as childhood sweethearts and had moved back to their old neighbourhood after they retired. Holding hands, they walked back to their old school. It was not locked, so they entered. They found the old desk they'd shared, where Jerry had carved 'I love you, Sally'.

On their way back home, a bag of money fell out of an armoured car, practically landing at their feet. Sally quickly picked it up and, not sure what to do with it, they took it home. There, she counted the money - fifty thousand dollars!

Jerry said, "We've got to give it back."

Sally said, "Finders keepers." She put the money back in the bag and hid it in their attic.

The next day, two police officers, who were canvassing the neighbourhood looking for the money, knocked on their door. "Pardon me, did either of you find a bag that fell out of an armoured car yesterday?"

Sally said, "No."

Jerry said, "She's lying. She hid it up in the attic."

Sally said, "Don't believe him, he's getting senile."

The officers turned to Jerry and began to question him.

One said: "Tell us the story from the beginning."

Jerry said, "Well, when Sally and I were walking home from school yesterday .."

The first police officer turned to his partner and said, "Let's get out of here."

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## A Man's Own Solo Adventure into the Car Culture of America

*Marg Cooper*

This article could have had many titles including "21 Days and 26 Venues", "My Birthday Present to Myself" or "Just a Bloody Good Time".

The seed was planted for Chris Londish's latest trip back in August 2016 when he went on a Fletch Tour of Detroit for 10 days with a small group of vehicle enthusiasts. He enjoyed it so much he had to go back! So, in September 2017, he started planning by googling museums and historic sites and he finally came up with a list of 16 across the country from Maine down to Lexington KY and across to Los Angeles CA. The Owls Head Transport Museum in Maine and The Henry Ford in Detroit were the nucleus of his trip.

Chris flew to Boston via LA on May 14, he hired a Corolla car the next day and drove up the coast to Owls Head Transport Museum in Maine. He then flew from Boston to Detroit, hired a Chevy Cruze car and travelled 2500 miles around that area including to Detroit and Indianapolis and to Iowa to the I80 truck stop where 1500 trucks can park. It's like a town and run by the same family since establishment.

Chris was amazed by the collections including at the Henry Ford Museum where there was the laboratory Thomas Edison worked in and the bike shop where the Wright Bros built their aeroplanes which had been relocated there. He enjoyed riding in both the 1914 and 1924 T Model Fords and seeing Woodward Avenue which was the first paved road in America, made for Henry Ford to test his cars. It is now a 6 lane highway. He was at Indianapolis five days before the big race and was surprised that one can drive under the track. The American Historical Truck Historical Society had their convention at Lexington. The four day display was so big Chris had to hire a buggy to get around for the one day he was there. At Harley Davidson in Milwaukee he rode a bike on static rollers at a maximum of 40 mph and at the Klairmont collection in Chicago he saw several cars owned by film stars and politicians.

Chris travelled by himself and said that allowed him to be flexible with his time. He recounts that many times he incidentally met interesting people with whom he had lengthy talks or he visited antique malls or museums which weren't on his designated schedule. Driving on the "wrong side" of the road was fairly easy but Chris had two accommodation glitches. When he tried to put the address of the Hotel in Portland Maine into his GPS he realized he was booked into Portland Oregon and an embarrassing phone call had to be made. At Shipshewana in Amish Country his booking had gone astray. Luckily there were plenty of vacancies!

Chris was a mechanic for 40 years. He was an apprentice in Sydney in the early 1980's firstly at Mitsubishi and then at a mower shop. His father had a sawmill and always had second hand machinery and his grandfather was a German trained engineer. When Chris' father died his collection which was held in two huge sheds took two months to catalogue and a whole day to sell. Chris's collecting started when he moved to Bannockburn because then he had his own shed. He started buying second-hand mowers,

repairing and selling them but he couldn't compete with the large hardware shops. He has had stationary engines and a 1952 GMC truck that took five years to restore before he sold it. He has recently imported a 1970 Chev C10 stepside pickup that drives like his father's Holden HT ute.

He is a member of Historic Commercial Vehicle Club Ballarat Branch and was Secretary for three years. His passion is trucks and it was his 60th birthday the day he got on the plane in LA to come home.

## The 2018 "Back To"



*Lindy Allinson (Secretary of the Back to Steiglitz Association)*

The Back to Steiglitz Association (BtS) has too few members to put on its bi-annual Steiglitz Festival...for this year.

However, the Reunion is a historic tradition, part of local history and an important part of your family history. So, after much discussion, here's what we propose...

The Reunion will still take place – on Sunday October 28th, 10 am – 3 pm.

The BtS will arrange with Parks for St. Paul's Church to be opened for your use on the day. That way, nomatter what the weather, you will have a secure, dry venue to enjoy catching up once again. Not to mention both easy parking and access to toilets.

Food & drink – BtS will hold a Sausage Sizzle & cuppas at Sugg's. Though feel free to BYO picnic. We'll even set up a few trestles inside St. Paul's, enabling an opportunity to 'share-your-fare'.

Although no Festival on the day, we'll ensure both Sugg's Blacksmith's Cottage and Steiglitz Courthouse are opened and manned for you to enjoy.

And the wonderful competitions (Oldest & Youngest female & male attendees)? I have enjoyed creating the prizes for many years now. It would be my honour to do so again this year.

Naturally, if any of you would like to get involved in organizing this special event, we will gladly share what we have, and know, to help make this the best Steiglitz Reunion it can be.

For we believe, the show must go on! So, rather than break an annual tradition that's gone on for well over 100 years, and let you all down, we've changed the format, meaning that in 2018, the Reunion will again be what it once was – the chance to catch up and share stories, laughter, and good food in a town your ancestors once called home.

Invitations to the Steiglitz Reunion will be coming your way soon, though if you have questions, or want to offer a helping hand, my contact details are:

Email: [lindyallinson@gmail.com](mailto:lindyallinson@gmail.com)

Home phone: 03 52819390 (17 rings before the message bank kicks in).

Mobile: 0470208086.

*With thanks and Steiglitz smiles.*



Elaine Tennis Club

## **Elaine Cricket Club Inc and Elaine Tennis Club Inc**

**Are you or one of your family members interested in cricket or tennis, if so both Elaine Tennis and Cricket Clubs are holding an Open Day/Registration Day for the 2018/19 Season.**

**It is on Sunday 2<sup>nd</sup> September at 12.00pm. It will take place at Elaine Recreation Reserve at 5213 Midland Highway Elaine.**

**There will be a free barbeque, with free coaching and prizes, a radar gun, and bowling and ball machines to test out your skills, all family members are encouraged to give the sports a go. Phone Shane on 0448 291 074 for any further information.**

**All tennis and cricket equipment will be supplied.**

**Bring the whole family and have a free barbeque for Dad on Father's Day.**

# **ALL WELCOME**





## Marg's BOOK REVIEW

### "Miracle at Augusta"

by James Patterson & Peter De Jonge

*Patterson has been criticized for co-authoring many of his books and for being more of a brand that focuses on making money than an artist who focuses on his craft. In an interview for USA Weekend, Stephen King referred to Patterson as "a terrible writer but he's very successful". In 2017 digital humanities scholars Simon Fuller and James O'Sullivan published research showing Patterson does not do much actual writing when collaborating with other authors. Patterson is all about story. "Author", in its widely accepted sense, isn't always the most appropriate term for his role within the writing process but the researchers did conclude, when they conducted the same analysis on "The President is Missing", (a collaboration between Patterson and Bill Clinton) that Patterson did most of the writing - aside from the end of the novel.*

"Miracle at Augusta" is somewhat of a sequel to "Miracle on the 17th Hole" by the same authors. Travis McKinley is an ordinary man living an ordinary life in "Miracle on the 17th Green". With a stroke of luck (*pun Margaret? - Ed.*) and the ability to hit the ball straight, he finds himself playing in the PGA Senior Open at Pebble Beach. It changes his life forever. "Miracle at Augusta" picks up Travis McKinley living the life of his dreams until he screws up, forgets that golf is a gentleman's sport and incurs a suspension for six months. As a sort of redemption he helps a troubled teenager with "issues of his own" but with a "natural golf swing". And as the title clearly points out, a miracle does happen, one that not only changes Travis's life but also his perception of the world.

The aspects of the sport are presented impeccably and the courses are described beautifully ... 'When it comes to golf, Twain got it exactly wrong. Rather than a good walk spoiled, it's a crappy walk made bearable. Golf takes what would otherwise be a tedious eight mile hump, marred with far too much self-reflection, and makes it interesting. Just because you don't know the name of a tree or a bird, and couldn't care less, doesn't mean you don't appreciate being outside, feeling the breeze on your skin and the ground underfoot. And just because you have a little hand-eye coordination, that doesn't make you a lightweight.' From: "Miracle at Augusta."

As the title suggests, there is a miracle. Somewhere along the way the plot wanders into the land of incredulity. The authors recognize the fairy-tale nature of their story and suggest that if you want believability, read the newspaper. It is an enjoyable, easy and inspiring read and it was the first novel that I have ever read about golf.

### Miracle at Augusta



By the authors of Miracle on the 17th Green  
James Patterson  
& Peter de Jonge

The book for discussion in August is "Cold Comfort Farm" by Stella Gibbons



## 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.

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

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## The Big Lift in Meredith

*Kerrie Kruger*

As reported last month, we had the pleasure of hosting 40, 2nd year students from University of Sydney's Big Lift Program, helping small communities tackle and complete projects by volunteering their time and labour and founded on the concept of "Paying It Forward".

On 7th July, 80 students left Sydney in two buses. Bus 1 headed to Wyangala & Ganmain and Bus 2 Mandurra & Whitton. They joined up in Finley and then separated again, with Bus 1 heading to Harcourt & Skipton and Bus 2 to Dingee & Meredith. Then onto Melbourne, Eden and home to Sydney.

Why was Meredith chosen? Well, Genevie, one of the student leaders, said that Meredith spoke to her when planning the trip, and she was delighted with her choice. On Wednesday 11th the team arrived about 5pm at our Community Centre, after welcoming and introductions, they got their gear out of the bus and spent some time in group activities. The host team of Ann, Kerrie, Shane, Jim, Michaela, Helen, Pat and young Nick heated and served pre-prepared food (thanks Kerrie, Jarna, Shane, Johnny & Michaela) Veggie and Pumpkin soups and crusty bread, followed by curried snags and rice with Pavlovas for dessert. Then Pat, Helen and Jim gave a talk about life, present and past, in Meredith. (We had them all googling Sir Henry Bolte!). We had lots of questions and laughter; many of these students had never left Sydney before this trip, so learning about country towns and small community living was a big part of their trip.

On Thursday 12th, after breakfast supervised by Claire and her team of kiddos - Ben, Zoe and Matilda - our team leaders arrived to collect their team members. Community Jobs completed around our town were: Shane

- Primary School - sanding and painting veranda posts and external doors and watering new trees, Hilary - Op Shop -to assist with sorting donations and decobwebbing, Pete & Ralph - CFA - truck and station cleaning (they also got to witness a close-up callout in action), Jenny - Community Coordinators - cleaned signs and collected eight bags of rubbish from road side, Doug - Cemetery Trust - head stone repairs, Jim- Memorial Hall-gardening and John - Advance Meredith - pruning of trees in our town's tree guards.

We hope you waved and spoke with them as they went about their morning projects

Our visitors learnt heaps of incidental things: many patted a lamb for the first time, visited horses and cows in real life for the first time, learnt about rural fire brigades, history of the Police Paddocks, visited a stock feed store and learnt what an electric fence is! Touch it, NO way!!!! (yes, they did before we could stop them)

After a morning of work, the teams and their leaders returned for lunch of salad rolls, fruit and Lions Fruit cake. (prepared by team of June & Kerrie). All team leader came back with smiles and praise for their teams. We shared lunch and then after packing and cleaning they were on their way to Melbourne.

Before leaving we had a preview of the Flash Mob dance they were practicing for Federation Square in Melbourne on the Sunday. (check it out on Meredith Community Centre Face Book Page)

It was wonderful how the community of Meredith worked together in a common goal. Thank you and well done to members of Meredith Community Coordinators, Lions Club of Meredith & District, Advance Meredith Association and Meredith Community House.

The students left with smiles and memories of the Meredith Community in their hearts.





## it's History

Meredith History Interest Group

### Bats in the Belfry

You are invited to Meredith History Centre on August 5 at 1.30 pm to a presentation by Deborah Colvin (daughter of Jenny and Mike Colvin) about her intriguing research. She has been working on a government project for the past twelve months, investigating how the resident bats and the congregations of some of Britain's oldest churches can co-exist comfortably into the future.

Major Sarah Vesey, the speaker we advertised in the July Newsletter has been booked to speak later in the year.

### Art Competition

For History Week in October we are inviting artists to depict some part of the story of Sub Inspector William Dunbar Johnstone. He had a drinking problem and it was literally his downfall as he fell from his horse at Meredith, whilst under the influence, died and was buried in what became Lowne's paddock, which was the first cemetery in Meredith. He was also a bigamist, a deserter from the British Army, an inept policeman and owed a lot of money. He was a larrikin and a colourful character in Meredith's history.

Artists may ring Bev. On 0438514176, email Marg at [jeffandmargcooper@gmail.com](mailto:jeffandmargcooper@gmail.com) or look on Meredith History Interest Group's Facebook Page for the story of William Dunbar Johnstone, conditions of entry, entry form and a photo of him in his uniform.

The opening of the exhibition will be on Sunday, October 7 at the History Centre when the winners will be announced and prize money presented.

### Stories:

"Why are stories so important, and how do they benefit us? To answer this, we need first to consider the function of a dominant part of our brain, the frontal cortex. This is where the "higher order" functions take place - powers of reasoning and problem solving, planning and imagining and making judgements and decisions. We engage the cortex whenever we try to make sense of the world and our place in it. Now let's look at stories. There are three main components of a good story: characters, setting and plot. Within the plot there will be conflict - a problem that needs solving- and at the end, closure- some sort of solution to that problem. A story provided the perfect workout for the cortex."

The story of William Dunbar Johnstone will certainly give your cortex a workout and then all you have to do is pick up your paintbrush!

From: "Throughout life, its stories that help give us meaning." By Adele Blair printed in the Ballarat Courier.

### Catalogue Day:

Every Thursday at Meredith History Centre from 9 am.

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## Two Grants Support Active and Healthy Communities

Council has secured \$100,000 from the Victorian Government's Country Football and Netball Program 2018-19 for the redevelopment of the Bannockburn Victoria Park netball courts, and a \$10,000 VicHealth Exploration grant from the Innovation Challenge grant program.

The VicHealth Exploration Grant will support a project aimed at getting adults to 'Step over the Sidelines', and be physically active. This project will focus on adult inactivity in structured sport, and will focus on a lack of experience playing the specific sport and the skills needed to play. The grant will fund a market research consultant to explore the concept and develop a parent engagement model, which is linked to the physical literacy would like to acknowledges the State Government and VicHealth for their support with these important initiatives.

### A Future Premier



Officers of the Rural Fire Brigade: Lieut. A. E. Wells (equipment officer), Messrs S. J. Wiseman (pres.), H. E. Bolte and Capt. M. J. Sharkey.

*Weekly Times, Wednesday 3 September 1947*

*Jan McDonald, Meredith History Interest Group*



## At the Paddocks

*Jim Elvey*

John Delpratt, an expert in native grassland recovery long associated with Melbourne University, will visit Meredith during the month at the invitation of the Meredith Police Paddocks Support Group. John will discuss approaches to protecting and improving native plant communities at the Paddocks with representatives of the Group and Ballarat Environment Network.

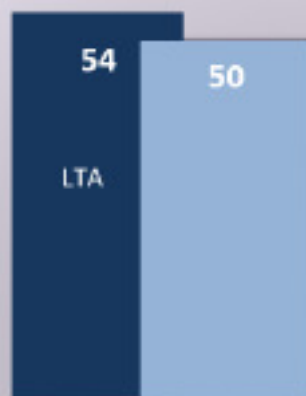
The Support Group conducted a working bee last month, planting out well over 100 trees shrubs and wildflowers, indigenous to the area. This will add to the many hundreds of trees and shrubs already planted and already providing both a habitat for birdlife and a more enjoyable experience for visitors. The working bee also dismantled a section of old fencing to make way for a new fire access gate at the Campion Road entrance.

It was a rare, sunny day and the pleasure of being out in it, and in such a pleasant location, was enhanced by several visits from a very familiar black shouldered kite. Coming in quite close and low, it showed off its almost motionless hovering technique.

If you've never visited the Paddocks or it's been a long time since you have, we urge you to take a walk around its substantial path network. You will be impressed by the stunning views overlooking the valley of the Coolebarghurk Creek, and sure to learn something from the interpretive signs. You will also enjoy an invigorating walk through a beautiful environment.

*If you would like to join the support group or simply be kept informed of what's happening and what's planned, call Jim on 5286 1273, to get our regular newsletter.*

### JULY RAIN (mm)



## the rain report



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### MOORABOOL NORTH WIND FARM- CONSTRUCTION UPDATE – July 2018

Zenvion, the contractor appointed by Goldwind for the civil construction and electrical works for the wind farm project, has started the initial stage of works. This work includes the establishment of the temporary construction compound and access roads on the project area. Construction activity is currently focused on the western side of the Ballan-Meredith Rd and will move to the western side of the Moorabool River later in the year.

There will be an increase in construction traffic in the coming weeks due to the movement of earthwork machinery to site. Please take care and observe warning and speed restriction signs. The Moorabool Wind Farm team aim to keep local disruption to a minimum and apologises if construction activities cause you some inconvenience.

#### TRAFFIC UPDATES

To register to receive the weekly text message notifications on traffic and road usage throughout construction, text your full name to 0418 975 014 or contact us via any of the methods listed below.

A Moorabool Wind Farm Traffic Website, [www.MWFTraffic.com](http://www.MWFTraffic.com) is available. This can be accessed via your computer/tablet/smart phone and will also be available continuously on TV's at:

- Crossroads Trading, 461 Old Melbourne Road, Ballan
- Elaine Farm Supplies, 5264 Midland Highway, Elaine
- Moorabool Wind Farm Information Centre, 152 Inglis Street, Ballan

#### TRANSMISSION LINE - CONSTRUCTION UPDATE

Construction of the transmission line from the wind farm to the Elaine Terminal Substation is currently underway. The 132kV overhead transmission line extends for approximately 30km

The pole locations and heights, and the conductors meet all requirements in accordance with relevant project approvals and Australian Standards.

BEON are undertaking the construction and to date approximately two thirds of the poles have been appointed by Goldwind for the civil construction and electrical works for the wind farm project, has started the initial stage of works. This work includes the establishment of the temporary construction compound and access roads on the project area. Construction activity is currently focused on the western side of the Ballan-Meredith Rd and will move to the western side of the Moorabool River later in the year.

The transmission line section from Moorabool North to Moorabool South is a single circuit line and will consist of a pole and three cables.

The transmission line section from Moorabool South to the Elaine Terminal Substation is a double circuit line which consists of a pole and 2 groups of 3 cables.

Pole and transmission line installation is expected to be complete by early next year – subject to weather conditions.

#### CONTACT US

For further information please contact:

- Freecall: 1800 019 660,
- E: [info@mooraboolwindfarm.com](mailto:info@mooraboolwindfarm.com),
- Information Centre: 152 Inglis Street, Ballan, Wednesday to Saturday 9am to 1pm,
- Project Website: [www.mooraboolwindfarm.com](http://www.mooraboolwindfarm.com)
- Traffic Website: [www.MWFTraffic.com](http://www.MWFTraffic.com)

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**AUGUST 2PM**  
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Seka over the years has been involved in many charity events, including raising tens of thousands of dollars for adolescent mental health.

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