MAY 2025

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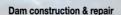
Find out more. Call 5341 8066 or search Bendigo Bank Buninyong.





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General earthworks

Gorse slashing with bobcat

Tractor slashing

Water cartage (13,000 litre tank)

Driveway construction &

Rural driveway construction

Concrete preparation/ removal

Post holes (350, 450 & 600)

Site cut/prep

Soil and crushed rock supplies

Free scrap metal removal



1, 5 & 15 tonne excavators
With jackhammer/ rock breaker

Stick rake on bobcat

2 x truck and trailer combos / bulk haulage

9 metre float hire

Tilt tray hire

For all enquires call or message Brett - 0418 647 446 Daniel - 0417 392 985



The Meredith and District News is published by a volunteer sub-committee of the Meredith Community Centre comprising: Jim Elvey, (general editor and chair) Ian Penna, Sue Higgs, Nerida Anderson, Amy Medley, and Ian Leighton. Production is undertaken by Peter Boer, Don Atherton and Jim Elvey

NEWS & VIEWS

Appropriate 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 Rates, excluding GST, are as follows

B&W/Colour **Business Card** \$20.00 Quarter page \$30.00 Half page \$50/\$110 Full page \$100/\$200

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 \$30.00 discount on larger ads. (conditions apply)

SUBSCRIPTIONS

You can subscribe to get the Meredith and District News posted to you anywhere in Australia for what it costs us to send it - \$59.50p.a. (11 issues)

CONTACT US

Post Office, Meredith, 3333 Advertising: Ian 0409 016815 advertising@meredithnews.com.au Accounts: Ian Leighton 0428132880 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

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FEEDBACK

Yes please! Send it to news@meredithnews.com.au

Issue Production: Peter Boer Editor: Don Atherton

connect

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B'BURN MENS SHED 0407 835 731

BLUE LIGHT DISCO 5286 1222

BOOK CLUB 5286 8201

000 for fire calls Elaine 0419 767982

Meredith 5286 1502 Morrisons 0417 770 765

CHILDCARE 5286 0700

COMMUNITY CENTRE 5286 0700

CRICKET Elaine 0448 291074 Junior (U16,U14,13) 0448 291074 Meredith 5286 1434

CUBS & SCOUTS Lethbridge 0435 042077

53415575 0409861296 **FOOTBALL**

Seniors 0408 545246 Juniors 0430 587 674 **GOLF CLUB** 0407 795 342

HISTORY GROUP

5286 8201 LANDCARE 0409 862 326

MEMORIAL HALL 0409 662106

MEREDITH SEWING 0491 184 999

MOTORCYCLE CLUB 0437 009 250

PLAYGROUP 5286 0700

POLICE PADDOCKS 0409 163169

RSL - 5286 1452 **SENIOR CITIZENS** 5286 8232

SEW 'N' SEWS 5286 0700

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emergency

Police, Ambulance, Fire (from mobile phone) Meredith Police Station Police non emergency Power Failure Nurse-On-Call Mental Health Advice Poisons Information Barwon Water SES Emergency flood & storm 24 Hour Helpline 24 Hour Drug &

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Ranger

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132 500

1800 888 236

1800 551 800 1300 363 036 0408 508 635 5220 7111

0409 830 223 5281 1221 5281 2226 0421 617 238

Justices of the Peace

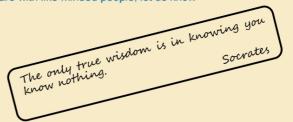
Mr Don Atherton. 0409 869 960 Mr Paul Ryan Elaine 0409 861 296

TRUST 5286 1550 HALL HIRE Meredith Memorial 5286 1545 Elaine Mechanics 53415575 0409861296 Elaine Rec Res 5341 5703 LIBRARY VAN 5272 6010

MATERNAL & CHILD HEALTH 5220 7230 PRE-SCHOOL 5286 0722 PRIMARY SCHOOL 5286 1313 RECREATION RESERVE 0429 315 575

..or start something.

If you have a special interest you would like to share with like minded people, let us know



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michaela.settle@parliament.vic.gov.au @ 53317722 (7) /MichaelaSettleMP



working for our comm

What's On This Month



Term 2 Mindfulness with Jade

Kindergarten Kids - 5-26 March Wednesdays at 2.10 - 2.40 Primary School Kids -Wednesdays at 3.30 - 4.30 Goddess Mums & Kids

Thursdays at 2.10 - 3.10 \$15 per session, payable by Term

Chatty Cafe

May 13 - 11.30 - 1.30 - Light Lunch **BOOKINGS ARE ESSENTIAL**

LAW Week

May 20 - 10.30 - Morning Tea Provided **Entering Aged Care - The Legals**

> Haircuts..@ the Centre Wednesday May 14 Phone: 0403667840 for Bookings

To Book:

learnlocal@meredithcommunitycentre.com.au www.facebook.com/MeredithCommunityCentre Ph. 5286 0700 / 0491 184 999

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MEREDITH MART

CHANGE OF HOURS MON-TUES - 9-3

WED - 9-1

THU - CONCESSION CARD HOLDERS BY APPOINTMENT **DONATIONS ACCEPTED IN THE OFFICE**

Tai Chi - \$15 per session

Tuesdays @ Meredith with Sandra - 9.15 - 10.15 Wednesdays @ Bannockburn with Desma - 9:30 - 10.30

Gentle Exercise @ the Community Centre for over 65's

Thursdays @ 9.15 - 10.15 - \$10





PLAYGROUP THURSDAYS

9.30am - 11.30am

Church News



Meredith Uniting Church

Services have recommenced. 11.00 am 2nd Sunday each month. Enquiries:

Rev. Paul Sanders 0407 833 515 5341 2440 **Serbian Orthodox** - 5341 5536

Daily services: Matins 8.00 am, Vespers 6.00 pm. Divine Liturgies on Saturdays & Sundays 10.00 am.

Worship on Sundays in the Anglican Parish of Inverleigh+Bannockburn+Meredith:

8.00 am Holy Communion St Paul's, Inverleigh
10.00 am Family Communion. St John's, Bannockburn
5.00 pm Prayer and Praise Epiphany, Meredith
Find us at: www.goldenplainsanglican.org or
office.revdrtim@hotmail.com
The Revd Dr Timothy Smith
PiC Anglican Parish of
Inverleigh+Bannockburn+Meredith

St Josephs Catholic Parish of Meredith

Winchelsea - St. John the Baptist @ 5pm Sat. MAY 3, 10, 17, 24, 31 Anakie - St. Brigid @ 9am Sun. MAY 11, 25 Meredith - St. Joseph @ 9am Sun. MAY 4, 18 Bannockburn - St. Mary MacKillop @ 11am Sun. MAY 4, 11, 18, 25 Inverleigh - Sacred Heart - @ 4pm Sun. MAY 18



Brishane Ranges **CKetchers**

Kerry Thomson

Having met in Steiglitz at 10am, group members travelled up the road to the old Steiglitz Schoolhouse. Many of us had not seen the building before and were quite surprised by both its size and its design (high ceilings, panelled windows, and general layout). It was easy to imagine its past glory days with dozens of goldfields/local children in attendance. Unfortunately time has been a little cruel with the building in need of significant money for restoration.

Inspiration came readily to group members from the schoolhouse and its surroundings. Several people drew/painted from a distance and placed the building in its bush setting and broader context, whilst others sat closer to produce pictures where the building imposed itself and dominated. Gil focused on a particularly interesting section of the rear roofline and Deidre ignored the building to produce a lovely, detailed pastel drawing of a nearby fallen tree. We welcomed Sue to her first outing with the group. 15 people enjoyed the day and, as a bonus, Monty had a playmate!

Next outing: venue - to be advised date - 13 May (second Tuesday)

time - 10 am - 12.30 pm

BYO - art materials, chair, weather appropriate clothing, drink

NEW PEOPLE WELCOME - no experience necessary :-)



Rabbit Baiting in Police Paddocks Continues

Rabbit baits continue to be laid in the Meredith Police Paddocks. This is an ongoing program conducted by site managers, Western Region Ecological Network (WREN), in an attempt to reduce the large number of rabbits on the site and arrest the damage being done to both soil and vegetation.

The bait is an oats based Pindone and presented in plastic containers that the rabbits have to enter. This reduces the likelihood of harm to marsupials.

Signs have been placed at Reserve entrances to alert visitors and, notwithstanding the low risk and the precautions being taken, pet owners are advised to ensure their animals cannot access the baits. Any queries should be directed to 0449 706 501.

OUR COVER





Anzac Day in Meredith 2025 Photo by Cath Boer

Send us your fabulous photos - you could be front page news!

COFFEE

Small Medium Large \$4.50 \$5.00 \$5.50 Cappuccino

> Latte Flat White Mocha Long Black

Chai Latte
Hot Chocolate

Instant Coffee, Tea, Chai Tea \$3.50

Milkshakes \$9.50 Thickshakes \$12.50

Chocolate | Vanilla | Caramel | Strawberry Blue Heaven | Banana | Lime

> Small S6.50 Large S8.50

Decaf S0.50 Extra shot S0.50

Alternative milks \$1.00 Soy | Almond | Oat | Lactose Free

OPENING HOURS

Monday 6am to 7pm

Tuesday 6am to 7pm

Wednesday 6am to 7pm

Thursday 6am to 7pm

Friday 6am to 7:30pm

Saturday 7am to 7:30pm

Sunday 8am to 7pm

PHONE 03 5286 1556 Select option 4

26 Wallace St Meredith

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MEREDITH ROADHOUSE Take-Away Menu



Friday and Saturday
Nights

TOASTIES

Bacon and Egg 86.50
Bacon and Egg Roll 88.00
Bacon, Egg and Cheese Muffin 44.80
Ham and Cheese 44.80
Ham, Cheese, Tomato 85.50
Bacon, Egg Breakfast 89.00



FRESH SANDWICHES

Ham and Cheese \$4.50 Ham, Cheese, Tomato \$4.70 Ham, Cheese, Pickle \$4.50 Egg, Lettuce \$4.80 Ham, Salad \$7.50 Chicken Salad \$8.00

FRESH ROLLS

Salad \$8.20 Ham, Salad \$8.50 Chicken Salad \$8.70



HAMBURGERS

Cheese Burger S11.50
Double Cheese, Sauce, Pickles

Plain Burger S11.50

Hamburger with the Lot S13.50 Lettuce, Cheese, Tomato, Bacon, Egg, Onion,

Steak Sandwich S15.80 Lettuce, Cheese, Tomato, Bacon, Egg, Onion, Sauce

Chicken Schnitzel Burger \$10.80

Chicken Chili Wrap S13.50

Veggie Burger S7.50 ettuce, Cheese, Tomato, Sauce

EXTRAS Beetroot, Pineapple \$1.00



Hot Chips- Bucket \$3.00 \$4.60 Small Bag Large Bag \$7.20 Flake Battered \$9.00 Fish Battered \$4.00 Squid Rings \$0.90 Crab Stick \$1.20 Battered Sav S4.00 Battered Burger \$4.60 Chicko Roll \$3.00 Spring Roll \$3.00 Mini Spring Roll \$1.60 Dim Sims-Steamed/Fried \$1.20 Chicken or Pork Dim Sims \$2.00 Potato Cakes \$1.40 Chicken Wing Dings \$2.20 Chicken Garlic Balls \$1.60 Chicken Strips \$2.20 Kransky \$3.50 Hot Jam Donuts \$1.20 Chips and Gravy Small \$6.50 Large \$10.00

Cheese +S1.50



AMA Happenings

Kym Ivory, President AMA

After a very productive meeting, I have some great news about some events coming soon and later this year.

Firstly, our Biggest Morning Tea. A few fun facts about it. Meredith has been active in hosting this event for 15 years and in that time, we have raised \$28,198 for cancer research. Congratulations to everyone who has contributed to this amount, it's a wonderful effort.

This year, we will be bringing you another fun packed day with the theme being "Women's Weekly Christmas." Start going through your old Women's Weekly cookbooks especially any Christmas ones and bring them along. Also, think about your favourite foods you made/ate/cooked when you were younger. We will have lots of prizes on the day for games we play and for the oldest book, and the best Christmas story. As always, the silent auctions will be available to increase the amount we raise on the day. Hope to see you there. Save the Date, July 26th

In other news, save the date for a Market/Car Boot day on Saturday October 25th. If you would like to participate, just reach out and let us know and we can book you a site. We will have Snags and Devonshire Tea available on the day, and will have our own stall with plants and some Bric-a-brac.

We also discussed our Christmas corner decorations. (Yes, we are already thinking about it!) An Aussie Christmas theme was floated, with a rusty Holden Ute front and centre. Also floated was the possibility of family snaps in the back of the Ute. It's a long way off but now you know what we're thinking. There are some grants through the Bendigo Bank that we are pursuing to make the corner shipel

Our next meeting will be on Tuesday the 20th May at 11am to discuss all the details of the Biggest Morning Tea. We are always looking for new members so, if you are reading this and think, I'd love to be part of it, drop us a line or give me a call.

kymsong@gmail.com 0419 593 306 You'll see me around Meredith... Until next time, Kvm



GP Shire Children's Plan

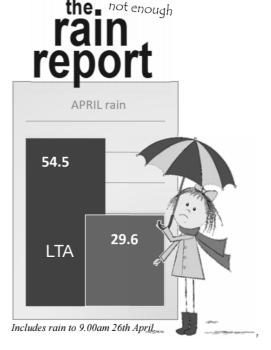
Media Release

Golden Plains Shire Council endorsed the Draft Municipal Early Years and Children's Plan 2025-2029 (The Plan) at its April Council Meeting last night. The Plan is now on public exhibition until Thursday 8 May.

The comprehensive four-year Plan focuses on supporting families and children aged up to 12 years old in our community. In developing the Plan, the best outcomes for children, their families and service providers across Golden Plains Shire have been considered as a priority. Extensive community input helped shape the plan and included one-on-one consultations, community surveys, listening sessions and workshops.

Golden Plains Shire Council Acting Mayor Helena Kirby thanked community members and stakeholders for their contributions to finalising the draft Plan. "Community input was critical to informing this strategic roadmap which will guide Council's approach to early childhood development and family support over the next four years," Cr Kirby said. "The Plan is grounded in the principles of respecting, supporting, and promoting children's rights and voices, and recognising the significant benefits Council can achieve for children and families."

To read the plan and complete the Have Your Say survey, visit goldenplains.vic.gov.au/consultations. The survey is open from Thursday 24 April until 5pm, Thursday 8 May 2025. For more information, contact Children's Services Development Officer Lyndall Galbraith at enquiries@gplains.vic.gov.au or call 5220 7111.



We're looking for a new...

NEWSLETTER CO-EDITOR

Here's a chance to play a key role in one of the district's foremost community projects. If you can commit several hours every second month, use MS Word or Publisher, are a reliable, team player by nature and willing to learn, you could play an important and rewarding part of this highly successful operation. Email us at:

news@meredithnews.com.au ...or call Jim on 0409 163 169 to find out more.





B&DG is a community company established for the benefit of every not for profit organisation based in our local area. We receive dividends from the Bendigo Bank and distribute these funds via grants and sponsorships into the community.

Special Announcement – this year we are accepting Grant & Sponsorship applications in March, April, May and June!

For further information:

Website: bannockburndistrictgrants.com.au Bendigo Bank: 5281 1990 Email: 19118@bendigoadelaide.com.au

You Paddocks

Do you have the skills to help us promote, develop and maintain this beautiful 20Ha nature reserve? We need people who could:

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- Use heavy duty mowing equipment to help maintain nearly 2Kms of walking tracks
- · Organise working bees
- · Maintain weed free creek crossings
- · Undertake some admin work
- Develop promotional material incl. a walking map



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Recreation



Meredith Tennis Club

Bridget Dyer

Summer Saturday Competition

A huge congratulations to our two teams that not only made it to grand finals but also won! Meredith Yellow played against the Grenville/Buninyong team in section C3. Meredith Yellow played against the Grenville boys last year and sadly lost in the grand finals. This year, it was a close match with TWO tie breakers and Meredith winning by just three games! Well done to the whole team for playing so well. A special Congratulations to Evan Fraser for winning 'Most Consistent Player' for section C3. Thank you to everyone that came and watched and supported the boys.

Our senior team also won their grand final for the A3 section against the Buninyong Emus. They did so quite convincingly and were last seen drinking the 'GOAT' beer out of the cup. Congratulations to Madeline McColl on getting 'Most Consistent player' her section.

Summer Night Competition

Finals were hotly anticipated on who would take out the \$100 cash prize for the winners and \$30 cash prize for the runners up.

Section 3: Despite some great tennis from the Long Shots, they came in second to newcomers Clever Crosscourts, who led the ladder the whole comp. Congrats to both teams

Section 2: After a neck and neck game, Kings of the Court were defeated by the Destroyers, and now that the Destroyers have won three in a row, they are moving up to Section 1!

Section 1: After lots of speculation on who would win in this section and a playoff earlier in the week to get into the semifinals, Topspin Titans surprisingly took out the top spot against Net Bashers. This was about the only game that didn't go to tie breaker for the Topspin Titans!

A quick thank you to Fay Stringer for being our official record keeper this comp. Your efforts are much appreciated and of course a big thank you to our chefs, David and Courtney, who continue to do an amazing and much appreciated job of cooking each week. We would also like to thank our volunteers who help serve and clean up afterwards- Meg, Bridget, Sheryl and Maddy.

AO Holiday Program Clinic

17 Children participated in the clinic held in the second week of the school holidays. All the kids had a great time with the two hours of games, drills and training. One of the younger girls felt it could only be improved by going for three hours instead of two.

Thursday Tennis Coaching

Coaching will be going ahead again for term 2. There will be three sessions with children grouped according to age and ability. Please contact Nathan Mayes at *nathanmayes1gmail.com* or 0430726486 for more information.

Autumn Competition

Our next night competition will start on Thursday, 1st May 2025. Dinners will be available, with Courtney and David continuing to serve up their amazing meals for just \$10. Anyone is welcome to join us for dinner on Thursdays—whether you're a member, non-member, spectator, or just someone looking to meet new people in the community.

Dinner details are announced the Friday before on our Facebook page, so follow us and let us know if you'll be joining us for dinner. This helps us ensure there's enough food for everyone.



Lachy Dyer, Ryan Dinning, Charlie Thompson, Cole Dinning, Hamish McColl and Evan Fraser



Evan Fraser, Lachy Dyer, Charlie Thompson, Ryan Dinning and Hamish McColl

Lethbridge Station

Marg Cooper

Proceedings started with the toot/hoot of a train! The crowd wished that a real train was passing, preferably an old steam train but, that was not to be.

After the hoot the CEO of CUR (Community Use of Vacant Rail) Chris Olds welcomed the large crowd then outlined how they had refurbished about 20 stations and have two in the process, Lal Lal and Casterton. It was a joy to him, his staff and Vic Track to be able to hand these facilities to local communities so they can enjoy the spaces for years to come.

Councillor Owen Sharkey said Golden Plains Shire was also thrilled that an important historic building was now in a condition that generations ahead could experience and use

Michaela Settle, MLA for Eureka, recounted how she announced funds for the project during Covid and was delighted that the hard work by the locals to lobby, had paid off and that now the town had an important asset. Further speeches launched the Community Plan for Lethbridge which includes funds to get *things happening* at the station.



In 2011 Alan Tipper with the help of Rod Nichols and Melinda Mitchell, from Golden Plains Shire, started the process to have the railway station refurbished. First

they contacted Vic Track then had to get support from Council. Although missing out on funding, the dedicated couple kept pushing and on Friday April 5, along with the committee formed in February 2024, they had wide grins on their faces. What a wonderful achievement after a fourteen year battle! Congratulations.

The Community Hub will be managed by Lethbridge Bluestone Railway Station Inc under the auspice of Golden Plains Council. It will be a place for residents to come together and build connections. The Lethbridge Ladies coffee club will probably relocate back to Lethbridge, a bookclub, craft group, local history group and a garden club are some groups which may use the station. The committee wish everyone to know that the rooms are available if you have a group who needs a space to meet. Please contact them on lethystation@outlook.com.

It is a lovely space that has been expertly done up, to retain the heritage but also make an inviting space with some necessary modern facilities. The residence part consists of two small, carpeted rooms up a winding staircase, that would have been bedrooms, a lounge and kitchen area with a newly appointed kitchen downstairs, the station office with ticket window and the Ladies Waiting Room which has two floor to ceiling windows, one which shows the old gate to the platform.

The Committee wish to thank everyone who attended the opening and everyone who helped with the project. A special thanks to Rod Nicholls who was CEO of GPS when the process began and Melinda Mitchell who also helped to get things going.

I think that Pauline Boyd, who wrote the submission in 2015, and Alan Tipper also need to be thanked for their dogged persistence.

The opening of the refurbished railway station at Lethbridge was held on Friday, April 4.

A delicious lunch was supplied by the Teesdale CWA.



Waiting for a train!



Croc Report

By Mick Devlin



Sunday the 6th of April, the Crocs travelled to Maryborough to take on the Pumas for the first game of the year. We only managed to get 14 players to the game which was not ideal. Before the game we named our 2 co captains for the year, David Pike and Mick Battye. Two greats of our club and two great leaders.

The Crocs were up against it from the get-go. After a few injuries we were left with 17 players. The Crocs battled hard all game, but the Pumas proved too strong for the undermanned Crocs running out winners, 11/9/75 to 4/3/27.

Thanks very much to all the players who made the game. A good first hit out with lots of room for improvement.

Best for the day, Pikey, Rocco, Owen and John Peterson.

Thanks also to club legend, Daryl Jones for driving the bus and Shaun Faulkner for running the water. Next game is at home vs Bendigo on the 27th April.

We are always looking for new players to join the club, so if you're over 35 and want to relive your glory days, come along and have a kick, all are welcome. Follow the facebook page for game and training details.

Our Draw for the year is:

27th April vs Bendigo @ Meredith,4th May vs Melton @ Melton, 18th May vs Maryborough @ Meredith, 1st June vs Gippsland @ Gippsland, 22nd June vs Macorna @ Meredith, 6th July vs Bendigo @ Bendigo, 20th July vs TBA @ Meredith, 3rd August vs Macorna @ Macorna, 17th August vs Ballarat @ Meredith.



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The Walnut Tree

Marg Cooper

The huge walnut tree sits precariously beside the Midland Highway at Scotsburn on what is known as Howard's corner. A deep gutter is on one side of it and a track or service road on the other. But this tree has a history, and many people would like it to continue to have a long life.

Family history records that in 1880, Emma Platt (Matthews) planted the walnut tree where it is today. Her father, David Matthews, had an orchard and her husband Henry Platt worked for him. David Matthews selected seven acres of land on the main road, running south from the blacksmith's shop to Austins Reserve. [Could it be that the Walnut Tree is on that original block owned by Emma's father?]

Henry Platt's father Robert and his family, had come from England about 1868 and he established a school which closed about 1890. He taught his own children and others in a building in Pryors Road. Henry and Emma Platt lived in what is now Platts Road. He grew vegetables and took his produce to Ballarat in a horse and cart.

Many years ago, the tree was in danger and locals staged a "sit in" to save the tree. In the last few years the tree was again threatened, when the highway was redesigned and resurfaced and meetings were held, where the fate of the tree was discussed.



Many people know about the tree. Many people pick walnuts from the tree and some people, like Herbie Platt who lives at Elaine, tend to the welfare of the tree. He would like more people to know about it, to recognize that it is a

significant tree and to admire it. It is a landmark and a memorial to his family and the early pioneers.



There must be lots of Platt relations who also care about the life of the Walnut tree. Robert Platt had 11 children, his son Henry Platt had 6 or 7 children and Herbie Platt is one of 21 children (16 lived after birth) of Henry and Florence Platt.





SUPAGAS

Paul Ryan

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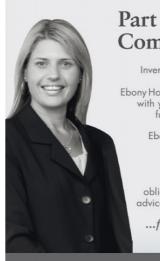
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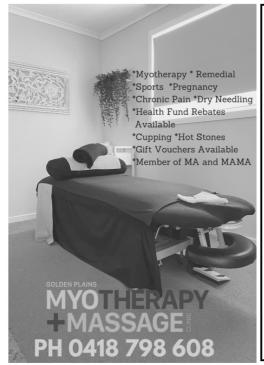
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How we make Newsletter

John Merlo

our





One of the Newsletter sub-committee members, Nerida Anderson, has been a supporter of the publication since she first came to the district. As a committee member, she is part of a team that determines publication guidelines, advertising and publishing policies, as well as monitor performance. This is important to ensure compliance with guidelines and financial sustainability. (The Newsletter is a non-profit operation, which funds its operating costs from ad revenue). She loves what she does, saying 'I really enjoy every aspect of putting the newsletter together every month.'

'It's very rewarding and certainly doesn't feel like work, I find it very satisfying. Being part of a close-knit little team like the committee gives one a real feeling of belonging.'

'And it's a great feeling to be able to give something back to our community.

'I look forward to every issue.'

Next month we meet some of our writers and advertisers – the content creators.

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it's History

Meredith History Interest Group

Sculpture Exhibition:

You are invited to the History Centre at 31 Staughton Street on May 3 & 4 to see all the sculptures.

Some amazing art works have been entered within the theme of *History Reconstructed!*

Elaine Photo Exhibition:

If you have any photos that are of the area [roughly] between Mt Doran to Larundel, MHIG would like to copy them. We are looking for photos of buildings, business, bridges, buses... and that's just the B's. So far we haven't many photos of Soldier Settlers: building the houses, sheds etc, young families, working the land, get-togethers, machinery etc. The exhibition of photos will be held on October 18 & 19.

Grant Election:

A public Meeting of the inhabitants of Elaine was held on Thursday evening for the purpose of forming a branch of the National Reform League. Mr J Conley was unanimously voted to the chair. The chairman briefly stated the object for which they were met, and called on Mr John Scott to move the first resolution. Mr Scott, on rising, said it gave him great pleasure in moving the resolution he held in his hand, and he trusted that the Branch of the League they were about to form would prove useful, not only at the ensuing election, but also by looking after the interests of miners and agriculturalists of that district in the future. The resolution he was about to move was as follows: That this meeting resolves itself into a branch of the National Reform and Protection League and pledges itself to use every legitimate means to carry its programme into law. Mr Inglis had great pleasure in seconding the motion, which on being put to the meeting, was declared by the Chairman to be carried unanimously (From: Geelong Advertiser April 14, 1877.)

Mr Rees and Mr Lalor would address a further meeting at

Meredith & district Newsletter:

The Newsletter will celebrate 50 years of production in 2026.

Has anyone got copies of the first few years?

They may be faded, they may be rumpled, but they are a valuable insight into what was happening in Meredith at that time. MHIG has a lot of copies, but our earliest is one page of a 1979 issue.

Books:

Steiglitz Thru the Lens, Morrisons Thru the Lens, Significant Trees of Meredith & Bamganie Soldiers books have all sold out and MHIG has ordered more copies to be printed. So if you are intending to buy any of the above, please wait a little until the printer has the reprints ready!



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Michael Riseley

How New is New?

Spanish and Portuguese sailors found New Guinea in the 16th century. In 1606 Torres explored the strait between PNG and Australia. Over the next 2 centuries various Dutch, French, British & German explorers visited with growing frequency and interest. The East India Company annexed the island in 1793. But the Dutch laid claim to the western half and this was agreed in 1828 and called Netherlands New Guinea.

British & German focus was to the eastern half and Queensland annexed the area in 1883. Germany reacted and claimed the north coast and islands in 1884 and called it German New Guinea. Britain claimed the south in 1888 and called it British New Guinea.

But why the name New Guinea? Clearly it had been known as this for centuries. Britain, France, Spain & Portugal all had colonies in Guinea on the west coast of Africa. Is there a connection? It has been attributed to the Spanish explorer Ortiz de Retez, who in 1545 thought he saw a resemblance of the people to those he had seen in his earlier voyages to West Africa. It was based on the old Portuguese word "guine" which meant "land of the blacks"

German New Guinea included 2 large islands called New Pomerania and New Mecklenburg. Pomerania was a province in NE Germany and Mecklenburg a state in NE Germany. Britain took over in WW1 and renamed the islands New Britain & New Ireland.

Please don't ask why. Because then why is NSW New South Wales? Where is the Welsh connection? And the Pacific Island group New Hebrides which was jointly controlled by Britain & France but named after the Hebrides in Scotland. And why the French controlled New Caledonia which took the old Roman Empire name for Scotland?

And why is the old province of New Brunswick in Canada named after a state of old Germany? At least Newfoundland shows some logic.

But it is all too much for me. I need a holiday in a nice peaceful Pacific Island resort. I might go to Niue. AAHH!!

An Amazing Coincidence

Marg Cooper

Chris Nisbitt always went shooting with his father Cliffy. It was a tradition that they also go away for the opening of duck season to some remote lake or reservoir.

When Cliffy met Geoff Hardy in the pub soon after Cliffy came to live in Meredith, they talked about their hobbies and became good mates.

Geoff also had the tradition of going away for duck season opening and when his shooting mates retired or died, Cliffy asked Geoff to join them.

And so, in early March Geoff, Chris and a mate Ryan travelled to the beautiful Toolondo Reservoir, an off-steam reservoir at the west end of the Grampians.

Geoff Hardy said that it was obvious that Chris was missing his father, who died last year, and at one stage Chris took the boat to an isolated part of the reservoir to be by himself for a while.

On his trip back he noticed a decoy in the water. He passed it, but after about 50 metres, he turned back to pick it up. Apparently, whoever owns the decoys write their name on the bottom which is under the water when they are floating.

When Chris pulled it into his boat he looked at the name and was astounded... *Cliff* was written on the bottom in old writing.

They are not sure that it had belonged to Cliffy but the chance of picking up a decoy on a remote reservoir with his father's name on it was amazing and quite emotional.

Geoff said that Cliffy had been President of Geelong Field and Game Association, and that they intend to hold a memorial shoot for him on their grounds at Sale, in Gippsland.



We don't stop playing because we grow old, we grow old because we stop playing.

George Bernard Shaw



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Art Exhibition Opening

Marg Cooper
On Sunday afternoon, April 6 the exhibition of paintings by Marion East was opened at Meredith Dairy Café.

Many of her friends and family gathered from 2.30 pm to admire her paintings, to sip and taste, to listen to live music supplied by Lisa Singline and Stephen Oakes and to socialise.

Her friend Deano spoke about Marion's parents, how their children grew up in the country at She Oaks and Meredith. Also how Marion had developed a deep connection to the countryside, and especially the Moorabool River and the valley

He described how Marion oozes creativity. Another friend talked about how every chair, table and other surface in her home has some project on it. These endeavours vary from knitting, crocheted tea cosies and cooking, through to words in books and puzzles, films and scrabble on to dancing costumes, that she wears for Rock and Roll.

Marion's art works included paintings of oil and pastel and other than a large painting of a dog they were landscapes. She likes to paint her locality, the river valley and trees in different lights and different seasons. These works represent part of her ongoing journey to keep challenging herself, by rediscovering and interpreting the familiar though drawing and painting

From an early age Marion began to draw. In her twenties she started painting oils and taught herself over many years. In 1989 she started a four year Visual Arts Course at Canberra Institute of Arts. In 2003 she returned to the countryside where she grew up, built a straw bale house on 50 acres at She Oaks and began to explore the Moorabool River afresh.

Marion has a zest for life. Her simply elegant black dress, her dainty hot pink shoes, and her signature bright coloured glasses with round lens, indicate that she is happy in her place and excited by the life she has created, including her art.





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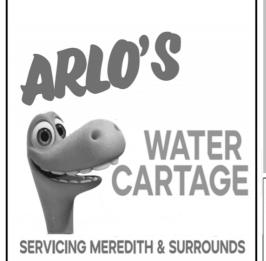
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Protecting and Recharging From Burnout

Rev Dr Tim Smith

Just recently I took two weeks leave because I realised that I was close to burnout. I was putting my Parish's annual plan together for the year and it was full. I was already way behind in my annual leave out of my own sense of vocation, pressure from head office, and I am not getting younger. I needed to take some time out quickly—or else! Beyond Blue identifies that burnout can result from too much stress at work, or stress that goes on too long. It can also impact people undertaking unpaid home, caring duties. Burnout can have negative impacts on the relationships and activities that are important to us. Understanding burnout as soon as possible is important for maintaining well-being, protecting relationships, and mental health. Symptoms of burnout include:

Physical: headaches and body pain; not sleeping as well as we normally do; lacking our usual energy or motivation; exhausted or drained

Mental: less satisfied with work; a sense of procrastination; disengaged from the work we used to value

Relational: isolated and trapped; irritable; disengaged from those who are important to us

We might even find it hard to function at all. There are things we can do to help us manage to avoid burnout or when we are at risk of burnout.

Understanding our needs

Let's begin by acknowledging the differences between introverts and extroverts. Basically, introverts recharge by being alone, while extroverts feel energized by being around others. Operating in your non-dominant side is exhausting. For example, if we are an extrovert who works mostly alone all day, we might be craving social interaction even more by the time you get home; or if we are an introvert and we are dealing with people all day, we will not be wanting to go out and party after work. Figuring out where we fall on this spectrum will help us better understand what we need.

Communicating our needs

We need to have a good level of self-awareness and know what we need to feel your best. When we do, we are in a better position to be able to communicate to those who are important to us, whom we live with, bosses and work colleagues. They may know us well enough to know but telling them gives them the best opportunity to support us and, in turn, we learn to anticipate what their needs are, too. So, keep the lines of communication open.

Respecting each other's needs

When we come home we might want to debrief about our day. Our partner, however, might like to have some quiet time alone, looking after the kids that have been driving them mad during the day. Whether we are similar or different types in our relationships, it is important to respect other's needs and tendencies. This might mean finding a happy medium that acknowledge our

differences—us chattering on while they simply listen without expecting much chatter in return.

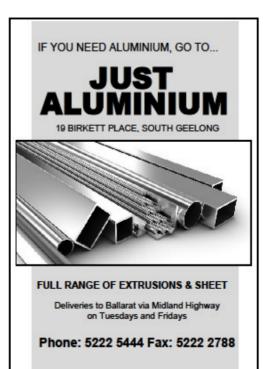
Helping each other

In all our relationships, however they are defined, it is important to help one another's recharging needs. Consider ways we can go the extra mile to help them recharge, especially during times when they might be expending more energy than usual. If things are more stressful than usual, take some responsibility for some of the chores, lighten their load, organise a night out with friends, encourage them to take a holiday from what they normally do.

Strengthen our relationships

The reality is we only have so much of the various types of energy to give. When it becomes depleted, we start seeing negative effects in aspects of our life. Being aware that we can burnout protects and strengthens our relationships with our life partner, and as a parent, friend, employee, or member of a community organisation.

Inspired by https://www.prepare-enrich.com/blog/helping-each-other-recharge/
Prepare/Enrich is a low-cost programme we offer to explore relationship strength and growth areas in times of transition: preparing for a wedding, an addition to the family, change in career, approaching retirement, or just to enrich your relationship. Please contact me for more information.





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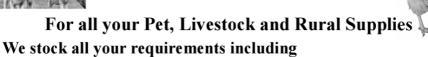
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Meredith and District NEWS



While walking with a group in the You Yangs, someone picked up a stone and showed it to me. It was quite small and roughly round with a sharp edge. She showed me which side had come from the inside of the rock it had been chipped from, and how to hold it. It fitted comfortably into my hand, and had been worn smooth by long use. It was a stone knife, used by her ancestors, the Wathaurong people, the local Aboriginal tribe. We left it where we found it, out of respect for its maker and users. It is also a legal requirement that Aboriginal artefacts be left where they are found, for cultural reasons and to aid research into the lives of these people.

The Wathaurong tribe was made up of twenty-five clans, spread over the Geelong and Ballarat areas, from the Werribee River, along the coast to Aireys Inlet, and beyond Beaufort and Skipton. They were part of the Kulin Nation, an alliance of five tribes in central Victoria. They hunted animals and gathered plants for their food, moving regularly so as not to deplete all the resources in an area. They would return when the supply of food was renewed. They slept in caves or built windbreaks or shelters of wood, bark and leaves. Their lifestyle was simple compared to ours, but it was sustainable. Unlike Europeans, they left few signs of their presence.

Stone tools are one of those signs. They were made by using a hammerstone to knock flakes off a larger rock. If the rock was particularly hard a flake could be ground to create a sharp edge. These tools were used as knives, scrapers and chisels. A handle could be added to a carefully crafted blade to form an axe or a spear. River stones made good axes, and could be attached to a wooden handle using glue made from resin of a plant such as a grass tree and string made from fibrous plant leaves. Stone tools may indicate places where people camped or they may be lost during travel. Flakes, used and unused, can be found at a place where the tools were made. Aborigines had extensive trade networks throughout the continent. Stone tools were among the items which could be traded over very long distances.

Aborigines had other uses for rocks. They had grinding stones for food preparation. The Wathaurong used seeds

from a range of plants including grasses, sedges and wattles to grind into flour. It was mixed with water and cooked in the coals of a fire to make damper. A grinding stone had a dip in it and could be made of a stone with a rough texture, such as sandstone. A hard smooth stone, such as one from a river could be used to grind seeds on the larger stone. If the larger stone became smooth, it was roughened. Large grinding stones were left at campsites, ready for when the clan returned, but smaller grinding stones could be carried on their travels.

In areas lacking permanent water, such as the You Yangs, natural hollows in rocks were enlarged to form wells, catching rainwater. These wells could hold water even in dry seasons, allowing the people to live in the area for a time, using its other resources.

There are other signs of occupation. There is a record from the late 1800s of cooking mounds on the banks of the Cargerie and Woodbourne Creeks. Middens of shells from long ago meals exist in the Brisbane Ranges, and ancient trees may carry scars where bark was removed to make canoes, shields and containers to carry food. Signs of Wathaurong occupation are not obvious, but they are there for those who take the time and know what to seek.

Unfortunately Wendy was unable to submit her regular contribution this month due to a family matter, so we have taken the liberty of reproducing Wendy's article from May 2015.

Yes, Wendy has been contributing her articles every month for over 10 years without a break.

We greatly appreciate Wendys thoughtful and articulate observations of the natural world in our district, and that she shares them with us and our readers.

Editor



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Marg's Rook Review

A Line of Dogs by Gary Morris

A wonderful book! The historical detail is fascinating and the interaction between characters, whether it be tension, conflict or love, certainly made it hard to put down.

The book is firstly set in 1848 at the start of Ireland's Great Famine when a vast majority of the Irish population were disposed, starving and dying in great numbers.

The four main characters are Mary McGrath, her cousin Tim McGrath, Queenie Fogarty and John Hammersley. The author, whilst perusing some old records, noticed that one Mary McGrath was charged with being unlawfully in charge of a cow. Investigating further he uncovered a treasure trove of facts, anecdotes, tales and myths. Tim McGrath is a firebrand who despises everything English and is determined to rid Ireland of the every last one of them. He is part of the Young Irelanders rebel group and he becomes tangled in the fate of their leaders. Queenie Fogarty works the pubs of London in the oldest profession and befriends Mary, when she has to leave her house-keeping job after being assaulted by the husband of her employer. John Hammersley steals to survive until he falls in love with Mary.

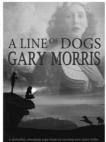
Whilst the book is not a true account of the individuals portrayed, the author has woven experiences of many people and historical events of that era, into his novel.

The story follows these four characters who meet in London and all travel to Tasmania by different methods under different circumstances. Mary and Queenie are convicted for stealing a cow and sentenced to transportation. On the ship Mary acts as nurse to the ship's doctor, and soon after arriving in Tasmania is allocated to a farming family near Ross. Tim escapes on a whaling ship and works as crew for some time, eventually arriving in Tasmania. John who was transported for theft, escaped from Port Arthur and ran from a sadistic guard who shadowed him to Eaglehawk Neck Isthmus, and *The Line of Dogs*, where savage canine sentinels annihilate the soldier and John escapes.

Unlike some books I have read about convicts at Tasmania, in this book Mary shows a will of iron and

determination and is rewarded. Some of the people in authority are shown to be able to see that some convicts can be rehabilitated to become good citizens, if given a chance.

Through two continents and four countries this fast paced novel was a great read.



Ten years ago -



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G'Day from the penners for May. This month's story is from Gordon Vanbeck and it's based on a true story, so we hope you like it.

We can be contacted via our email goldenpens4@gmail.com if you would like to get in touch.

Cheers, Wendy

Puppy Daze

It had been six months since he had died, but they could still see their much-loved Shih Tzu Darcy everywhere. The spot outside the kitchen where he would curl up at mealtimes waiting to be fed. The way he expressed himself through a variety of different sneezes. The sliding door to the hallway that used to rattle with impatient paws demanding to be let out or in. His variety of tuneful howls when playing with his favourite squeaky toy. And the way he would lock his eyes on one of them, then slowly turn his head toward the fridge, clearly hoping the gesture would remind them it was time to feed him. Well, it sometimes worked so he never gave up trying!

They decided to seek a pup to fill the void. The following three weeks were spent poring through breeder's ads. Eventually they found themselves standing in the chaotic living room of a local breeder, surrounded by the cacophony of five Shih Tzu cross puppies tumbling over each other.

"Just one," Rosa had insisted on the drive over. "We'll start with just one puppy."

Cameron had agreed wholeheartedly. After all, Darcy had been their perfect companion for fifteen years. One dog was enough responsibility. The breeder, a cheerful woman named Gloria, invited them to sit on the floor while the puppies swarmed around them. "They're ten weeks today", she said. "Perfect time to go to their forever homes."

A chubby sable coloured puppy with oversized paws waddled toward Rosa, collapsing dramatically across her lap with a contented sigh. "Oh," Rosa whispered, her voice catching. "Oh no."

"What's wrong?" Cameron asked, concerned.

"I'm in love," she admitted

At that precise moment, Cameron felt a gentle tug on his shoelace. Looking down, he discovered a slightly smaller black puppy determinedly untying his shoe, little tail wagging with each victorious pull of the lace.

"This one's brilliant," Cameron laughed, scooping up the industrious pup, who immediately began licking his chin. Gloria smiled knowingly. "Funny how they choose you, isn't it?" Thirty minutes later, they were loading two puppies housed in a single crate into their car. "So much for just one," Cameron said, unable to keep from grinning.

They named the sable puppy Robbie and the black one Bella. Nothing was said for rest of the drive home, both quietly elated, thinking about their new puppies. That sentiment lasted approximately three hours after arriving home

"Bella, no! Those are my good shoes!" Rosa dashed across the living room, rescuing an expensive dress shoe from Bella's jaws.

"Robbie just peed on the carpet," Cameron called from the family room.

"Again?"

"Third time in an hour. I think he's going for a record."

By bedtime, they were exhausted. They'd attempted to puppy-proof the house but hadn't accounted for Robbie's surprising vertical leap or Bella's uncanny ability to squeeze through seemingly impossible spaces. "I forgot how much work puppies are," Rosa sighed, collapsing onto the floor. Immediately, both puppies attempted to grab her hair and mouth her face.

"Darcy was never this much trouble," Cameron said, thinking back to when Darcy was a pup.

Rosa smiled softly. "Of course he was. Remember how he chewed through the cord on your electric drill? And that time he got that bar of chocolate?"

"Oh God, the chocolate bar incident." Cameron chuckled. "I still remember that frantic dash to the Vet."

As they reminisced, Bella curled into a tiny black ball between them, while Robbie sprawled across Cameron's feet, snoring softly. That night, they placed the puppies' crates in the living room, knowing from experience that the first few nights would be rough. Sure enough, the whining started precisely seventeen minutes after lights went out.

"I'll go," Rosa said, throwing back the covers.

She found both puppies standing at attention in their crates, crying pitifully. Sighing, she let them out for a quick bathroom break in the backyard, then tucked them back in with extra pats and soothing words.

The cycle repeated again and again and again throughout the night...

At breakfast, Rosa and Cameron exchanged exhausted glances over their morning porridge while the puppies raced around the kitchen island. "We might have lost our minds," Cameron said, watching Robbie skid across the tile floor.

"Definitely," Rosa agreed, as Bella attempted to climb into her lap. "Completely insane."

But when the puppies finally tired themselves out and fell asleep—Bella on the spot outside the kitchen door that used to be Darcy's and Robbie under the dining table—Rosa reached for Cameron's hand.

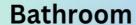
"The house doesn't feel so empty anymore," she whispered.

"No," he agreed, squeezing her fingers. "It doesn't."

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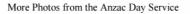
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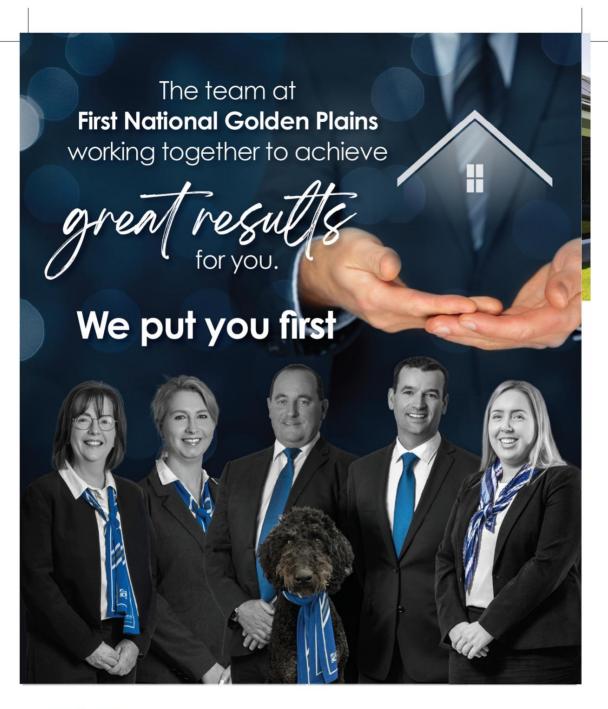














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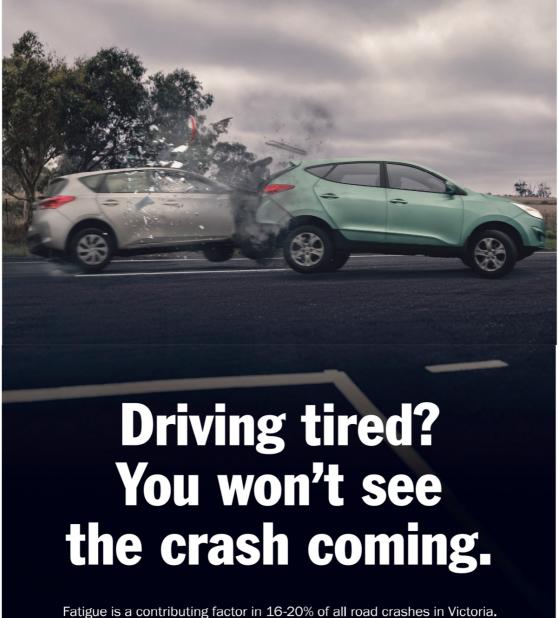


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Fatigue is a contributing factor in 16-20% of all road crashes in Victoria. If you're feeling tired, arrange an alternative mode of transport, postpone your trip, or get more sleep before driving. Because when you drive on less than 5 hours sleep, you're 4 times more likely to crash.

Driving tired? Wake up to yourself.



