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### Beautiful day at the Redesdale Festival!



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# Fabulous art show and festival!



Famous photographer, Simon Griffiths (below), judges Tanya White's photo as the winner of this years's festival photo competition. He said it was "quinissentially Australian, and I love her use of space and colour. It





Above and below are two of the 5 decorated sheep on display at various venues at the festival.



Chevelle Williams (below) was very pleased with her second prize for a perfect study of a Wiltshire ram's horns. It was very hard for Simon to chose.





Criss Canning (right) is a celebrated artist from Melbourne. Luckily she is a friend of Mia Mia print-maker, Kevin Foley, who invited her to open the show. Her works may be found in the National Gallery of Victoria and other State capital cities as well as numerous private collections. More locally, her works may be found at the Castlemaine and Ballarat galleries. To view some her beautiful work, go to crisscanning com.au.

The Sydney Morning Herald summed up Criss's work thus:

"Unerring, expert, gorgeous, scary...the paintings of Criss Canning......conflate the sobriety of Margaret Preston with the sumptuousness of Hilda Rix Nicholas. These are her historical precursors. As for her peers, perhaps she has none, Canning is in a club of one."



Daniel Hercott played beautifully at the AM reserve.



Criss Canning at the opening of the Redesdale Art Show. Photograph: Lyn Ingles -blue pencil publishing-

Laura Lavender's decorated sheep was remarkable. Love the shape of the little bare patch at the top too.









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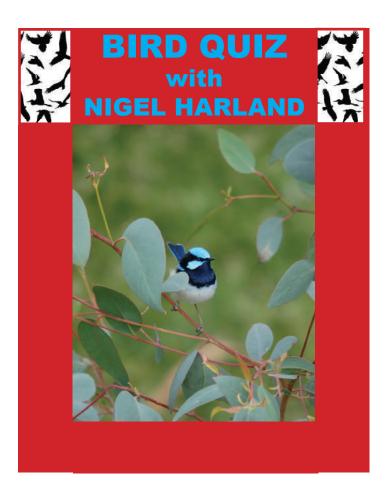
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Welcome to the Bird Quiz for November and many congratulations to Silas Sermershein who correctly identified last month's bird as the King Parrot. It is a very spectacular bird with its contrasting red and green plumage. The female has a green head and breast in comparison to the red colouration of the male. It lives on the eastern side of the continent and we are almost on its western border. It is a bird largely of wet forests, but in recent years it has been found in more domestic surrounds, being attracted by fruiting trees and feeding stations. It is one of the larger parrots, being around 43cm (17 inches) in length and can become fairly tame.

Moving on to this month's bird, we have something much smaller and relatively common in the district. As I have mentioned before, many birds have a variety of names, but I need two or more words for this birding delight.

Contact us on with your guess about which bird this is and WIN a \$20 book voucher from Aesop's Attic bookshop,

Kyneton. Send answers to bridgeconnection.editor@gmail.com

or phone or text to: 0407 116 899



In the absence pf any pet pictures having been received his month, we have added a picture (left) of an Australasian Grebe sitting on her nest a week ago. Every self-respecting dam in the area will have a pair of grebes owning it as their territory! Eds

Send us a picture of your very special pet and a few words to describe him or her and why you love your pet so much. See page for this year's winner. Start sending photo's for next year. Send them to bridgeconnection.editor@gmail.com

### **EDITORIAL**

Mia Mia and Redesdale absolutey shone this month! Mia Mia held its spectacular flower show and put on the amazing annual operatic event. Redesdale hosted its art show and festival but it was certainly not a Redesdale only event! Helpers and exhibitors came from everywhere in the district - from Kimbolten to Barfold, from Mia Mia to Sutton Grange. It was truly a district event. The opening of the art show was very well attaended and the artwork was of a very high standard. It is a credit to the organisers that they were able to attract Criss Canning to open the show.

We have the City of Greater Bendigo to thank for the extra colour pages in this Festival Special edition. The grant we applied for specifically asked for extra money for colour pages for this edition.

Visitors to the Agnes Mudford Reserve will also have noticed that the concrete has been laid in the pavilion in readiness for the "lockup stage" to begin. Well done to the Reserve Committee.

Talking to readers at the art show epening we learnt that there is an appetite for another fiction serial. We are hoping to publish one next year.



**Kathy Hall** and Regina Bennett **Co-editors** ridgeconnection.editor@gmail.com ph: 0407 116899



### **CONTENTS**

Regular articles	Page	Special articles
Advertising rates	24	Festival events and pictures
Bird Quiz	4	Campaspe Valley LCG
Bridge Connection contacts	24	CNAV Conference
CFA	6	Hall Happenings
Church Services	14	Kerry Anderson: Entrepreneurs
Dr Tim	15	Major Mitchell Journey
Editorial	5	Nancy Begg Poem
Farmers' markets	11	Opera
Garden Patch	16 & 17	Wasp Control
Pet Pals	4	
Politics	8 & 9	
Quilt project	23	
Quote of the month	10	

14

20

19

24

25

**DEADLINE** 20th of each month

Rainfall

Subscription

Recipe of the month

The Bridge Abroad

RRRC Chairman's report

What's on in Heathcote

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# Redesdale I



Ammentities are available for catering, meetings, weddings and club or family celebrations. Please phone

Carolyn (03) 5425 3194 for more information. **Redesdale Hall Activities:** 

- 1st Monday monthly, 10am or 4.15pm, **Bridge Connection Committee meeting**
- 2nd Tuesday monthly, 1pm Hall Comm. Meetings.
- 2nd Tuesday monthly, 7 pm Rec. Reserve Meetings.

### **Roaster for Hire**

Commercial sized roaster available for hire from the Redesdale and District Association.



\$75 for members and \$100 for non-members. (Free hire to Hall, Rec. Reserve Committee, and CFA) Phone 0418 130 206.



# Bridge Abroad WINNERS!

Sharon and George Marshall, who used to live in Mia Mia , and who stay in touch via Bridge Connection, have won the coveted Bridge Abroad prize of two nights at Perricoota Vines Resort in Echuca. The entries were judged by Angela Meek of Bendigo Travel and Cruise who also attended the opening of the Redesdale Festival on October 28th to present the prize. Congratulations Sharon

and George!





# **Best Prepared Property Award**

A big thank you to all of you who put your property forward to be judged in this competition and for the effort put into doing the spring clean up. As part of a judging panel we looked at a range of homes. Every one of them was nominated because of the amount of work they have put in to make their residence fire safe. High on the list of criteria in judging is endeavour/effort. We appreciate the effort put in to clean up a property, we also judged on result (how much fuel reduction was achieved) and accessibility for emergency vehicles is important. Water in store and being able to get to it is something

we rate highly.

Of the properties we visited, one stood out and impressed because of the tidiness and fuel reduction. We also liked the use of crushed rock as a fire proof barrier around the home. The owner is not a full time resident of Redesdale but the time he spends here has been well spent cleaning up around the home.

So... Congratulations to Nick Sier of

484 North Redesdale Rd (opposite Les & Gloria Pocock's). Nick wins a \$200 Bunnings voucher courtesy of the Redesdale Fire Brigade. Well done!

With the extended spring growth and greater than usual fuel burden coming into summer, it is great to see so many people making a big effort to clean up around their homes.

But remember this is fine while the grass is green, but as soon as it browns off:

Do Not Mow Or Slash Dry Grass! A large number of fires we attend are early in the summer when people are trying to clean up their block and a stray spark ignites dry grass.

Safe mowing,

Andrew Campbell Fire Prevention Officer Redesdale Fire Brigade





Above: Nick, Carly, Harry and Charlie Sier outside their North Redesdale Road home.





Leigh Coghlan of Kyneton Vet Hospital judged the photo sent in by Jorja Bennett as the best entrant this year. The prize of \$100 to be spent at the Vet hospital was presented by Kathy Hall at the opening of the Redesdale Festival as Leigh was tied up with a horse emergency. Congratulations Jorja and Jualana who posed beautifully for this selfie.



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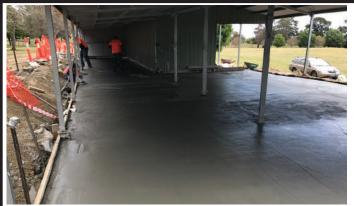


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UPDATE!! THE SLAB HAS BEEN LAID at the pavilion. Now the lock-up stage begins.



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### MISSING!

Missing steer

We have lost one black 8 month old steer from our property in Sutton Grange. Sightings have been made on Bendigo-Metcalfe Rd and Carnochans Rd, Sutton Grange. He has a small round yellow tag with PIC number 3GBNA000. Any information would be much appreciated, please contact Zane Tronson on 0410597485.

### The Fallen



They rest in unknown graves in far off lands, The flower of youth denied it's promised bloom. As nations flaunted "glorious" battles won, Their only prize lay in a lifeless tomb.

And sometimes in their dreaming timeless deep, They may feel the ugly threats of war again. If we hold the peace they won in sacred trust their sacrifice will not have been in vain.

Nancy Begg,





Community members practice erecting the new marquee, purchased through a generous grant from the City of Greater Bendigo - getting ready for the festival.

Left to right: Pan Prendergast, Gary Prendergast, Rod Gibson, Gloria Pocock and Les Pocock.

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### What's on in the Heathcote Region

Ongoing to Thursday 17 Nov 2016

Lions Bush Market

1st Saturday of the month - 8am -1.30pm

Contact on 0400 675 995 for bookings for stall at the market. Venue: Barrack Reserve, High Street, Heathcote.

5th November, 3rd December

### What's on in the Heathcote Region

Tuning in to Kids - Want to learn how to help your child manage feelings and emotions (emotional intelligence)? In his program you'll find out how to help your child understand and manage feelings such as worry, frustration and anger. For bookings and enquiries phone Megan Haddon on 5433 3090 or haddon.megan.m@edumail.vic.gov.au Cost is free, Time: Arrival and registration 12.15pm. Sessions: 12.30pm – 2.30pm. Child care is available upon request when booking. Facilitators: Jo and Linda (Family Education Services Team Catholic Care Sandhurst). Venue: Heathcote Primary School, 31 Herriot Street, Heathcote.

### Monday 7 November 2016

Engine Room Presents - Time-2pm. Gina Hogan – Night and Day – The Doris and Shirley Show. (Doris Day and Shirley Bassey) Take a trip down memory lane, with stories and music performed as only Gina can with her amazing vocal versatility and engaging stage presence. Tickets \$10, available from Heathcote Visitor Centre. Ph: 54333121 Venue: Heathcote RSL Hall High St Heathcote

### Tuesday 8 November 2016, Tuesday 15 November 2016, Tuesday 22 November 2016, Tuesday 29 November 2016, Tuesday 6 December 2016

Play Bowls Month - Barefoot Bowls and lots of fun for everyone each Tuesday until 13 December. Cost \$5 per head per week. For more info contact Peter on 0418 304 259 or at heathcotebowls@outlook.com or www.heathcote.bowls.com.au Venue: Heathcote Bowling Club 1 Herriot St Heathcote

### Sunday 27 November 2016

Kammermusik Chamber Music Concert Three - Time: 2pm-4pm. Kammermusik is a chamber music ensemble company comprising a core of string players. The group performs a number of programmes each year in Melbourne and country Victoria with a wide variety of music ranging from Baroque to Contemporary. Special performances include singers, winds and piano. Ph 0144 512 303 or www.kammermusik.com.au Venue: Mia Mia Hall Valley Rd Mia Mia

### Thursday 8 December 2016

Shared Dinner Conversations - Sit back & watch me grow. Get together, try something different, meet new people. Bring a plate to share. Please contact the Community House ph 5431 0930 to register. Venue: The Community House 55 Hospital St Heathcote

### Tuesday 13 December 2016

Play Bowls Month - Barefoot Bowls and lots of fun for everyone each Tuesday. Cost \$5 per head per week. For more info contact Peter on 0418 304 259 or at heathcotebowls@outlook.com or www.heathcote.bowls.com.au Venue: Heathcote Bowling Club 1 Herriot St Heathcote

Coming Events – Save the date

2017- El Rocio Spanish Festival - 17, 18 and 19 February 2017. More details to follow closer to the event.



### Port of Melbourne Lease

From Peter Walsh Leader of The Nationals and Member for Murray Plains

On any given day, up to 7000 containers are shipped out of Australia's largest port - the Port of Melbourne.

A constant flotilla of ships sail through the port each day, their cargo generating billions of dollars for Victoria each year.

More often than not, they're laden with tonnes of agricultural goods - cereal grains, dairy products, paper or timber - trucked to the port from the furthest reaches of regional Victoria.

So, it is only right that country Victorians should see their fair share of the \$9.7 billion profit flowing from the Port of Melbourne lease.

A 10 per cent share of the proceeds - more than \$970 million - will go to regional transport infrastructure, while an additional \$200 million is earmarked for an Agriculture Infrastructure and Jobs Fund.

I hope to see some of this money used to rebuild our crumbling country roads and improve regional Victoria's neglected passenger rail

It is vital these funds promote new investment and are not absorbed into existing transport programs, like the funded \$58 million port-rail connection which would take 3500 trucks a day off the road, but was shelved by the Andrews Labor Government until the port was leased. The lease has provided a \$1.2 billion bonus for regional Victoria - but it wasn't an easy road to get here.

The original deal proposed by the Andrews Labor Government neglected to recognise regional Victoria's role in building the port into the asset it is today. In fact, if Labor's original deal was successful, the entire proceeds generated by the sale would have been spent in Melbourne.

That's despite the fact the port has been built off the back of regional industries, like food exports.

The Lib-Nats fought for months to wrestle a fair return for regional and rural Victoria, securing a 10 per cent fund quarantined for regional transport infrastructure. Shamefully, country Victorians were forced to wait until the day after the sale was finalised for Labor to confirm we were worthy of two separate funds. Until then, Labor refused to commit to the \$200 million Fund on top of the 10 per cent for regional transport infrastructure. It would appear they were unwilling to risk the actual port proceeds failing to cover their Melbourne crossing removal program as well as passing on a fair share to regional Victoria.

The Lib-Nats also fought for amendments that ensure this port lease has a positive impact for all Victorians.

We abolished the arbitrary 20-year extension, limiting the lease to 50 years, to ensure the port will provide profits for future generations. We also ensured a second container port can be built when it is needed, without leaving the state open to a hefty compensation bill.

A new port would take 10 to 15 years to build, so the 15 year cap - down from up to 70 years - means taxpayers will never have to pay compensation. The Andrews Labor Government claimed these amendments would "devalue" the port and "compromise the interests and wellbeing of the freight and logistics industry" - the windfall \$9.7 billion price tag would suggest otherwise.

I am immensely proud of the work of the Lib-Nats that went towards securing a nearly \$1.2 billion bonus to rural and regional areas - country Victoria deserves every cent.

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Quote of the month

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Wise Local Mother

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### CHESTERS FEARS GOVERNMENT INTERVENTION WON'T RESOLVE VICTORIAN FIREFIGHTER DISPUTE

Federal Member for Bendigo, Lisa Chesters MP, has today said that she fears the federal Government's intervention will not resolve the bitter Victorian firefighter dispute.

"The Federal Government has amended the Fair Work Act and in my opinion, rather than put an end to this dispute, the changes will make the whole process more difficult.

"Collective bargaining between an employer and employees is complex and hard at the best of times. I fear the Federal Government's new laws will make it harder for the Victorian State Government, the United Firefighters Union and Volunteer Fire Brigades Victoria to reach an agreement.

"Not all volunteer fire fighters support the VFBV stance, meaning there could be a breakaway volunteer organisation that has the right to challenge both the VFBV and UFU.

"This has already been a nasty, bitter and politicised dispute. Local fire fighters are being called thugs and that kind of behaviour is not on. "Rather than showing leadership and calling for the dispute to be resolved, Malcolm Turnbull and the Liberals have inflamed the dispute for their own political gain.

"I don't believe these new laws will do what the Government is claiming. Ultimately, responsibility lies with the Victorian State Government to resolve the dispute between the United Firefighters Union and the Country Fire Authority. It's their mess to clean up.

"It's my understanding that of the 60 plus volunteer only CFA brigades in the Bendigo electorate, none of them will be affected by the proposal. "I proudly and loudly support all of our emergency service workers regardless of whether they are volunteers or employees.

"At the coal face, our CFA volunteers and career fire fighters work closely together to ensure our communities are safe," said Ms Chesters.

Ms Chesters has slammed the Prime Minister and the Liberal party for being hypocritical and creating hysteria for political gain.

"We all know the Liberals hate unions and the workers they represent. It's disappointing the Liberals are using this dispute to pursue their own political agenda.

"This is the same Liberal Government that shut down the Australian Emergency Management Institute (AEMI) on Mount Macedon and transferred its operations back to Canberra.

"Prior to this announcement AEMI trained local CFA volunteers higher up the chain of command to ensure they had the skills and expertise they needed.

"I will continue to be a strong voice for our CFA and emergency service workers and volunteers. They sacrifice so much for our community and as their local MP I will continue to support them," said Ms Chesters.

### **ENDS**

Media Contact: Lisa Chesters 0425 755 929

### FARMERS' MARKETS

Woodend Community Farmers' Market Sat Nov 5th Cnr High & Forest Streets, Woodend 0487 444 090 Sharon Kittson

Daylesford Farmer's Market Sat Nov 5th Daylesford Primary School 03 5664 0096 Peter Arnold

Kyneton Farmers' Market Sat Nov 12th St Pauls Park, Piper Street, Kyneton 54 221 025 Veronica Manifold

Riddells Creek Farmers' Market Sat Nov 19th Riddells Creek Primary School, Riddells Creek 0408 254 626 Ali Bant

Heathcote Region Farmers' Market Sat Nov 19th Barrack Reserve, High Street, Heathcote Sherrie Coote 0417 598 460

Lancefield & District Farmers' Market Sat Nov 19th Centre Plantation, High Street, Lancefield 0407 860 320 Meggs Hannes

Maldon Market Sun Nov 13th www.maldonnc.org.auiifv

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Mia Mia Hall resounded with the splendid voices of Gertrude Opera/The Opera Studio artists at Twilight Opera on Saturday 22nd October, and again at Daylight Opera the following day. On both days the rain gods smiled on this annual event as they have done for the past six years. As in previous years the audience was provided with refreshments on arrival and were able to sample a range of wine produced by Marilyn and John Frederiksen of Mia Mia's Rowanston on the Track winery.



Alexandra, Joshua, Allegra, Spencer, Lisa and Elizabeth take a bow.

Howard Nathan prepared the audience for the program that would follow, with his usual mix of wit, wisdom and his extensive opera knowledge. He welcomed the full house to the Mia

Mia Opera House which he believes compares favourably with the great opera houses of the world. He also thanked the major sponsors of the event, City of Greater Bendigo and the Heathcote and District Community Bank for their ongoing support of opera in Mia Mia, as well as the sponsors of accommodation for the artists and the people's Choice Award.



Mezzo soprano Allegra Giagu won the People's Chpoice Award for her Saturday evening performance.

The six artists performed works by Mozart, Sullivan, Donizetti, Strauss, Britten, Mascagni, Verdi and Offenbach. Each artist gave a brief introduction to each selected work, and explained their role in each. They reminded the audience that "Hey, It's opera!!" to explain the gender fluidity in some roles. Opera provides great sorrow, much unrequited love, rich people pretending to be poor people, much joyfulness, as well as wonderful music and lyrics.

The Gertrude Opera artists - Alexandra Lidgerwood, Lisa Parker, Spencer Chapman, Joshua Erdelyi-Gotz, Allegri Guiana and Elizabeth Chenille - gave a perfect demonstration of how enjoyable a night of opera can be, and how exhausting it is for the artists The winner of the People's Choice award for best artist on Saturday evening, an award sponsored by Derrinal's Lynne and David McDonald and the Alice Amy McDonald Scholarship Trust, was won by mezzo soprano Allegra Guiana.



Soprano Alexander Lidgerwood

The artists were wonderfully supported by accompanists David Kram on Saturday evening, and Pam Christie on Sunday afternoon. As in all the great opera houses of the world, a grand piano was required and one was sponsored by Alan and Christina Weiss and John Saines.

Continued on opposite page





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### Continued from page 10:

The Mia Mia Opera House reverberated with song, applause, and even a little foot stamping during the encores on Sunday.

The foot stamping is perfectly acceptable in all great opera houses.

The artists and their manager, Matthew Nash, stayed at two of the district's most luxurious B&Bs sponsored by Rupert's Ridge in Redesdale and Rowanston on the Track in Mia Mia. After the encores and the foot stamping, Howard Nathan again thanked the sponsors and invited the audience to enjoy their gourmet supper prepared by the Mia Mia Hall's volunteer catering team. On leaving, more than one audience member reported that the opera performance was great, but the gourmet supper, and the Howard Nathan introductions were part of the reason they come back each year to Mia Mia's Opera.





Tenor Spencer Chapman wooed the audience with a beautiful rendition of 'You are my heart's desire.



Heathcote Community Bank (above) were proud sponsors of the Photographic Exhibition at the Redesdale Hotel at the Redesdale Festival. Chairman of the Board, Steven Trompp presented the prizes at the Art Show opening event.

### **Redesdale Hall Happenings**

Our Redesdale Hall was the venue for one of our favourite residents; Andrew Campbell held his 50th birthday party there. It was a very enjoyable night for all.

Our last Afternoon Tea Dance featuring "The Silhouettes" was held on the 25th September. It was a lovely afternoon, enjoyed by all the dancers and the hall committee members working in the kitchen. Planning is underway to have another dance next year with a new music group.

Norma Barker

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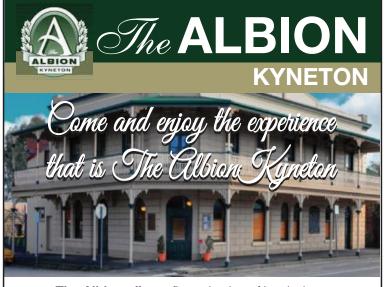
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### Looking at landscapes with fresh eyes

### with Kerry Anderson

As I drive throughout our beautiful region I marvel at the vision of the town founders who saw a blank canvas and were brave enough to paint a picture using their own imagination and the resources available to them. Not only did they take huge risks in their business



investments, they also helped establish the schools, the hospitals, and the community infrastructure around their businesses. They did so understanding that no business is an island, that businesses needed to support each other, and people needed to have good reason to live in that community.

The community clearly drove growth with the Government only kicking in to help them get across the line. When you think about it, the same is still true. I don't know of any progressive community that waits for the government to tell it what to do. We are the drivers of change because we are the ones who value the community we live in.

While we should always celebrate the past and live in the present, we should also be constantly looking to the future.

I am excited. There are an infinite number of blank canvasses just waiting to be created as there are existing canvasses to be repainted. Today, when I see a vacant shop front I see a range of possibilities not even remotely like what used to be there.

For instance, those who have visited Castlemaine may have visited The Mill opposite the Botanical Gardens. Farmer turned entrepreneur, Phil McConachy, warns that it isn't a task for the faint hearted but it is achievable. 9,000 square metres of industrial buildings is now 80 percent leased to a mix of food and hospitality vendors, manufacturers and retail outlets.

Continued on page 21



### CHURCH SERVICES

### **UNITING CHURCH**

Barfold: 1st Sunday of each month Metcalfe: 2nd Sunday of each month Mia MIa: 3rd Sunday of each month Sutton Grange: 4th Sunday of each month



Morning tea is served at each of these Uniting Churches at 10.45 am and services start at 11 am and finish at midday. If there is a 5th Sunday in the month, services may be found at Kyneton.

### CATHOLIC CHURCH

Redesdale: 2nd Sunday of each month 11 am

### KEN JAMES WINS TOP AWARD



Pam Baragwaneth, the President of the Royal Historical Society of Victoria and Ken James at the award night at the Arts Centre in Melbourne.

Ken James, familiar to all of us through his and Noel Davies' many historical accounts of local townships won (with co-winner, Pam Baragwanath) the top award at the Arts Centre of the government's Community History Awards competition -they won \$5000.

On Friday, at the opening of the Art Show at the Redesdale Hall, Ken James launched the book about the History of Redesdale that he and Noel Davies have been working on for some time.

The new Redesdale book incorporates an update of an earlier book they wrote on Redesdale's schools. Also in 2014, they produced a large volume on the history of the Redesdale railway line.

The new book is officially dedicated to Agnes Mudford and unofficially to Ken's uncle, Victor Charity who was born and raised in Redesdale. Victor enlisted with the AIF in August 1915 and died in France of wounds on 25th July 1916. His mother was Julia Hannah, the sister of Ken's greatgrand father William James.

Ken thanked everyone who helped with the book and special thanks went to Briony Barker for editing the book and to Briony and Elaine Murphy who prepared the surname list.

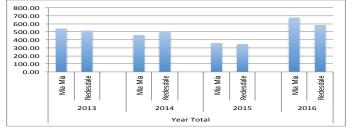
Kathy Hall

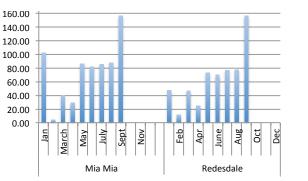
### RAINFALL

The average yearly rainfall for Redesdale is about 601mms. Thank you to Mary Bennett for the Mia Mia readings.

### MISSING DATA

The Bureau of Meteorology has missing data for the first half of September for Redesdale. Therefore the rainfall for Redesdale has been assumed as the same as for Mia Mia. This is clearly not accurate but there are no other sources available as we go to print.







Your Health! with Dr Tim

### "Take the pressure down"

"Let's check your blood-prsssure" - now there is a line I'm sure gets the sweaty palm response from a lot of you when you go to the doctor! And therein lies some of the difficulty of diagnosing and treating this common condition - blood pressure is dependent on many variables, including our emotional state - and interpretation of the readings that you are given by your doctor or nurse is no simple matter.

Just measuring blood pressure is a simple enough process - the peak pressure in the arteries is called systolic pressure and is the pressure generated by the heart at the peak of contraction. If the pressure in the blood pressure cuff is above the systolic pressure then no blood in the artery gets past the cuff - if it is below the systolic pressure then blood starts to flow past the cuff again.

Measuring diastolic pressure is about listening for change in the pattern of flow in the artery. Diastolic pressure is the lowest pressure in the cycle of the heart beat, and is important because blood actually flows to your heart muscle during this phase of the cardiac cycle - it reflects healthy relaxation of your heart muscle. A high diastolic pressure means

your heart muscle is not relaxing properly and this has important implications and consequences for cardiovascular health.

Among those consequences are increased risk of stroke, heart attack, kidney disease, heart failure and a variety of other circulatory problems.

Newton's third law of physics is that for objects that are immobile for every force there is an equal and opposite force acting in balance - this certainly applies to your artery walls as they resist the pressure generated by your heart. The more effort needed by your arteries to resist that pressure, the more likely those arteries are to be damaged in some way.

That's where medication might come into the "equation" so to speak - by a variety of means blood pressure medication can usually quite safely and effectively reduce blood pressure to acceptable levels - even to normal - with minimal or no side effects. What is more reassuring is that there is overwhelming evidence that in combination with a healthy lifestyle, blood pressure medications or antihypertensives as they are often called, lead to much improved health outcomes in the long term with reduced rates of all of the complications of blood pressure I mentioned earlier. Effective treatment of blood pressure and cardiovascular disease is undoubtedly one of the reasons why we live longer and healthier lives.

Interestingly, some recent studies have suggested that as doctors we should even be aiming for normal blood pressure control in our patients with hypertension - that is 120/70 - or thereabouts at least. Certainly there is an intrinsic logic to this idea that seems to

be irrefutable - who doesn't want to be told that their blood pressure is normal? Unfortunately again deciding what blood pressure target to accept is a judgement call that requires some experience judging the current state of a person's heart and vascular system is integral to that decision. It is possible to over-treat blood pressure, and this is when adverse effects can occur.

Careful monitoring of treatment means not just measuring blood pressure itself, but also monitoring the organs that it effects like the heart and kidneys.

Our understanding of the circulation and blood pressure has improved out of sight since William Harvey the English Physician published his account of the circulation in 1628 "De Motu Cordis". But the really interesting thing I find is that the causes of high blood pressure at a basic physiological or even a genetic level are still not well understood, and that will possibly keep generations of doctors and scientists busy, to refine our understanding and treatment of blood pressure and circulatory disorders for hundreds of years

Dr Tim Stobie 5422 1397



### **Campaspe Valley Landcare Group**

### PREPARING FOR THE FIRE SEASON 7pm Saturday 5th November Redesdale Hall

At this time every year our minds turn to the coming fire season. Few can forget the summer of 2009 and the disastrous outcome of a dry year and horrendously hot summer. 2016 has provided us with a Spring of rampant growth with its own unique set of summer fire risks. Campaspe Valley Landcare Group is hosting an early evening event to consider our particular circumstances leading into summer. We have invited some specialist speakers and the local CFA to compare local and broader perspectives We aim to stimulate useful discussion based on understanding the CFA's practical know how and insights from the growing area of bushfire research. The Langley Barfold Fire Brigade will bring some of their equipment, discuss and demonstrate their techniques when faced with a bushfire

David Cheal will discuss recent research on management of fuel loads around the home and on individual's properties.

David is a biologist with wide ranging interests and expertise in biological sciences and has a strong background in plant, mammal and landscape ecology. He has worked at ARI (DELWP, Victoria), Parks & Wildlife NT and Melbourne University Botany Department. David has been heavily involved in advising on ecologically driven fire management, and fire management of public land in Victoria. Owen Gooding from CFA Melbourne will give a presentation on Living with Bushfire and Biodiversity, including

- Fire Behaviour 101 the relationship between weather, fuels, drought, and topography
- House loss in bushfire summary of what we know from 30 years of research
- Relationship between fire and biodiversity in Victoria
- Defining risk, and a look at how we respond as a society and individually
- Managing for fire and biodiversity defendable space and the zone system

### The Bridge:

### Redesdale Ramblings:

### Cyclamen in Central Victoria

Most people know cyclamen as those super-sized potted specimens very popular on Mothers' Day and other special occasions. They hardly look the sort of thing you'd expect to survive in a Central Victorian garden. These florists flowers are highly selected forms of Cyclamen persicum which comes from the Mediterranean region but bear little resemblance to the wild species with flounces and frills in colours including red (usually only white or pink in nature). There has been some breeding work done to produce smaller plants without the frills but in plain colours of white, red and pink. These dwarfer forms are ideal for pots and planters and can last for a few seasons.

The wild species are even more long lasting and though we tend to think of them as preferring the cool hill climate, particularly in the Dandenongs or Mt Macedon, there are some types that relish life in Hot and arid (well not at present) Central Victoria.

The one that does particularly well for us is Cyclamen graecum which as the name suggests comes from Greece (but also from parts of Turkey) and can be grown outdoors in Redesdale in a sunny position but preferably where it doesn't get any water in the summer when it is dormant. The flowers can suddenly appear in the autumn and are followed by the foliage which can be quite attractive on its own with dark green to silver with markings and shadings to provide interest for months on end.

Strangely enough Cyclamen persicum (below)



# **GARDEN PATCH**

is one we find prefers a bit of shade and it does much better in the Shade-house, but we're getting some established in the garden where we hope they will provides some colour through the winter under the trees.

Another one for the Shade-house is Cyclamen mirabile (below) which can have new foliage which is distinctly pink or light red when they first expand, slowly fading to green with darker patterns on the surface and often bright red underneath.



The most common autumn flowering species is Cyclamen hederifolium (below), the "Ivy-leaved Cyclamen" which used to be called "Cyclamen neapolitanum" and you may still find it called such in some places. It is mostly pink or white but some forms can be almost purple-red and these forms are becoming more common overseas.



As these flowers fade Cyclamen coum (below) starts to flower in the middle of winter.



The flowers are a little shorter and dumpier than the former and are mostly pink or white with a pink "snout", the point where the petals curve back in that typical cyclamen poise. These two seem to also require a bit more shade than the Greek species and in cooler climes can form a carpet of foliage which can be so varied that you wouldn't mind it if they never flowered!

Cyclamen are mostly grown from seed as they don't multiply from the tuber the way dahlias or potatoes do. Some do produce protuberances that could be cut off and grown as cuttings but this is not a reliable method of increase. Seed can be sown from your own plants or bought from one of the specialist companies or from the

Cyclamen Society or other Plant clubs which have annual seed exchanges. If collecting your own, it pays to tie a muslin bag around the seed pod when it is nearly ripe because as soon as it opens it is very attractive to ants and wasps which can empty it before you realise it! Soak the seed in a saucer of water to which a drop of dishwashing liquid has been added (this helps break down the surface tension and helps the seed absorb water to help trigger germination). Sow the seeds on top of a pot of potting mix to which some grit or coarse sand has been added. Cover with a centimetre or so of fine grit which helps water to percolate through without washing out the seeds. The tiny seedlings will gradually appear and should be allowed to grow on for a year before separating out the little tubers into their own pots and can be planted out in their second year when they are a bit sturdier.

There are many species of cyclamen and if you can grow a variety you can have flowers in virtually every month of the year!

Fermi de Sousa

The Redesdale Rock Gardener







# The Bridge: GARDEN PATCH



### Hello Dear Garden Enthusiasts!

Lady Bombay here again.

Whilst I splendour in this grass of spring time, I am wondering where I have placed my "pince nez" spectacles.
Last recollection of them was as I was pulling the ride-on mower out of the mud with the Bentley. Equally problematic as I couldn't see to drive, I

backed into the large rocks edging the rose garden. An absolute domage of a crunch to my beloved 'get-about' Bentley. Clearly enough for the insurance company to come and purvey the situation.

Thorn, the gardener has just knocked on the back door to tell me that the spectacles of the moment have been retrieved from the mower's catcher a little worse for wear. Oh dear, the chain is still around my neck. I think this episode I will let slip by without Lord Bombay's au fait.

Now, onto the garden. A picture of the Monetesque plumes. An autumn and winter of hard work is providing me the satisfaction of a job, well done.

Self-sown carpet daisies, eciums a' plenty, the may bush hedges abundant with white. Even the paddocks that I look at from my office are a purple overload of Patterson's curse. If it ceased raining for a 24 hour period, that will be zapped henceforth. Also- note to oneself - no more purchasing plants for the rest of this season. The warmer months are fast approaching, so I will divert my attentions to water features. Be it small or large, the sound of trickling water in the summer months can set the scene of tranquillity. Not too good for those of you with incontinence issues. I have two "make it easy" fountains to make;

### **Bombay and a Bex**

Send in your questions for Lady Bombay Saphire to bridgeconnection.editor@gmail.com

Dear Lady Bombay,

I am at the end of my tether. Trying to start a garden particularly as I have 3 children under 6 is virtuously impossible. Plants are either knocked or flattened by their tricycle and bicycles. Help! Distraught Gardener.

Dear Distraught,

Interlocking wire fencing is the answer. You can buy it in rolls quite inexpensively. Use star pickets to keep the fence in situ. Think of the little darlings as kangaroos. Cute but destructive.

Lucky for you, dear, that they are fast approaching the right age for you to have the most beautiful garden in the area.

Two magic words. BOARDING SCHOOL. They may not be happy, but the garden will be.

Salutations,

Lady B

1/ a large urn with a reticulating pump will give the most instant of results. Make sure that the electricity source is as close by as possible.

2/The round cattle trough in hardened plastic. Any size you like. Cheap as chips and long lasting. Either hedge around it, or collect those old bricks that are laying around.

Initially when I bought my cattle trough, I planted buxus honeysuckle, which was a great success for many a year. Until the day of 46 degrees, and it fried to a crisp of fatality.

Thorn, the gardener came up with the idea of building a brick wall around the outside of the trough .He's an absolute whizz at walling, and I placed a magnificent terracotta urn in the centre of the pond with the water ever-so-delicately cascading down the sides. Sheer bliss!

Honestly, I think I could fool the best of the landscaping experts.

Enjoy the season.

Old wives believe that you will have good luck all year if the first butterfly you see is white.

Time for mothers ruin,

Lady Bombay



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# Be Fire Ready. THE REASONS ARE BLACK AND WHITE.

# Fire Action Week The Right Time To Prepare

- Plan what you'll do in the event of a fire, talk to your household and know where to access information on high risk days.
- Keep grass short. Fire can ignite and travel quickly through long grass.
- Get rid of dry grass, leaves, twigs and loose bark around your home.
- 4. Remove or prune shrubs near windows and well away from branches of mature trees.
- Cut back overhanging tree branches close to property – no branches within 10 metres.
- Keep gutters and roof areas clear of leaf litter (if you are physically able to).
- Remove all materials from around the home that could burn, such as boxes, furniture and woodpiles.

emergency.vic.gov.au | VicEmergency app - launching November



### Major Mitchell's Journey through Central Victoria 180 Years Ago

It would have been great if Major Mitchell, on his journey of exploration in 1836, had had the foresight to avoid, 180 years later, Grand Final weekend! The competition offered to the three day "Recognition of Major Mitchell's Journey, 180 Years On", by the footy Grand Final of 2016 certainly diminished the numbers of people attending the exhibition of Eliza Tree's "Major Mitchell's Journeys through Australia Felix" on the Saturday of the Long Weekend, but the numbers and the enthusiasm of participants on the Friday (Forest Creek walk) and Sunday (Newstead to Redesdale drive) were undiminished. Even the weekend's copious rain held off - mostly!

Friday's walk along the Forest Creek in Happy Valley, Castlemaine was prefaced by local artist and expeditioner, Eliza Tree, giving the participants some context for Major Mitchell's 1836 officially-sanctioned journey where he was completely enchanted by the beauty and productivity of the land of what is now Victoria.

She said, "We now understand that Mitchell's descriptions of land 'resembling an English park' were of Indigenous cultural and cultivated landscapes, the work of the many clans and tribes inhabiting (central) Victoria.

When Major Mitchell wrote 'Certainly a land more favourable for colonisation could not be found. Flocks might be turned out on its hills, or the plough at once set to work in the plains. No primeval forests required first to be rooted out, although there was enough wood for all purposes of utility....' clearly, he was describing the fire-stick farmed and cultivated homelands and Country of Aboriginal Australia, revered and cultured by the Dja Dja Wurrung and Daung Wurrung Peoples, of the Kulin Nation, for many millennia."

On Saturday, Eliza opened her gallery crammed with her visual interpretations of the Major's journey and the subsequent Landrush by squatters. In the short 15 years between the Major's journey and before the Goldrush, all bar two tiny remnants of the land of Victoria had been "taken up" by squatters and the landscape irrevocably altered by the cessation of fire-stick farming, the introduction of hardhoofed animals, overgrazing and weeds. Eliza documents in her paintings "the complexity and extensive nature of Indigenous occupation and life-ways, which were often damaged or destroyed with the arrival of explorers and squatters whose hunger for new lands annihilated any concern for the previous occupants.

The indigenous population was greatly decreased by two bouts of smallpox and their weapons were no match for the invaders' firearms."

The final event in the "Recognition of Major Mitchell's Journey" through this area was a bus tour starting at Newstead and ending at Gibbon's Bridge, Sutton Grange on the exact day, 180 years earlier, that the Major's party travelled that way on its way back to Sydney to broadcast to the world the potential pastoral riches of Victoria. The Major wanted to be the first with the news!

Watching an unusually full Muckleford Creek in full spate; over a picnic at Expedition Pass; scrambling up Dog Rocks on Leanganook (Mt Alexander); and perched on a rock over the Myrtle Creek, participants learned to "read" the landscape in new ways. Barbara James, Campaspe Valley Landcare member, commented that "The huge value of travelling this route with Eliza is that she is very familiar with the primary sources of Major Mitchell's journey and the subsequent Landgrab by European settlers,

continued Pover Ppage

### Redesdale Recreational Reserve Committee Inc Chairman's Monthly Report November-2016

Hi Redesdalian's

Exciting times are upon us, by the time you get to read this report several events will have taken place, namely the CFA field day the annual Redesdale Festival and lastly the slab at the pavilion will be completed.

I have included photo's of work being carried out on the slab, Well done RRRC Members!

An expression of interest has been submitted for the Shade Grant Program and we will know if we have been successful in the New Year.

As part of the business plan being prepared by the Council-appointed consultant, several members of our committees visited Charlton to check-out the RV ensuites. A very informative conversation was had with the Business Consultant, Park Manager, Buloke Council and Tourism and the discussions confirmed business opportunities for the Reserve and retail precinct.

This is all for this month, and I look forward to seeing you all enjoying yourselves at the place to be the Redesdale Festival.

Les Pocock.

Redesdale Recreational Reserve Committee Inc

and also has the visual imagination of an artist

so she can enlighten those of us who have not

put so much time into research and who strug-

gle to envisage what the landscape might once

have looked like. We really do now have a new

ability to interpret what we see in sometimes

quite familiar landscapes."

Eliza's exhibition is available for private viewing for the next month. Appointments are essential and can be made by calling 0409209707. Further information, including a recommended bibliography, is available on www.majormitchellexhibition.com





Above: Getting ready for the concrete pour at the pavilion.

Below left: Gary Prendergast and Les Pocock inspecting the diggings.

Below right: meeting the people of Charlton regarding RV ensuites.



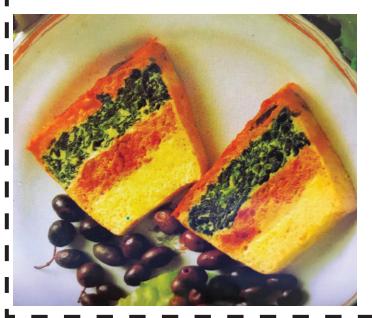


Major Thomas Mitchell

Photo: Samantha Ward

Left: Some of the participants on the "Major Mitchell's Journey 180 Years On" excursion perch on rocks by the Myrtle Creek as Eliza Tree helps them develop a new way to "read" landscape

# RECIPE OF THE MONTH 17 Harlequin Omelette - Roger Vergé



9 eggs 1/2 kilo very ripe tomatoes 500g fresh spinach 75g grated Gruyere cheese 2 cloves garlic Preheat oven to 120 Deg C Pinch of Thyme 8 tbs whipping cream 8 tbs olive oil nutmeg salt and pepper

Wash spinach. Plunge tomatoes into boiling water for 5 secs, refresh in cold water then peel. Cut tomatoes in half, expel juice and seeds and chop. Peel 2 cloves garlic.

In 2 the oil cook chopped tomato with thyme and pinch of salt. In another pan, in 3 the oil cook garlic spinach and salt. When all moisture has evaorated from tomato pan and spinach pan remove garlic and allow to cool.

Get out 3 bowls and crack 3 eggs into each bowl. Into first bowl add spinach, 3 tbs cream, nutmeg, salt and pepper and whisk. Into second bowl add tomatoes and 2 tbs cream, salt and pepper and whisk. into 3rd bowl add Gruyer, 3 tbs cream, salt and pepper and whisk.

Oil the inside of a terrinelavishly. Pour in tomato mixture. Stand in a bain-marie half filled with water and cook in preheated oven for 15 mins. Then pour in cheese mix very gentlry and cook for a further 15 mins. Finally pour in spinach mixture and cook for 20 mins.. Remove from oven and rest for 15 mins. Then turn out onto a dish and serve hot, cutting into slices or wedges according to the dish shape. This can also be served cold as a first course sprinkled with olive oil.



After a year of The Redesdale Hotel re opening. A few members of the community have gotten together and are starting the Redesdale Hotel Social Club. Memberships are \$30 per year, and you will receive your own social club stubby holder

Other benefits of becoming a member:
-Friday Night Social Night, including raffles and other members benefits
-Organised events including golf days,
Wine/Cider/Beer tour, AFL games, Darts
Comps, regular 'Sunday Sips' and much
more.



# Woops! Bendigo Mayor forgets Bridge Connection at the CNAV Conference



Your Bridge Connection editors, Regina Bennett and Kathy Hall, as well as treasurer Terry McKenzie, visited the annual conference of Community Newspapers Victoria (CNAV) when it was held in Bendigo last month.

The conference was opened by Mayor, Rod Fyffe (above), who proudly named all the community newspapers in the City of Greater Bendigo, but forgot us! As you can imagine - we reminded him of his mistake!

It was a little disappointing especially as we had just received a generous grant from CoGB and had been in lengthy correspondence about the need for local government support for local newspapers!

The keynote speaker was Superintendant Matthew Ryan (below) who heads the Victoria Police's Family Violence Command. He gave an impressive and moving speech in which he cited the statistic that there is an episode of family violence every 8 minutes in Victoria which amounts to 80,000 episodes per year - and only one in 6 events are reported to police.

He talked at length about how his unit has been set up and the lengths that police are now going to to select recruits who have the right attitude to domestic violence and to women in general.



### Kerry Anderson, continued from page 14:



Farmer turned entrepreneur, Phil McConachy

Young people have so many new career options in rural areas. Change is happening all around us if we take the time to stop and think about it. Agricultural machinery has been revolutionised and now operates on GPS technology. A growing number of people are self-employed offering professional services to a global market from rural home offices. While our rural towns are an important hub for surrounding communities, the streetscapes don't have to serve the same purpose as in the past. The important thing is that we can access essential services in some way or another, and that we have a vibrant hub as a social gathering place.

Kerry Anderson is passionate about rural business and author of Entrepreneurship: It's everybody's business!

www.kerryanderson.com.au



The master of ceremonies was Michael Smith (above) who currently writes for the Herald Sun. he has been a media advisor in the Kennett and Howard Governements and is a media and communications advisor during emergencies and disasters. he is passionate about community newspapers and contributes to the castlemaine Mail and Chewton Chat.

The advantage of your newspaper editors and committee members attending these conferences is enormous. We are able to touch base with other community organisations and share knowledge and contacts. We also take solace from the fact that our struggles are shared!

There is no chance that printed community newspapers are going to disappear. Their popularity is increasing as the larger newspapers wane. The written support of readers through letters to the editor is very highly valued.

Kathy Hall and Regina Bennett

### **EUROPEAN WASP CONTROL**

Firstly I am not a scientist or entomologist just a keen observer, and inventor of SHamp featured on ABC's New Inventors www. shamp.com.au I live in central Vic. on 2 acres of bushland and have been studying the habits of the European wasp for 10 + years and believe all methods tried so far to get rid of them i.e. baiting with poison, to take back to nest, the parasitic wasp (1997 trial) to eat lava has failed. I have also tried other methods when nests have formed but so far none have worked apart from finding and dusting them!

I believe the main component in the cycle is the Queen which is overlooked! It seems that waiting for nests to be formed then take action is what's in everyone's mind

I have developed a method to catch the queen before she makes a nest. My idea is cheap, environmentally friendly, recyclable and safe, easy to make and most household will have ingredients for hait!

For this idea to work it needs people power, if every household put out 5 traps the number of nests formed would be reduced greatly.

As most nests die off during winter people become complacent because there are no wasps around until it's too late! My idea starts in spring

The queen comes out of hibernation in spring with two priorities in mind #1 to build nest and #2 feed herself which is mostly carbohydrates until she has workers take over.

My method uses 5 , 1.25 lt soft drink bottle with 3 holes aprox .10mm diameter , about 150mm from bottom of bottle and a bait made from 6 table spoons honey, dissolved in 2 cups hot water, add 2 tea spoons pure vanilla essence,35% alcohol ( Queen red label) divide between 5 traps ,top up with water to just below holes, replace cap and hang about 2m off ground .The traps need a little tending until Jan. meaning when checking traps give a shake to let a little lure dribble and out once full removing catch, reusing bait and topping up with water .This can be done 3-4x before lure may need replacing

When traps stop catching replace with fresh lure In 2015 season catch was 1360!

I have left traps out over wasp season Jan- May and have caught aprox. 6000+ workers! As I had no wasp problems eating outside barbys ect, my method may also keep wasps from attacking bee hives, grape vines and other fruit that may be affected, but this only a thought and has not been field tested

And finally I am not intending to gain financially from this idea its FREE to anyone who wants to try!

Laurie Nicoll

laurie@shamp.com.au Ph 03 54 232 412



Yvonne McGrath proudly shows the way to the House Gallery Exhibition Opening



Spring is the time to catch the QUEEN wasp before she makes a nest using a simple environmentally friendly method.

Use a 1.25 L soft drink bottle with 3, 10mm holes, 150mm from bottom of bottle

Make up a solution 6 tablespoons of honey in hot water with a 2 teaspoons pure vanilla essence 35% alcohol this will do 4-5 traps, divide bait between traps, top up with water to just below holes replace cap and hang in a sunny spot in garden, near water. Fruit trees with curly leaf is a good place, bait will take a week or so to activate. Shake every few days to let bait dribble out .keep in place until January. Strain out when full, reuse and top up bait with water. Replace bait every 4-5 weeks further info Laurie Nicoll laurie@shamp.com.au

# THE HOUSE GALLERY EXHIBITION

On Sunday October 23rd, yet another artistic event occurred in Redesdale. Ray Ellis and Joyce Hopewood-Knight opened their wonderful exhibition at the House gallery next to the Rural Cafe. What a huge boon it has been to the area since Joyce and Ray bought the cafe after the first Redesdale Festival in 2013!



The standard of Joyce and Ray's work is extremely high and they have very different styles from each other. Ray's landscapes are soft and invitingly familiar to those of us who are lucky enough to live in a rural setting. Joyce's studies are vibrant, colourful and lively depictions of still life, plants and landscapes.

The opening was catered for by the Rural cafe and the food was delicious and very well presented. There were many visitors from all over the state and there were quite a few sales taking place. It's well worth a visit to the gallery - at any time!

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IT'S TIME TO RENEW YOUR REDESDALE AND DISTRICT ASSOCIATION MEMBERSHIP OR TO JOIN UP FOR THE FIRST TIME

Membership applications can be downloaded from the Redesdale website: www.redesdale.net



The catering was fantastic at the opening of the House Gallery Exhibition on Sunday 23rd October - thanks to Liz and her team from the Rural Cafe, Redesdale.

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If you are unable to receive a **RELIABLE** free delivery of the Bridge Connection, you can subscribe for **postal** delivery for \$25 per year.



Please contact the treasurer on: (03) 5425 3262 or email: bridgeconnection.secretary@gmail.com

# The Bridge Abroad proudly sponsored by Bendigo Travel and Cruise 5441 8811



### A prize at the end of next year!

Bendigo Travel and Cruise have sponsored this regular section. Next time you go away (Australia or overseas) send us a pic of you or a friend holding a copy of the Bridge Connection and we will enter it for a prize



Deb Agnew at the Pinnacles Desert, Nambung National Park, Western Australia.

"The Bridge Connection enjoyed the trip to the Pinnacles but it was lucky not to get blown away in the sand storm we experienced."

### A HISTORY OF REDESDALE



Ken James and Noel Davis

Author, Ken James, who launched the Redesdale book at the Art Show opening is pleased with the number of books he sold. "There were 26 copies left unsold - so as I mentioned in my speech, I left them with Andrew Campbell for the CFA to sell for \$40 (rather than \$35) and they keep the extra \$5 per book. I also left 7 copies with Clare at Aesops Attic." Noel and Ken produce these books for the benefit of local communities and for prosterity. The income received covers printing costs and expenses.

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A tradition that continues...

# Fabulous art show and festival!

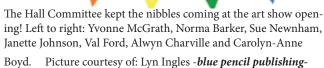


Sharon and george Marshall receive their voucher for a weekend at Perrioota Vines Retreat from Angela Meek of Bendogo Travel and Cruise-generous sponsor of the Bridge Connection and "Bridge Abroad". Picture courtesy of: Lyn Ingles -blue pencil publishing-





The Country Womens Association attracted good crowds.







There was a lot of interest in the tent displaying the 150 year quilt project commemorating the Redesdale Bridge.

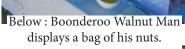




# Fabulous art show and festival!

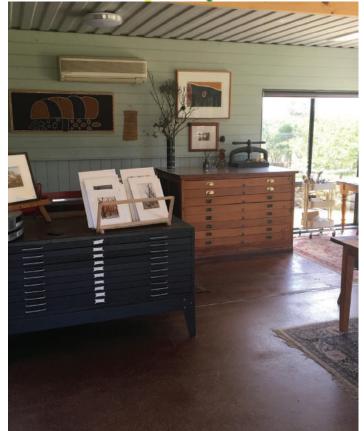


Left: Hilary Jankelson of Boonderoo Walnuts offers tastings to visitors. Below: Sandra Aitken of Barfold Estate (Barfold Olives in the background).

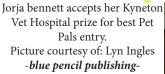


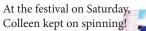


Mia Mia's Wendy Hulls talks footwear with Adele of Adele's Shoes.



Kevin Foley's spectacular studio in Mia Mia.











Su Mitton amongst her colourful paintings at her Barfold studio.

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