# insid

- Jo's road to the Melbourne • Marathon
- Sports news 0
- A word from the Mayor Meredith's first food swap

and the usual MICH MIRE

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



The Meredith and District News is published by a volunteer sub-committee of the Meredith Community Centre comprising: Jim Elvey, Dawn Macdonald, David Jones, 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 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       |
| 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 on invoice 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 any where in Australia.

### CONTACT US

Post Office, Mete dith, 3333 Advertising: Ian 0409 016815 advertising @meredithnews.com.au Accounts: Dawn 0428 861274 accounts@meredithnews.com.au Editorial: Jim:0409 163169 news@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We do not publish children's photos online.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

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.. or start something.

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Business planning essentials: How to build a roadmap to success – Bannockburn Wednesday 17 July, 6 to 8pm Cost: \$20

Marketing your business: How to get it right the first time - Haddon Thursday 1 August, 10.30am to 12.30pm Cost: \$20

SBMS Small Business Clinic – Bannockburn FREE one-on-one session with a qualified and experienced business mentor. Thursday 8 August 5 x 45 min sessions available from 10am to 3pm

Single Touch Payroll: Introduction & Reporting As an employer understand your new payroll tax and super reporting obligations using Single Touch payroll from 1 July 2019. Smythesdale – Tuesday 20 August Bannockburn – Tuesday 27 August Cost: FREE



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# Community

**Kinder News** 

Welcome back to the wintery Term 3 at Kindergarten, both groups have settled straight back into activities and adventures to keep warm through the colder days. Our Pre kinder is running till 2.00pm now with a few new children joining the group.

This week both groups held a PJ day, children & Educators came to kinder dressed in a variety of themed Pis and Dressing gowns, they enjoyed Hot chocolates, popcorn, a little movie, stories and snuggles on the mat. The 4 year old group had their first "Nature Walk" with Mandy, Kylie, Pauline and Peta, to practise going out of their Kindergarten space and into the natural environment, exploring their community. Thank you to our parent helpers who came along to support us, the group went to Middleton Walk, they drew pictures, traced hands in the dirt with sticks, explored and had a picnic before returning to Kinder to "chillax" after their big outing. The Pre kinder children are busy also in the outdoors at kinder, splashing in muddy puddles, role playing going on an aeroplane and are loving the action song "Tuna Fish".

On Tuesday 30<sup>th</sup> July the Kinder Educators Amanda and Jodie are holding a general School Readiness information session at the Meredith Primary School with Mr. Trotter and Mrs Daglas, all families of young children are invited to attend. We will cover a broad range of topics such as when to start 3 or 4 Kinder, the expectations of prep, 2<sup>nd</sup> year funding and eligibility and important readiness skills so please come along, it starts at 5.00pm and runs to 6.00pm.

Jodie



# **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

Stay Warm!

# **Our Cover**

David Whelan's picture of a golden-headed cisticola is our cover of the month. Find out more about this little fellow in Wendy Cook's In our Nature article on page 18. Thanks David and Wendy.

You can see more of David's superb *wildlife photos at* davidwhelanphotography.com.au

Why not share your favourite pics with us? You might even make the front page.

You can even join our Click Clique.

# Classifieds

First insertion of small ads are FREE to district residents

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

The editorial deadline for the next issue is 9.00 am Thursday 29th August

# Recreation





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 2019/20 Season.

It is on Saturday 14th 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.

All Children aged 5 and over will be catered for.

Bring the whole family and have a free barbeque.

# ALL WELCOME



# Elaine Tennis Club AGM

**Committee Positions** 

President: Simon Colla

Vice President: Brady Dunne

Secretary: Shane Dunne

Assistant Secretary: Matilda Dunne & Eliza Baker

Treasurer: Russell Ford

Committee members: Jac Baker, Natasha Ford

Open Day is being held on Saturday 14th September 12pm at Elaine Recreation Reserve. Radar gun. Free Bbq. All old and new senior and junior players and parents encouraged to attend to register for the current season to avoid missing out. The club is entering seniors and juniors once again in the Buninyong & District Tennis Association. Coaching available at very reasonable rates for beginners.

Tennis Victoria have provided lots of free giveaways on our Open Day.

Enquires ph Shane 0448291074

# **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

# **Elaine Cricket Club**

**Committee Positions** 

President: Julie Pantzidis

Vice President: Brad Kierce

Secretary: Jonathon Inglis

Assistant Secretary: Shane Dunne

Treasurer: Karen Pritchard

Committee members: John Baker, Chicka Pandzitis, Seamus Dunne

Nigel Parkinson

ECC has nominated a one day senior team this season and will nominate U17, U15 & U13 teams in the Ballarat Cricket Association

All new and old players/parents are encouraged to attend our Open Day on 14th September 12pm at Elaine Recreation Reserve. Free Bbq. Jugs Bowling Machine. Primary School aged children aged 9+ are catered for in our U13 team as this is a beginners grade. Ages 5+ are catered for in our Woolworths Blast program( formerly Milo Cricket program). All most welcome. Enquires ph Julie 0429820604



# Church News



### **CATHOLIC**

### St. Joseph's Parish Meredith

Parish Priest Father Charles Balnaves phone 52861230, 0417319556 parishofmeredith@bigpond.com

### Mass Times:

Winchelsea: every Saturday at 6pm.

Bannockburn: every Sunday at 9am and every first Sunday of the month at 4 p.m. followed by fun and food.

Anakie at 11am Sunday August 11th/25th Meredith: at 11a.m Sunday August 4th/17th.

Our second exciting Plains Alive will be Sunday August 4th at 6pm to 7.30pm in the Bannockburn Cultural Centre.

A night of Christian music , activities and fun. Facebook : the plains alive.

### **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> Sunday 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:

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

 $1^{st}$  Sunday of the month at 5pm,  $3^{rd}$  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.



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# the unCultured Goats

### STEVE GOAT

Last Thursday night I sat down with friends to watch "The Final Quarter", a documentary using only original audio and film footage of the last couple of years of the great Adam Goodes' football career. It presented contemporary coverage of his response to being called an "Ape" and then demeaned on breakfast radio by Eddie for a roll in "King Kong"! All this booing started it seems as Adam was named Australian of the Year in 2014.

I would encourage everyone to find the time to watch this moving film. On the one hand you see an articulate proud Aboriginal man firmly and calmly take a stand on racism. On the other a bunch of jackals, incapable of rational argument, baying for blood in the most crude and demeaning language.

There is racism in this country, always has been since white settlement. NO acknowledgement of previous sovereignty or possession of the land, NO attempt to make Treaty unlike other British settlements, from New Zealand to Canada. The setting up of Missions and Protectorates. Wage theft on an enormous scale. The removal of children and the stolen generations. The inability of Government to close the gaps in life outcomes for our Indigenous peoples. And most recently the out of hand rejection of the Statement from the Heart as a means to a fairer and just future.

Tough words, I know. We have a responsibility to create a better future for all men and women, and not remain stuck in the past grunting out mean-spirited opinions from and of the past. Long gone are statements like ones made by PM Alfred Deakin about the inevitable dying out of these ancient wardens of this land. Oh to become a land of inclusion and fairness.

### PETE GOAT

It was the 14<sup>th</sup> of July and the maximum temperature that Bastille Day in Ballarat was 9 degrees.

More importantly it was NAIDOC Week, we were there for a performance in the Botanical Gardens called "FACING UP" and I'm sure that in the wind and rain the temperature was well below 9 for the entire time. But despite the appalling conditions there were upwards of 50 people in the audience.

In the Gardens there is a path lined on either side with a bust of every Prime Minister of Australia from Barton to Abbott. In the performance two non-indigenous male actors took turns to speak the words of each male PM [and a woman spoke for Julia Gillard] quoting their statements on matters relating to the Aboriginal and Torres Strait Islander population.

In response, at each bust two young indigenous women took turns to voice the reaction of indigenous activists of the period to each quotation. BARTON began with the clause in the Constitution which specifically excluded the indigenous population from inclusion in the census and therefore almost all other rights.

DEAKIN'S was the most shocking of all. I can't remember it exactly but as close to this. : "They are dying out and the sooner the better for it will spare us the nightmare that might otherwise ensue" And of course Deakin had as much a hand in the drafting of the Constitution as Barton and went on to be the strongest advocate for the White Australia Policy.

So it went on, [ despite Deakin's hopes, they didn't die out] until HOLT acknowledged the result of the 1967 referendum [he had little option!] FRASER and WHITLAM began recognition of land rights, HAWKE promised but failed to deliver a Treaty, KEATING made the Redfern speech, HOWARD rejected the Black Armband view of history and RUDD made the Apology.

It ended with TURNBULL'S dismissal of the Uluru Statement from the Heart [though his bust is not there yet.]

All the way through the two women presented the activists' defiant and dignified replies and commentaries [epitomised by WILLIAM COOPER] in such an animated way.

The project was researched and the script compiled by Lynden Nicholls and was filmed so hopefully it will be able to be viewed more widely.

Perhaps it provides some answers as to why Adam Goodes felt such hurt and why racism is still so prevalent in Australian culture. Let alone what happened in the colonial period from 1788 to 1901, racism was written into the constitution of the nation for the first 66 years and embraced and voiced by our leaders so in the 53 years since it is maybe no surprise that not much has changed.

The booing of Adam Goodes and more significantly the failure of the AFL to take effective action bears this out. The AFL Players Association did nothing either, but if they and the AFL and the umpires, [they know about verbal abuse] had combined to take serious action and stop play, if the booing continued things might have been different.

It all indicates how far we are from real cultural change and the maturity as a nation that New Zealand seems to have achieved.

Our Goats this month are making a strong statement about those who display racist attitudes towards aboriginal people. We have a policy here at the News, to avoid controversial issues, but gladly publish this column on the simple basis that respectful treatment of aborigines (and all people, for that matter) is not a controversial stance. We do note however, both the AFL and Eddie McGuire, in the aftermath of the documentary referred to, expressed remorse. So maybe some good has come of this very regrettable episode in AFL history. - Ed.



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### Groats, Oats and a Healthy Diet

Isn't it wonderful to see all this rain: dams seem to be filling all across the region. It also seems to be a COLD winter. As one crawls out of bed each morning to stoke the fire and get the kettle on, breakfast choices come to mind. I find I'm turning to an old fashion dish to help warm me up. In to the pot goes milk and water and some rolled oats: yes porridge is on the menu. Topped with butter and golden syrup! It sets you up for the day ahead, warming, delicious and filling. Not just a treat for the horses, lambs or poultry.

After harvest the whole oats, or groats as they are known, can be crushed and cut, or more commonly Steamed and crushed/rolled. "Quick oats" are simply steamed for longer to make them quicker to cook at home. Oats can be ground finer for use in baked goods.

Oats are an amazing grain.

Analysis of a half a cup of oats provide these percentages of Recommended Daily Intake:

| Manganese.  | 191% | Phosphorus. | 41% |
|-------------|------|-------------|-----|
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| Vitamin B5. | 10%  |             |     |

With smaller amounts of other vitamins and minerals.

"Superfood" is not a term I like to use, but Oats have a great reputation in the healthy food stakes. Many studies have shown the various benefits of including oats in your regular diet.

Oats have been shown to have many positive effects: from lowering Cholesterol, reducing diabetes risks, helping with weight reduction, and even helping infants avoid asthma and allergies. Wow! you might say, but it may well be worth your while to follow up these studies.

Meanwhile I'll enjoy my porridge through the winter, perhaps changing to Oat muesli in the warmer months. Also including ground oats in my bread making efforts.

Good Eating. Steve





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### Sausage Rolls.

His dear old Mum could cook sausage rolls. Mouthwatering, delicious; warm you up on a cold winter's day sort of sausage rolls.

His memories of childhood were full of many highlights, but the occasions of a sausage roll cook up was the dominant recollection. Most often delivered on a Sunday evening with the added luxury of eating in front of the (black and white) television...with home made sauce.

Yep, sausage rolls. Then again, that's where his Mum's cooking prowess started and finished. Other memories of Mum's cooking were less of a highlight and more of family folklore. His Mum was first to admit, when it came to the handing out of cooking skills, she had been absent on that day. Not even a basic roast and three veg had been immune from her capacity to turn perfectly good ingredients into an overcooked inedible conglomeration of unidentified textures and colours. Lucky Dad had been up to the task for the day to day nutritional requirements of the broader family.

This arrangement was always well understood by all the family and comfortably accommodated. Mum could cook. Home made sauce, check. Sausage rolls, check. Sunday evening, regularly. The rest of the week? Yes, thanks Dad that was lovely.

Even though the family had settled into this familiar routine over many years Mum had often found she needed to give something, anything, one more try. Only for another kitchen disaster to ensue. Inevitably this would result in quite a bit of good-natured ribbing for adventurous Mum. To her credit, Mum was never discouraged by continued failures nor upset by the inevitable light-hearted joking that followed.

So here they were this Sunday evening at his now family home. The house alive with the activity and energy of his kids, all the more animated by the special treat of Nanna staying over for a couple of nights of sleep over. With barely a thought for <u>the long-standing family lore</u> <u>of</u> Mum's Sunday evening sausage rolls he had that afternoon prepared a batch of home-made sausage rolls for the boisterous clan, all prepared precisely as Mum had so many times over in years now long past.

Presenting an overflowing platter of delicious little pastry rolls of delight the kids squealed with pleasure; "these are the best Dad!" His Mum's smile and the happy tear in her eye as she munched into her sausage roll didn't go unnoticed.





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### MEREDITH and DISTRICT NEWS



# Landcare News



## **Bamganie-Meredith Landcare Group**

Nerida Anderson

### The complex world of the ant

A big thank you to our guest speaker Peter Muller who joined us at the July Landcare meeting. Peter has been studying the complex world of ants for many years and we were lucky enough to learn all sorts of things about ants we never knew before – ants are definitely interesting insects! I am sure we will all be looking at the ground with new eyes – thanks Peter!

### **Events coming up**

### From the ground up: Regenerative Agriculture Conference

The Regenerative Agriculture conference to be held in Colac on 18 – 20 September 2019 is a great opportunity to visit local properties, and learn about using natural processes to reduce farm inputs and restore soil health and fertility. The conference will provide technical information for building and maintaining healthy soils, ground cover and pasture management. Other topics to be covered include: why use regenerative agriculture, what we need to understand about our changing climate, how communities are coming together to respond to challenges, and how your business could use regenerative practices. For more information about the conference visit https://otwaycoastregenerativefarmers.com.au/events/.

### Agroforestry, trees on farms for conservation and profit

Have you ever thought about growing trees on your land for extra income, to improve production by providing shade and shelter for livestock and pasture, to help control waterlogging and erosion, to improve biodiversity, to offset carbon emissions, or just to improve the amenity of your land? Or perhaps you have thought about planting trees for a mix of all these reason. Well, we have organised an event for you! Rowan Reid, a forest scientist, tree grower (Bambra Agroforestry Farm) and author of "Heartwood - the art and science of growing trees for conservation and profit", will join us at the Landcare meeting on Thursday 17 October to talk about growing trees on farms for both conservation and profit. Rowan is one of the pre-eminent authorities on the science and practice of agroforestry – multipurpose tree growing. See <u>http://www.agroforestry.net.au/</u> for more information. Details about the visit will be provided in the next Newsletter.

Next meeting: 7:30pm Thursday 15 August at the Meredith Community Centre. All welcome!

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Mr Chatar Goyal- Orthopaedic Surgeon and Dr Saj Rathnyake-Gynaecologist will both be practicing at Bannockburn Surgery as visiting specialists. Please talk to your 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.



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As I walked beside the creek, I heard a bird's call, like a child's squeaky bath toy, but much louder. I had heard this call before. A few years ago, I had seen eight tiny birds that made this sound. They perched on tall seed heads above a dense bed of reeds, then flew down to hide amongst the leaves and stalks. I had seen that they were orange-brown and black, but was unable to identify them.

This time, I was determined to learn more. I returned the next day with binoculars. Again, the loud squeaky call alerted me to the presence of the birds among the reeds. They had chosen a section of creek with a permanent deep pool. The banks were nearly vertical, with occasional small blackwood and silver wattle trees growing on their sides. The tops of the bank and the hill beyond were covered in native tussock grasses. Light grazing by sheep had caused little damage. I soon saw a bird perched on a reed stalk. From the bank above, I was so close that I barely needed the binoculars. The bird was slightly smaller than a superb fairy-wren (commonly known as a blue wren). It had a pale front, grey tail, and brown and black streaks down its back. Its most conspicuous feature was the top of its head, which was orange-brown with black stripes starting from its beak and extending over its cap. As I watched the bird, it made its distinctive squeaking call. An answer came from among the reeds slightly downstream. A second bird landed in view, before flying into rushes under one of the wattles. A third and a fourth bird also settled on reed stalks and called, then flitted down into the dense vegetation. By the time I left them, I had seen them well enough to identify them in a bird book. They were goldenheaded cisticolas.

Now that I had a name for the birds, I began to learn more about them. My first question was 'why are they called golden-headed when their heads are striped brown and black?' This was easily answered. During the breeding season, the top of the male's head changes to a golden brown colour with no stripes. Unusually, his tail also becomes shorter. Most male birds look more spectacular when they try to attract a mate. This often means brighter colours and longer tails. The male cisticola impresses females by showing off his acrobatic flight skills above the reed bed. The shorter tail allows him to put on a more aerodynamic show at high speed, and to chase away rival males. However, it reduces his manoeuvrability at lower speeds, which may affect his ability to catch insects, although he would still be able to eat seeds. Research has shown that males with shorter tails have more females nesting in their territory, and more chicks surviving to leave the nest. For most animals in nature, successful reproduction is more important than their own survival.

As I read about the golden-headed cisticolas, I was particularly curious about one of their alternative common names, which is tailorbird. This suggests that the birds use thread to sew. A little research gave me more information. Golden-headed cisticolas build a nest in reeds, shrubs or tussock grasses. The nest is a dome made of grass and leaves, with an entrance near the top. The nesting pair make holes in the leaves for their stitches. The male finds spider web, which he passes to the female who uses it to sew the nest together, or to stitch leaves to the outside of the nest, which probably improves its camouflage. The nest is lined with soft plant material. In here, the female incubates the eggs and cares for the chicks, while the male's duties include defending the nest.

I would love to see the male with his golden head putting on his acrobatic display, and perhaps be lucky enough to see their carefully constructed nest, but unfortunately the birds have now moved on. Throughout much of their range, which includes Asia, the birds stay in a single location for their whole lives. However, in Tasmania it has been noted that they move around. It would seem that the same is true for southern Victoria. As I walk beside the creek, I continue to listen for the golden-headed cisticola's unusual call, and I hope that I will have the pleasure of watching them again, or perhaps find another bird species which I have not met before.

David Whelan's photo of a golden-headed cisticolas adorns our front cover. But this is a juvenile, and not yet exhibiting all the markings Wendy describes. - Ed.



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### 17



# 

Cr Owen Sharkey Mayor, Golden Plains Shire

Great news for Golden Plains Shire Council in July, with the announcement that we were successful in securing a \$4.5 million grant from the State Government's Rural Councils Transformation Program.

The Central Highlands Councils Victoria Regional Shared Services project will create a new shared digital platform, reducing duplication of predominantly statutory service functions across the region. In rural councils like Golden Plains Shire, we have small teams in many specialised areas including building services, environmental health, strategic land use and statutory planning. This new digital platform will reduce the time our officers spend on administration and increase the time they can dedicate to better meeting the needs and expectations of residents.

We worked hard for this grant; Golden Plains was a partner on three short-listed applications for this program and one of only four projects in Victoria to be funded. The successful grant was the result of several months of research and collaboration between Golden Plains and five regional partners: Ballarat, Ararat, Central Goldfields, Hepburn and Pyrenees Councils.

Golden Plains Shire has been very proactive in lobbying State Government for more investment in rural and regional councils. Strategic partnerships that our Council has with Central Highland Councils Victoria, G21 and Peri-Urban Councils are critically important to success for our region and our Shire.

We have ensured that our Council has an important seat at the table and we'll keep telling the story of Golden Plains, lobbying for more investment in our communities and advocating for a better deal for our people.

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# PLAYING CRICKET ON THE MCG SINCE 1861

# RAM NEWS

The Meredith Cricket Club 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 2018/19 season, the club will again be fielding <u>2 Saturday senior teams</u> for the upcoming season.

We are delighted to announce that GCA legend Jason Murray is returning to the club as Senior Coach for 2019/20. Jason brings a wealth of experience and leadership to the club and is once again enthusiastic about the opportunity to develop our young playing list.

We will also be fielding junior teams in the GCA competition in conjunction with other local clubs- please contact our Junior Co-ordinator- Damian Brunt for further information.

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

President – Andrew Campbell (0431208252)

Vice Presidents- Joel Hart, Brad McKenzie

Secretary- Cam Boer (0407999271)

Treasurer- Jimmy Hay

Junior Co-ordinator- Damian Brunt (0414876693)

Committee- Craig Young, Brendan Wild, Shane Grinter, Aaron Hart, Scott Pearce, Terry Hart

Pre- season training will commence on Sunday August 25<sup>th</sup> at 10.00am 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 <u>follow us on facebook- Meredith</u> <u>Cricket Club</u> or contact Andrew Campbell on 0431208252 or Jason Murray on 0412284901







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Like a Fine Wine

As a child, the concept of birthdays is exciting. Just like Christmas, you'd go to bed full of anticipation and wake up the next morning to gifts and lots of special foods. Only this day was all about you.

When you were a teenager, the excitement mounted because you were inching closer to 18. To the time when you could vote, get your license and buy your own alcohol. It was the time when you thought you would be considered a 'real' adult. A time when the parties were wild and the presents were based on what would make your friends envious.

Now, presents are born from necessity. When a friend is telling you how much they want a drill for their birthday, the realisation that you find yourself agreeing can be quite hard to stomach. Drills and bath caddies have replaced CDs you were too embarrassed to buy yourself and stereos that were out of your price range.

Somewhere along the line they become less exciting. After the milestones of youth had been hit and the prospects of actual adult responsibilities loomed, things started looking a little less exciting.

What once felt like it took eons to roll around, birthdays come thicker and faster the older you get. They sneak up on you amongst the car registration renewals, tax time and Christmases.

Eventually you find yourself telling fewer people that it's your birthday. You hope that your friends and family will celebrate with you in a muted fashion and that co-workers will let it slide with a muffled elevator greeting. You hope that you can learn to slow down time which, ironically, only makes it go faster.

As the time draws nearer you become extra vigilant amongst other peoples' birthday celebrations. Conversations about when you got your licence or when you graduated high school become a navigational nightmare. You overestimate everyone's ability for quick mathematics and yet underestimate their attentiveness. Because people love a birthday. It means cake and festivities that sees them reap the rewards without getting older themselves.

Closer to the day, emails start rolling into your inbox featuring special birthday discounts. You start making plans for the weekend – family dinners and drinks

with friends. You begin letting a few close colleagues in on the secret. The ones who work on different floors and in different departments so there is minimal chance for the message to spread. Let's face it, you become a bit reckless.

So when you walk into the office, having battled a night contemplating the things you would have liked to have achieved by your new age, a funny thing can happen. With a head full of half-formed regrets, you get smashed in the face with a chorus of 'Happy Birthday'. Your cheeks burn with the attention as people shove cake and chocolate at you and laugh as they mock: 'You thought you would get away with it!' And suddenly, another year seems like another rich layer to a good wine.



Gemma



### Can't Hold a Candle To...

Referring to someone who fares badly when compared to a person of authority, 'can't hold a candle to' can also be used to compare movies, books and inferior meals. Its original use was in regards to apprentices who would hold candles near more experienced workmen so that they could see what they were doing. Those who weren't up to even this menial task were considered to be of very low status.



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# Yummyeasyanddelish

### **Crunchy Peanut Biscuits**

Makes 36 Prep time 30 minutes. Cooking time 15 minutes

### Ingredients

225g butter, softened

2 cups castor sugar

2 eggs

1 cup crushed peanuts

2 cups rolled oats

2 cups plain flour

1 tsp baking powder

<sup>1</sup>/<sub>2</sub> tsp bicarbonate of soda

2 cups cornflakes

### Method

Preheat oven to 175 C.

Cream butter and sugar until pale and creamy.

Add eggs, and mix until well combined. Add flour, and all other ingredients. Mix well.

Roll heaped tablespoons of mixture into balls and place on greased oven trays. Flatten slightly with a fork.

Bake for 10-15 minutes until golden brown.

Cool on tray.

Recipe from - Australia's Best Recipes

Stefania







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### **Meredith Primary School**

### NAIDOC Week at Meredith Primary School

During our first week back at school, we celebrated NAIDOC Week.

NAIDOC Week is celebrated in the second week of July. NAIDOC is an acronym that stands for National Aboriginal and Islanders Day Observers Committee.

We have done a lot of learning during our NAIDOC Week. We learned about the history of NAIDOC, looked at the 2019 poster, and talked about the theme for this year which was Voice, Treaty, Truth. All grades have participated in NAIDOC activities which included art and crafts.

We were lucky enough to have a visit from Joyce Measures, the grandma of Nevaeh in Foundation. Joyce comes from a community near Tennant Creek in the Northern Territory. She was able to tell us about the paints that they use for celebrations and some of the traditional bush foods that come from the area (which included honey ants, milky bananas, witchetty grubs, plums and kangaroo). Joyce also spoke about the traditions of her community and how they have been passed down through the generations. One of the interesting traditions was that women can hunt kangaroos, but they are not allowed to cook them – that is left to the men.

It was fantastic to have Joyce speak to us and we hope we can learn from her again soon!

By The Purple Parrots – Grade 4/5





# 100 Senior Games – Aaron Hart

Based on information from Stan Hunter (Team Historian Buninyong Football Netball Club)

Aaron's journey commenced as a junior in the U15 Buninyong team, graduating up the ranks to finally play some 32 first 18 games out of his 100 senior games, kicking over 60 goals at senior level.

He is a very talented player who has the ability to establish himself as a regular in the seniors, but at times his behaviour would suggest there are other things in life besides football. There are colourful incidents in Aaron's football including kicking a winning goal from a set shot after the siren, yellow cards, some on field antics and some very unselfish team tactics resulting in goals and wins.

Congratulations Aaron.







### A PRACTICAL GUIDE TO A MORE SUSTAINABLE LIFESTYLE

#### Lemon, Strawberries and Community Heart

Oh, my wasn't it a wet and cold July? We have a lake in the yard, the ducks are happy, the dogs are muddy, the goat is not impressed and the chooks well they just avoid that wet stuff the best they can!

"If you want the rain ... you gotta deal with the mud too... It's all connected and part of the same"

But it has held up winter chores. So, it was great to be able to attend Meredith's first Community Food Swap on the 3<sup>rd</sup> Saturday in July. Held at Back Creek Café, in the sunny front room, a group of locals came together to swap excess home grown produce and gardening extras. At the inaugural swap we had lemons, broccoli, cabbage, spring onions, kale, pickles and relishes, wool, mint, eggs, coffee grounds, egg cartons, newspapers and even young roosters on offer. We shared lemon curd recipes and knitting projects. Other things to swap can be seeds, seedlings, gardening tips, worm juice, sourdough starter and kombucha scobey, jars, and it may also be sharing of skills and tips and seasonal recipes.

So how did the swap work? Well it was money free (gasp I know!) and it ran on an honesty system. Swappers brought their produce and then 'shopped' from the table of goods left by others. The exchange should be a fair reflection of what has been given. Really no rules except common sense and courtesy to all.

Now why should you come along in August? How about to share food, reduce waste and food miles, create friendships and build our community of Meredith. I hope we can build a vibrant Community Food Swap here in Meredith. See you on the 17<sup>th</sup>.

Now what I noticed was the amazing number of lemons available at the food swap as citrus fruits shine in winter months, with lemons starting to make a good show on many backyard trees including ours. So with our chooks laying well and an abundance of lemons, this of course leads us to the perfect combo of lemons, eggs, butter and sugar – Lemon curd.

#### Lemon Curd

Ingredients

4 eggs

3/4 cup sugar

1/2 cup lemon juice

2 tsp lemon rind, finely grated

125g butter chopped

Method

Place eggs and sugar into a heatproof bowl.

Place bowl over a pan of barely simmering water and whisk constantly until sugar has dissolved.

Add lemon juice, lemon rind and butter. Whisk mixture for 20 minutes until smooth and the butter has melted and thickened enough to coat the spoon. Do not allow the mixture to boil as it will curdle

Pour warm mixture into hot sterilised jars and seal immediately

Makes 2 cups worth

Lemon and Mint Cordial

Ingredients:

500g sugar (Play around with sugar quantities to suit the sweetness you prefer. It can also depend on the tartness level of the lemons)

500ml water

1 large handful of mint

6 - 8 lemons, zest and juice

Method:

Bring all the ingredients to boil

Simmer for about 10mins, then leave to cool and strain



Serve diluted with soda or sparkling water to taste

#### Honey and Lemon 'Tea' Recipe

Its winter so time for coughs, congestion and sore throats but Nature provides. The lemon juice helps cut through congestion and the honey soothes the throat. PS: You don't have to wait for illness to enjoy this soothing 'tea'

#### **INGREDIENTS**

1 Tbsp lemon juice

2 Tbsp honey

Add a sliver or two of fresh ginger (optional but sometimes I crave the extra warmth it gives)

1/2 cup or more of hot water

#### METHOD

Put honey, slivers of ginger if using and lemon juice into a teacup or mug. Add hot water and stir. Add more lemon juice, honey, or hot water to taste.

#### **DIY Citrus Cleaner**

Now after making Lemon curd and cordials and teas, you will have an abundance of citrus peel and it can start overwhelming the compost and the worm farm.

So, a great way to use up citrus peel is to make a chemical free cleaning product. Don't you just love it when a problem offers a fantastic solution.

1-2 large jars, A spray bottle

Citrus peel

1-2 litres of white vinegar

Fill your jars with citrus peel. Pack them down slightly so they are firm. Pour vinegar over the peels to fill the jars. Tap on the bench several times to dislodge air bubbles. Date the jars and leave too steep for 2-3 weeks.

Remove lid and strain vinegar removing any solids>

Dilute 1 part citrus vinegar with 1 part water and place in a spray bottle.

Use as an all-purpose spray for the kitchen and bathroom. Careful with marble bench tops as vinegar can eat away at it over time.

For extra scrubbing power sprinkle bicarb soda on the surface you are cleaning and spray over the top

August is a good time to clean and tidy your strawberry beds and make an assessment about whether to keep your plants or get a new batch. Our plants are just a few years old, so I will snip off the runners and plant them in a new bed and any extras will be given them to friends or brought to the Community Food Swap. Even if your plants don't need dividing or runners removed, it is a good idea to give them a pretty brutal haircut (gather up and snip off all the big leaves). This will reveal hiding places of slugs and snails – time spent now means less heart ache at fruiting time.

But if your patch has been there for 4 years or more, it's not a bad idea to remove all the plants completely, refresh the soil with some compost, and plant new certified virus free plants that are sold bare rooted from nurseries at this time of year.

Once you have found and removed snails & slugs, tuck your strawberries in for the rest of winter with a nice blanket of compost or straw mulch. Don't cover them too thickly, or they may rot. But an airy blanket will keep them happy till they send out new leaves in spring, and you'll be feasting on sweet fruit by Christmas.

#### What to Plant: Once the water subsides!

Potatoes, peas, broad beans, Jerusalem artichokes, rhubarb divisions, chive divisions, and all the leafy greens: lettuce, rocket, Asian greens, celery and English spinach.

In raised beds and warm spots start with successive sowings of carrot and beetroot, and turnips once it warms up a bit.

You can plant seedlings of brassicas such as cauliflower, cabbage, broccoli – they will grow ok, but I much prefer to plant them in autumn and be eating them now. We will be planting some out as my Autumn planting either drowned or were eaten by the ducks.

#### A bit of Maintenance:

The garlic and onions are doing well so they will need weeding, their slim leaves don't compete well with swamping layers of weeds that will start to grow fast now that the days are lengthening and warming, (the first bit of warmth and we are going to be into weeding mode big time this year !!)

Quickly finish winter pruning of apple and pear trees that has been held up by the rainy July. Keep the pruned branches as they will be useful as pea sticks, to support new plantings of bush peas or even climbing peas if your pruned branches are tall enough for a tepee.

#### Pests:

If you're inclined to spray for curly leaf you needed to have sprayed the entire tree after 90% of the leaves dropped in autumn. Now you need to spray again in the early spring, just before the buds open. The stone fruit are beginning to flower, especially almonds, nectarines and Japanese plums. Many spray regimes suggest an application at "bud swell". I don't spray, but rather try to grow vigorous and resilient trees. I will pick off the curled leaves and burn them and if a particular tree is always succumbing to problems, it gets replaced with something



### hardier!

Now don't forget to store away your wood fires wood ash for throwing over the foliage of infested cherries, quinces, hawthorns, plums, medlars and pears in the warmer months - the ash will dry out and kill the Pear and Cherry Slug

- This will need to be repeated a couple of times over the season

- Has the added bonus of sweetening an acidic soil

#### Harvest:

Did you know that if you pick your citrus a few days before you use them, they get juicier?

Asparagus spears are emerging! Snap or cut them close to the soil surface but only once the plants are in their 3<sup>rd</sup> growing year.

If the ducks hadn't got to them, the Brassicas would still be producing the bulk of our winter veg intake: Brussel sprouts, broccoli, cauliflower, cabbage and kale. (I think we will be relying on the community food swap ...eggs for cabbages & broccoli anyone?)

At this time of year, we give blessings for hot cups of lemon honey tea & warm socks.





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### **Treasure Day:**

Many treasures were shown and talked about on Sunday, July 7 at the History Centre. They included a stack of childhood books including Enid Blyton and The Bobbsey Twins, a shoe box collection of photos of family members and an object to represent each of them, an instrument to measure air speed, a grandfather's sheep shears and foot trimmers, a quilt made from family doilies, a real life mother, an enamel jug rescued from a fire event that started a life long interest in history, several rings, a sovereign case, a knife from Borneo, a nurse's qualifying certificate from the 1890's, a crystal pepper shaker given as a wedding present, a WW11 Air Force hat and a poem written by a deceased sister. A couple of people spoke about treasures that they didn't bring and Annette claimed that her treasure this year was finding MHIG. Everyone sat around a big table so everyone could see and hear. Everyone enjoyed the heat from the new gas heater installed by the Shire recently.

### Newsletter:

The second MHIG Newsletter has been published and emailed or posted to members. If you have not received a copy, please let us know. Don't forget that contributions for future copies are welcome!

### Bannockburn Library:

The library invited MHIG to present the history of Meredith at the Library in Bannockburn on August 8 at 2.30 pm. We have written and have created a power point. The presentation is called "More than Cheese and Festivals". Details can be obtained from MHIG, the Library or from their Winter Booklet,

### **Masonic Chairs:**

Because we have purchased some new, light, easy stackable plastic chairs we are selling the wooden Masonic chairs. They can be bought plain or bought painted decoratively and featuring a selection of plants growing in the seat, for \$20.

### Significant Trees in Meredith & District:

To celebrate RHSV History Week 2019 in October you are invited to take a photo or photos of a tree or trees in Meredith and District that is/are significant to the area or significant to you and tell us why.

The opening of the exhibition is planned for October 20 at the Meredith History Centre.

For example: a stand of banksias in Coopers Road are believed to be the last remaining trees of what would have formerly covered the landscape.

Another example is the poplar trees on the site of the first hotel in Meredith, the Golden Fleece Hotel. They stand majestic beside the Coolebarghurk Creek north-east of Dickmans Bridge. Details will be published shortly.



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# healthS-VE

# **Bannockburn Pharmacy Newsletter**

### Proprietors: Scott Wilkes & Damian Bennett

6 High Street Bannockburn VIC 3331 Phone: 5281 1519

# **NEW Giftware is starting to arrive**

We have just been to the Melbourne Gift Fair and we have ordered lots of brand new gifts! Most of these will arrive this month. Don't forget that if you are a member of our FREE Loyalty Program we give you a 20% discount off ALL gifts ALL year!! Plus 10 cents for every \$1 you spend goes back on your loyalty program to use next time you are in the pharmacy, or you can save it up!

## medAdvisor now available

We have a brand new App called medAdvisor now available through our pharmacy!

It's easy to sign up. When you are in next ask us to sign you up. You will receive a free SMS with an Activation code, you tap to register on your mobile, enter your activation code & your last name, enter your details & choose a password & you are right to go!

Here are some of the things that you can do through the medAdvisor app on your mobile phone:

- 1. Automatic medication list of all your prescription medications
- 2. Automatically reminds you when to fill your scripts.
- 3. If you leave your scripts on file at the pharmacy, you can order prescriptions with a simple Tap-to-Refill and we can have them ready for you to collect in advance.
- 4. If you get a new script from your Doctor you can take a photo of it, send it to us through the app, so we can have it ready for you, then just bring in your new script when you collect your medication.

With **<u>Carer mode</u>**, you can add the medication profiles of multiple family members and organise prescriptions for your kids, spouse or elderly parents.

To sign up just ask us when you are in next. It's quick and easy to do.

### Pharmacy Features:

medAdvisor Vaccination Clinic **Glasshouse Fragrances** Ear piercing Medela (we hire Breastpumps) MooGoo **Roogenic teas** Natio Sukin Organic Products Nude by Nature **Diabetes Australia Agency -NDSS** Giftware for all ages Salt & Pepper **Digital Photo printing** Passport photos 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

# Save time & manage your scripts with medAdvisor



The High Mountains of Portugal. By Yann Martel.

The High Mountains of Portugal is a book of 3 stories, written by the author of Life of Pi.

The High Mountains of Portugal starts in 1904 with academic researcher Tomas, filled with grief of the loss of his son, partner and father in the same week. He takes to walking backwards, and that he walks like this with his back to the world, his back to God, not because he is grieving but because 'he is objecting to what has happened to him'. He heads off on a pilgrimage to find an artefact constructed by a troubled missionary, that he read

about in old journal. The journey is a series of mishaps but as he travels his weeping lessens until he arrives in Tuizelo and is shocked by the figure of Christ being represented by a chimpanzee. Tomas is comforted by Maria Castro. This was the story Homeless - a quest.

OF

THERHIG

INTAINS

PORTUGAL

Thirty-five years later, in 1938, late working Portuguese pathologist Eusebio (who is devoted to Agatha Christies murder mysteries) is visited by Maria, his wife, who in great depth talks about her theory of how similar murder mysteries are to the Bible. He is also visited by Maria Castro, from Tuizelo, who wants an autopsy conducted on her husband Rafael. She wants to be present at the autopsy and learn about how he lived not how he died! The autopsy leads to some surprising discoveries, including a small chimpanzee in the abdominal cavity. When the autopsy is finished Marie climbs into her husband's skin and Eusebio sews her in and then settles down to read the Agatha Christie book! It is later revealed that it was his wife who was dead and that he conducted the autopsy on her body. Eusebio is comforted by his assistant when he awakes weeping. This was the story Homeward- a ghost story.

Fifty years later, in 1981, Canadian senator Peter, grieving the loss of his wife, Peter decides to take refuge in Tuizelo, from where his family came from. He leaves his old life with Odo, a Chimpanzee that he rescued from a research facility. As they travel, set up new home they develop a close relationship that leads Peter to a place of peace and freedom. A visit from his son, reveals among other things that his grandparents Rafael and Maria had owned the house he was currently living in. After these discoveries Peter and Odo head out to plains and Odo leads Peter to the top of a boulder, where he suffers a fatal heart attack in the arms of Odo. This was the story Home - a fable.

This was book of great loves and great losses, it made you ponder if you had lost everything dear to your heart, what would you do? I found this book at times bizarre, surprising and confronting. As with many books that you may read as a book club member, it is always amazing the discussions that occur over a glass of wine and a cup of tea. The book club group found the second story disconcerting, but it led to wide ranging views as we pondered the connection between Agatha Christie novels and the Bible. The concept of walking backwards as a way of objecting, to turn your back to the world lead us to discuss how differently we all deal with death. We explored the idea of how fragile life was before vaccination and medicines especially

parents who at times buried many children within weeks of each other.

"Love is a house with many rooms, this room to feed the love, this one to entertain it, this one to clean it, this one to dress it, this one to allow it to rest, and each of these rooms can also just as well also be the room for laughing or the room for listening or the room for telling one's secrets or the room for sulking or the room for apologizing or the room for intimate togetherness..." - Yann Martel, The High Mountains of Portugal

Kerrie Kruger, Guest Book Club Reviewer

August Book is The Woman in White by Wilkie Collins.





# COMING UP @ MEREDITH COMMUNITY CENTRE

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### DIGITAL SPRINGBOARD

Digital Springboard is a joint initiative of Infoxchange and Google to help people learn the digital skills they need to thrive in work and life. **INTRODUCTION TO EMAIL** FRIDAY August 9 10am - 12pm FREE SPREADSHEETS FOR BEGINNERS **FRIDAY August 16** 10am - 12pm FREE PRESENTATION SKILLS FRIDAY August 23 10am - 12pm FREE **SKILLS TO START YOUR OWN BUSINESS - Getting Started** WEDNESDAY August 7 10am - 12pm FREE SKILLS TO START YOUR OWN BUSINESS - Bringing Your **Ideas to Life** WEDNESDAY August 14 10am - 12pm FREE **SKILLS TO START YOUR OWN BUSINESS - Plan For Success** WEDNESDAY August 21 10am - 12pm FREE W: www.meredithcommunitycentre.com.au

E: learnlocal@meredithcommunitycentre.com.au http://www.facebook.comMeredithCommunityCentre 4 Russell St. Meredith Vic. 3333 Ph. 5286 0700

Opening hours: Mon, Tue, Wed, Thurs 9am to 3pm

# It's Our History

Two carriers, named Henry Musgrove and Chas. Musgrove, residents of the Bamganie district, were summoned to the Geelong police court yesterday morning, for having on the night of the 19<sup>th</sup> September left their wagons on the road way in front of Mr George Hague's wool stores on the Western Beach.

It appeared from the evidence of Constable Waldron that the wagoners camped on the thoroughfare for the night, each going comfortably to rest after feeding their horses,

### FRACTURED STAR QUILT

| WEDNESDAY August 14          | 10am - 3pm                       | \$44.00     |
|------------------------------|----------------------------------|-------------|
| PARENTMEDIC                  |                                  |             |
| SATURDAY August 24           | 10:30m - 12:30pm                 | \$45.00     |
| ART WORKSHOPS WITH           | H JEN JONES                      |             |
| WEDNESDAY August 28          | 10.30 - 2.30                     | \$50.00     |
| ADVANCED FERMENTA            | TION                             |             |
| FRIDAY August 30             | 10am - 2pm                       | \$120.00    |
| TEEN MAKE - UP APPLIC        | ATION - BEGINNERS                |             |
| FRIDAY September 6           | 5pm - 6pm                        | \$60.00     |
| SILK PAINTING                |                                  |             |
| SATURDAY October 12          | 10am - 3pm                       | \$94.00     |
| WEEKLY CLASSES               |                                  |             |
| Don't forget our regular hea | th and fitness classes happening | every week. |
| TAI CHI                      |                                  |             |
| Meredith -                   | Tuesday 9.30-10.30               |             |

| merculti      | Tuesday 5.50 ±0.50    |
|---------------|-----------------------|
| Teesdale -    | Thursday 9.30 - 10.30 |
| Bannockburn - | Tuesday 5.00-6.00     |
| STEADY FEET   |                       |
| Meredith -    | Wednesday 9.30-10.30  |

For more information on any of these classes or to enrol go to our website or give us a call

eight in number, and more than half of the roadway was taken up by the stationary teams. The constable stated that it was a very dark night when this happened, and the defendants did not even exhibit a light to warn any travellers of the obstruction to the road. It was decided to fine each defendant 5s, and the police magistrate expressed a hope that it would be a warning to teamsters not to choose the public thoroughfares for camping grounds.

Geelong Advertiser Thursday 10 October 1895



# Come to the Ball

#### Kerry Kruger

To while away a winters night, before TV and even the radio, it was to a dance, a concert or a ball you went and the residents of Meredith were no different. So, in August 1899 dressed in their best they headed to the Return Ball.

'The Return Ball to the bachelors of Meredith will be tendered by the ladies in the Shire Hall, on Friday evening next. No effort is being spared in the arrangements, and the gathering promises to equal, if not surpass that of any held during the season.' - The Steigltz Miner, Saturday August 5th 1899

'The Shire Hall Meredith never looked prettier than it did on Friday evening 11th last on the occasion of the return ball by the ladies to the bachelors of the district. Considerable taste was displayed by the ladies in decorating the hall and the arrangements for the guest's enjoyment were faultless.

A large amount of the work devolved upon Mrs Hart (the hon secretary) but she was ably assisted by the following ladies, Mrs Wyatt, Misses Grant, Moran, Molloy, Spicer, Wilkinson and Austin.

A feature of the programme was a couple of ladies' dances. Ladies engaged their partners', a lady acted as MC and the music was supplied by a lady. The idea caught on immensely and its is likely to be introduced at future gatherings. Miss Molloy acted as pianist and the duties of MC were divided between Misses Molly & Gorman.

At midnight a supply of the choicest refreshments were handed round by the ladies and fully appreciated.

Dancing was then resumed and kept up till 5am.

Excellent music was supplied by Mr Geo Croft (violin) & Mr Young (piano) while the duties of MC were in the capable hands of Mr Jas Moran. The attendance numbered fully 40 couples and it is reasonable to assume from the excellences of arrangements that all thoroughly enjoyed themselves.

Some very pretty dresses were noticeable, but space will only permit of the bare mention of the fact.

Two recitations by Miss Ryan (of the Workingman's College) and a song by Mr William were much appreciated.' - The Steiglitz Miner, Saturday, August 19th, 1899

You will note that during the Ball, that went till 5am, that the ladies took charge, choosing their partners, acting as MC and provided the music! Oh my!! Well done Meredith ladies.

So, who were some of the young ladies of our town in 1899?

- Miss Rose Agnes Molloy Father local Blacksmith Businesses Age 18yrs.Married Robert J Grant 1905 -local Labourer
- Miss Lucy Margaret Grant Father owned local GreenGrocer, she worked there as well. Age 24 yrs. Married James Earnest Ward 1905- local Meredith Business Owner
- Miss Mary Ellen Moran Father and brother owned blacksmith business Age 19 yrs. Married John Patrick Cleary in 1902 Farmer in Elaine
- Miss Sarah Jane Spicer eldest of 16 children Eldest Daughter Age 27 yrs. Married Henry Irvine 1900
- Miss Jane Ellen Wilkinson Father was local Bootmaker Age 34 yrs. Married William J Bennett in 1900 -local labourer
- Miss Edith Matilda Spicer Age 24 yrs. Married John Peter 1899 Farm labourer.

On reading these reports, you being to wonder; How did 40 couples dance in the Shire Hall? What was considered finest

refreshments? Where did the piano come from? Where did all the horses go? Did they just roam the streets? How did they make it to Church on time and stay awake

There is a currently a lovely display, all about the Ball at the Old Shire Hall in Staughton St.

### Jo's Road to Melbourne Marathon

Many of you will know our own Jo Vermeend very well. She has cared for many of your children and grandchildren at the Meredith Community Centre Occasional Care service. She is embarking again this year on the Melbourne Marathon to raise funds for cancer research.

This is her story and the reason for taking this on.

I lost my best friend to cancer at the age of 18. Then just 4 short years ago, it took my dad. Between these two significant losses, I also watched as many family members and friends battled cancer in one form or another.

A very dear friend and colleague of mine Trudy passed away recently after a seemingly short battle with cancer. The news of her passing was a shock.

Attending the funeral I listened to her husband Paul mirror my thoughts in his words......

More needs to be done people cannot continue to suffer through this horrendous disease. If you can spare any money at all it needs to go to cancer research we need to find a cure.

His words kicked me into action

I've discovered my direction and overcome my fears. I'm hitting the pavement again in my journey to Melbourne Marathon in October. Along the way I will be raising money for the Love Your Sister through direct donations and a trivia night.

Like last year, I'll have a tribute T-Shirt for all who have been touched by cancer to sign and like last year the aim is to run the marathon distance, 42.195km wearing said Tshirt.

You can call in to the Community Centre and buy a ticket to the trivia night, make a donation and sign the T-shirt in memory of your loved one or make a donation online at https://lys-fundies.giveeasy.org/campaigns/road-tomelbourne-marathon/

Jo has already collected a fantastic array of prizes for the trivia night including a signed Richmond jumper, signed Geelong poster, wildlife park yearly membership and many more. On display at the Community Centre.





# MOORABOOL Wind Farm

# CONSTRUCTION UPDATE

# August 2019



Figure 1: MIWF Rotar lift

### Moorabool North Wind Farm

### Progress to date

- Construction has been completed on all access tracks, hardstands and foundations
- Substation works complete, awaiting energisation
- Cable reticulation installation complete
- 380 turbine components delivered to site
- Installation of 7 turbines complete

### Look ahead

- Energisation of substation
- Continued road maintenance
- Continued electrical and mechanical fit-out of each turbine
- Continued turbine component deliveries including to the western section of the project.
- Continued turbine erection and commencement of commissioning

### Moorabool South Wind Farm

### Progress to date

- All access tracks complete to base level 28km
- 54 foundation concrete pours completed 100% complete
- Substation civil works complete
- 42 Kipsks set in place

### Look ahead

- Continuation of backfilling and hardstand construction works
- Energisation of Substation
- Continuation of cable laying
- Continue Kiosk (turbine transformer) deliveries
- Continued road maintenance
- Turbine deliveries and installation expected to start late September



Figure 2: MNWF wind turbine

The Moorabool Wind Farm team aims to keep local disruption to a minimum and apologises if construction activities cause any inconvenience.

### Speed Limit Reduction

- The Speed limit on sections of the Ballan Meredith Road and Ballan Egerton Road have been
  reduced to 80km/h until further notice.
- The speed limit on Mount Wallace Ballark road has been reduced to 80km/h.

These changes have been implemented with Moorabool Shire Council to ensure the safety of all road users during construction. These speed limits are now in operation and being enforced.

### **Turbine Component Deliveries**

Oversize deliveries of wind turbine components will continue at **Moorabool North** wind farm until mid-August 2019 and are expected to begin at **Moorabool South** wind farm from late September 2019.

Oversize loads include, Blades, Nacelle, Hub, Generators and Tower sections. Deliveries will be utilising different routes to site. These include:

- From the Western Highway and travelling south along Geelong Ballan Road,
- Travelling north from Geelong on the Geelong Ballan Road through Anakie.



Figure 3: Component Delivery at Port of Geelang

The components will then travel to the relevant access points via the local Roads. For further information please see the factsheets available at <a href="https://www.mooraboolwindfarm.com">www.mooraboolwindfarm.com</a> and also <a href="https://www.mwftraffic.com">www.mwftraffic.com</a>

### **Road Safety**

Goldwind places a high importance on road safety for all road users and acknowledges the inconvenience that encountering oversize deliveries may cause. All loads will travel in accordance with the relevant permit conditions and be accompanied by pilot vehicles and in some cases, police escorts.

For up to date information on deliveries please register to receive weekly SMS notifications by texting your name to 0418 975 014.

Ongoing road maintenance is taking place in the vicinity of the wind farm. Regular inspections are conducted on public roads being used by wind farm delivery traffic. Areas which may present a safety concern are flagged and temporary reduced speed limits put into operation. Temporary or permanent repairs are being undertaken as soon as practicable.

### Transmission Line

The transmission line construction is now complete.

The Elaine terminal station has now been energised. Energisation of the transmission line is currently taking place.

For Further Information about the project please visit www.mooraboolwindfarm.com, www.mwftraffic.com or call 1800 019 660.

The Moorabool Wind Farm team aims to keep local disruption to a minimum and apologises if construction activities cause any inconvenience.



# MOORABOOL Wind Farm

# Community Reference Group – Expressions of Interest

July 2019

Moorabool Wind Farm is seeking expressions of interest from community representatives to serve on the Community Reference Group (CRG). In selecting community representatives, preference will be given to candidates who can represent the concerns of a variety of interest groups.

Selection criteria include

- willingness to contribute constructively;
- experience and ability to provide feedback to the community and stakeholder groups; and
- current residence in the surrounding area (10km from a wind turbine) and / or awareness of local and other relevant issues.

The aim of the CRG is:

- To provide a formal stage for communication between community representatives and Moorabool Wind Farm about the project.
- To allow representatives of the CRG to pass on information about the wind farm to others and convey information from the community to Moorabool Wind Farm in an open and transparent manner.
- To devise a methodology and guidelines by which the community benefit fund will be administered and distributed once the wind farm is operational.
- To consider applications for the community benefit fund and make recommendations on allocation of funds to Moorabool Wind Farm.

Please note membership of the CRG is on a voluntary basis.

To submit an expression of interest please complete the online form or contact us for an email version at info@mooraboolwindfarm.com

### Applications close on Thursday 15th August 2019 at 5pm.

More information on the project can be obtained at <u>www.mooraboolwindfarm.com</u> or by calling 1800 019 660 or by visiting The Information Centre at 120 Inglis Street, Wed to Sat 9am to 1pm.







# FRI 2ND AUG 8PM FREE ENTRY Uncle & Blacky



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# SUN 18TH AUG 2PM COMEDY ARVO WITH Richard Stubbs Tix \$30

SUNDAY 6TH OCT 2PM TIX \$40

# SUNDAY 20TH OCT 2PM Bon Scott AC/DC Show



SUNDAY 1ST SEPTEMBER BOOK NOW FOR LUNCH Free Beer with DAD's Meal

