



ISSUE NO. 94 May 2018

FREE

For the Mia Mia- Redesdale Region including:

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BRIDGE CONNECTION COMMUNITY NEWSPAPER

Redesdale Revellers 30 ys!



In 1989, when local teenager, Jenny Marie McGrath, suggested a drama group to be formed to give the young people in the community an interesting activity, nobody could have imagined that it would morph into "The Revellers" and still be running 30 years later. Arnold Jenkins and Lyn Brown were the enthusiastic founders of the group. The original young people in the group have now grown up and most have children of their own but The Revellers has continued and grown over the years. The group has always been a volunteer team who give their time each year to present five events in May and June. The catering for the events has always been carried out by members of the Hall Committee assisted by the generous support of extra volunteers from the community.

Many of the patrons who attend 'The Revellers' evenings have done so for 20 or more years; and all have left with smiles on faces and comments of "We'll be back next year"

The Revellers shows form a large part of the Hall Committee's fund raising along with the Redesdale Bush Market, Afternoon Tea Dances and other events.

The result of all this activity is there for all to see – a warm, inviting, well-equipped hall for Community uses such as school concerts and for use by other groups in the town for their own fund-raising events.

Norma Barker

**We're open Monday - Friday 9am - 5pm
Saturday 9am - 12pm**

Heathcote & District
Community Bank® Branch

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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. Send them to bridgeconnection.editor@gmail.com.



This is Molly. She is a black & tan kelpie. Molly loves to chase airplanes and kangaroos and playing with her best friend "Jimmy" a Jack Russell who lives at the end of her lane. She also enjoys her daily walks along the river.

Sarah Trezise

Kyneton Veterinary Hospital

Where animal lovers heal
Call us today 03 5422 1099

BIRD QUIZ with **NIGEL HARLAND**



If you think you know what bird this is, and you haven't received a prize before, please send in the name of the bird and your name, email and postal address and you could be in running for a \$20 book voucher from Aesops Attic book shop in Kyneton. Send it to : bridgeconnection.editor@gmail.com

Last month's bird was a Red Wattle Bird. It has a very interesting call that sounds like a loud "chottle - choc- choc". It's an aggressive bird, defending its food source fiercely. You can often see "dog fights" in the air with the wattle bird and the bird depicted above.

This month's bird often plays and fights close to the house in family groups. Any idea what it's called?

Scholarship gives Thomas kick start for the year

Friday 30th March 2018: Mia Mia's Thomas Bennett has been awarded the Heathcote & District Community Bank® Branch scholarship for 2018, receiving \$3,000 to help supplement his study costs for his first year of higher education. The Heathcote & District Community Bank® Scholarship is part of Bendigo and Adelaide Bank's Scholarship program, which has invested more than \$6.5 million into helping 568 students realise their higher education dreams.

Continued on page 4



Editorial

There is heaps of information in this month's BC. See page 8 for the community planning sessions for Mia Mia and Redesdale. The more people who go to these sessions, the more the community plans will represent local wishes.

We have emphasised the need for more sponsorship for the paper on page 22 where we have also thanked our longterm advertisers and sponsors. Without this support we could not function. It costs almost a thousand dollars per print run to produce this little paper despite the hundreds of volunteer hours spent on its production. As you know, there are two of us editing this paper and many contributors become confused about who to send their copy into. If you use the generic bridgeconnection.editor@gmail.com address, we both get the email. That is the best way to be sure we get your input whoever is editing a particular month's publication. Congratulations to the Redesdale Revellers for 30 years of entertainment! What an amazing achievement. See page 21 for ticket details for this celebratory season!

Hope you enjoy this issue and lets keep our fingers crossed for a bit of rain.



Regina Bennett



Kathy Hall

Co-Editors

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BRIDGE CONNECTION COMMUNITY NEWSPAPER

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**Please Note:
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20TH OF EACH MONTH**

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Amenities are available for catering, meetings, weddings and club or family celebrations.

Please phone

Carolyn (03) 5425 3194 for more information.

Redesdale Hall Activities:

- 1st Friday monthly at 9.30am
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.**



VISIT THE NEW REDESDALE WEBSITE

www.redesdale.net

Sutton Grange

Community

are having a night with

Redesdale Revellers on Saturday May 19th at 7 pm in the REDESDALE HALL

**To book a table or to book individual
tickets contact:**

Steve Barty on: 0417 524 713,

Noel Davies on: 5474 8236 or

Mavis Collison on: 5474 8230.

**3 course meal and a wonderful
concert.**

Please come and enjoy a great night.

Sutton Grange Hall Events

Saturday 5 May Movie Title TBA. 7 pm start. Bring your family

to share a film. Bring supper to share.

Saturday 19 May Redesdale Revellers 7 pm start. 3 course meal and theater review. To book, see above.

Tuesday 19 June Bingo and Pizza. Start 6 pm. \$10 per card includes pizza.

Saturday 14 July Mid-year Feast. 6 pm start. A catered dinner of 2 courses. Details TBA.

Saturday 4 August Trivia night. 7 pm start. \$5 per head for participants. Supper provided. Prize for winning table.

Monday 27 August AGM. 7.30 start. All welcome. Bring ideas for management and events.

Saturday 1 September Sports night. 7 pm start. Table tennis, carpet bowls etc. bring supper to share.

Saturday 22 September Fun night 7 pm start. Games. bring a plate for supper.

Wednesday 21 October 21st Treasure hunt. 10 am start. \$2 per child, \$5 per family. Morning tea provided.

Saturday 10 Nov 10th Bingo. 7 pm start. \$5 per card. Supper provided. Prizes for winners.

Sunday 2 December 2nd Christmas Tea. Satr 6 pm. bring a main and desert to share. Santa visits at 8 pm.

Road closure

on Sutton Grange - Redesdale Road

Mount Alexander Shire Council has recently awarded culvert rehabilitation works to Enoch Civil. These works will replace the existing culvert over James Creek at Sutton Grange - Redesdale Road. The works will require the road to close (between Jennings Hill Rd and Myrtle Creek Rd) from May 1st 2018 until late July 2018.

Detour routes will be along Bendigo-Sutton Grange Rd, Metcalfe-Elphinstone Rd, Metcalfe-Redesdale Rd and Racecourse Rd.

During the closure period these roads may experience increased traffic. Mount Alexander Shire has apologised for any inconvenience during the construction period.

If there are any questions, please contact Project Engineer, Jack Bharati on 5471 1765.



Continued from page 2:

This is the fifth year Heathcote & District Community Bank® Branch has offered a scholarship, and the first time it was open to students attending TAFE, validating their commitment to helping local students further their education.

"Our branch is proud of these young people looking to further their education by attending TAFE and University," Michael Prowse, Branch Manager of Heathcote & District Community Bank® Branch said.

"We are pleased that our investment in Thomas' further education will help him focus on his studies and help lay a solid foundation for success during his first year," Mr. Prowse added.

Thomas completed Year 12 at Kyneton Secondary College where he was named Dux of the school for 2017. An excellent achievement given that Tom worked on the family farm each weekend and had no internet access at home for study purposes!

Tom is currently studying a Bachelor of Science at the University of Melbourne and is enjoying the challenges that Uni presents. "We are given huge amounts of coursework to learn in short periods of time, and I'm also enjoying the depth of knowledge that we gain in such interesting fields like chemistry, physics and math," Thomas said.

Thomas admits that it has been a challenge living in the city "it's always so busy and noisy and I miss the open spaces and how quiet it always is at home. Not only that but I have more than once found myself quite lost!"

"I am really grateful to have been given the opportunity not only to receive this scholarship, but to promote it and the generosity of the bank to other young rural kids so that they too might have this opportunity to pursue their education further. The money I have received will go towards my accommodation and text book expenses" Thomas said.

For further information please contact Heathcote & District Community Bank® Branch on (03)5433 3115 or visit www.bendigobank.com.au/scholarships.

Media enquiries: Hannah Thomson hdfssecretary@telstra.com

By now the official fire restriction period is over. Fires can now legally be lit in the open, but with some restrictions as I touched on last month. To find out what you can and can't do, go to your local council web site.

When burning off, the basic rule of thumb is to do it when the conditions are at the safest i.e. a calm day with winds of less than 15 Kph. Burning early in the morning or late in the evening is safest and be mindful of your neighbours. Don't burn any offensive materials.

With the fire season over we can reflect on the season that was. We had 24 fire fighters complete minimal skills making them eligible to be on the fire ground to fight fires.

The brigade is in great shape with three near new appliances and a well equipped station but at times it is hard to get crews together, especially during working hours midweek. We are constantly on the lookout for new members and would welcome anyone interested to come along to the station from 9am on Sundays to meet the members, and see what the brigade has to offer.

Sunday the 27th of May at 9.30am sees the Brigade AGM and election of Office Bearers. There will be a presentation of Long Service medals. The community is invited to come along and help celebrate this occasion, with morning tea to follow.

Hope to see you all at the station.

Andrew Campbell 0428 253 104.

Redesdale Revellers 30 Years

Dates

- Saturday 5 May
- Saturday 12 May
- Saturday 19 May Sutton Grange
- Saturday 26 May
- Saturday 2 June

The evening consists of a three course dinner and a great show.

Happy, happy time to be had! Come one, come all!
Tickets cost \$42.50 single, \$85.00 double.

7pm for 7.30 pm start.

■ **Redesdale Tickets** Dorithea Kriewaldt 5425 3118 or Val Ford 04278 48700.

■ **Sutton Grange Tickets** Mavis Collison 5474 8230, or Steve Barty 0417 524 713.

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THE MUNRO LETTERS

Episode 13

We continue the 1842 letter from David Munro to brother Alex in Scotland

If the whole of Australia were, say, like the pastures about Port Phillip, there would be but one limit to this process and that would be that the land carriage would be so great that the value of the wool would not bear it. This may be taken at about 300 miles from the port of shipment, and I expect that at this distance it is a losing concern. Upon this supposition of ours, we should in time have a belt of wool producing country surrounding Australia, the average breadth of which might be somewhere about 300 miles. Mark how different it would be if the country were intersected by fine navigable rivers as America is. In this case its interior would be opened up and country become valuable which is at present worthless and the whole of the surface may become available to the industry of man.

But still, whether we look upon the country as a large Port Phillip, or with all the facilities of communication which inland navigation would give it, some time must arrive when it will be completely stocked with sheep and we must then consider what is to happen next. This is a question, which as far as I know, seems not to have entered into the heads of any of the publishing Australian calculators of profits, or at any rate if they did see it, they have kept it all to themselves. It is a question, however, of the utmost importance and leads directly to that on which the whole subject of the profit of sheep farming hinges, viz. the market for the increase. It will be obvious to anyone that when this term arrives, the aspect of things will change entirely; there will no longer be a market for the increase of the sheep, and the source of making money which formally existed being cut off, capital will cease to flow into the country, which will add to its wealth only the amount of money equivalent to its export of wool, unless it diverts its industry into other channels and produces some other source of national wealth.

What will now be the value of the sheep, or who is going to buy it? Mutton is always valuable to man as an article of food, and the wool which the sheep annually yields has a certain value, but in a pastoral country like this, the proportion of sheep to human beings is immense. Those who are near the towns will be able to sell theirs, though not at a high rate, while those who are at a distance will have the luxury of eating mutton 3 times a day, if they choose, and may grow fat by this process, but assuredly will not grow rich. They have the wool besides, it is true, to look to, but then it is a well-known fact that the wool will merely pay the expenses of tending the sheep.



"Droving Sheep". Painting by Jan Hendrik Scheltema

What then is to become of the large flock masters, men who have 20 or 30,000 sheep and have invested a large capital in wool growing? I really see no means by which they are to dispose of their flocks profitably. They can live, it is true. They have plenty of mutton and by good management they can procure for themselves the necessities, perhaps the comforts of life, but can they make money in this

position? Everyone I think will answer this question in the negative, and then the next question comes to be, is it a mode of life which men of capital and education will engage in, and if this also is answered in the negative, "who then?" we must ask ourselves "is going to produce the wool?" The answer to this, in my opinion, is assuredly not the men of capital for it will not pay for him, but the laboring man, the cottar, who has money to purchase a few sheep and who will derive from the profits of the wool on their backs the recompense of his individual labour and that of his family.

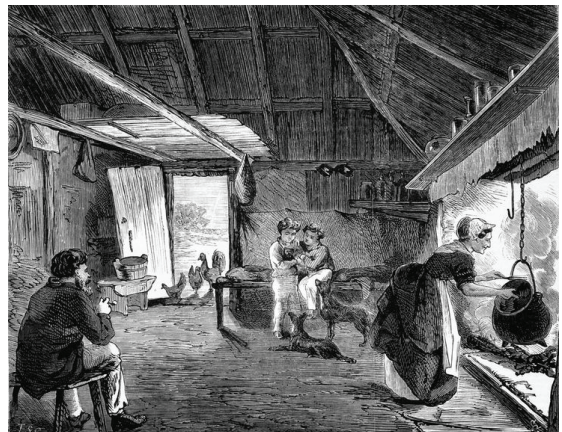
Now in case you should suppose that I am contemplating a far distant case which neither affects myself nor any of this generation, I may as well tell you at once that I conceive the current position of Australia to be very much what I above suppose it to have arrived at. In fact, as far as I can learn New South Wales

is now very nearly full, i.e. very nearly all the available country is either occupied by sheep or cattle stations, consequently it cannot extend in this respect much further and consequently the market for increase of stock is nearly done. In



Horsedrawn wagons carrying wool bales from the station, published by Kerry and Co, Australia

confirmation of what I state I will quote from an article which appeared in the Sydney Morning Herald a short time ago. It bore the signature of "Saxon" and was evidently the production of a man of talent and one well acquainted with the resources of the colony. "The export of wool," says he, "be it remembered cannot materially increase under the present system." The able editor of the Colonial Observer is the first public writer who has shown this. The Observer's statement is that 400 miles is the extreme distance from market or port of shipment at which, at the present ratio of wool and stock, under favourable circumstances sheep can be pastured at a profit even in licensed runs and that with the exception of one large tract in the confines of Port Phillip district, and to the rear of that port and some country north of Moreton Bay, NSW may be considered as full.



Source: Colonial women images: Pinterest

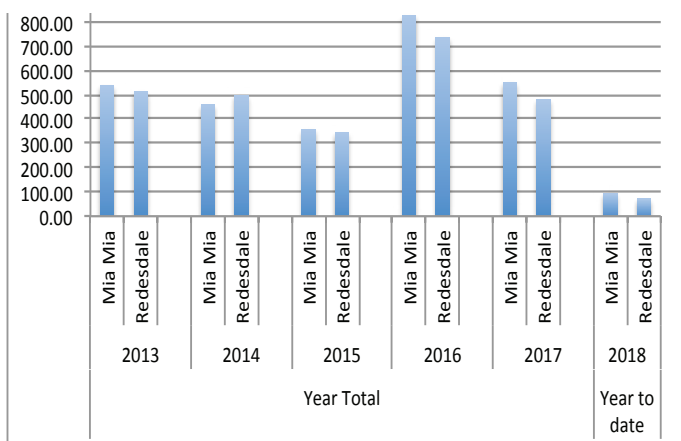
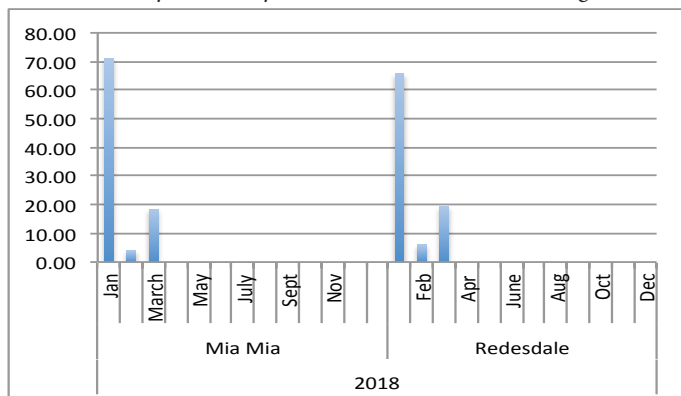
Next month...

"The increase in 1841 upon 1840 was only from 26000 to 27000 bales of wool..."



The average yearly rainfall for Redesdale is about 601mms.

Thank you to Mary Bennett for the Mia Mia readings.



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CHURCH SERVICES

UNITING CHURCH

Barfold: 1st Sunday of each month
Metcalf: 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 9.45 am and services start at 10 am. 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



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Quote of the month:

"A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship and he who plants kindness gathers love."

Saint Basil

DEFIBRILLATOR

The Community owned defibrillator
is now accessible to all
community members.

It is situated on the outside wall of the CFA
building (next to the Rural Café).



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Get involved in the development of new Community Plans for **Mia Mia** and **Redesdale**

It's time to review the community plans in Mia Mia and Redesdale and all interested people can have a say by completing a survey. The survey can be completed anonymously and must be returned by Monday May 14, 2018.

Who should take part?

- Residents of Mia Mia and Redesdale who live in Greater Bendigo or neighbouring municipalities
- Residents from nearby areas who have an interest or association with Mia Mia or Redesdale
- People from other areas with a particular interest in either of these areas

How you can take part

- Copies will be mailed to residents by the City of Greater Bendigo and other nearby Councils
- Collect a hard copy from businesses and associations in Mia Mia and Redesdale
- Complete the survey online through SurveyMonkey at www.surveymonkey.com/r/MiaMiaRedesdaleCommunitySurvey

Next steps

The survey will form the basis for further discussions at separate community events in Mia Mia and Redesdale and a draft plan for each locality will be prepared.

Please join your community at:

Community Planning Afternoon Tea

When: Sunday May 27 at 3pm

Where: Mia Mia Redesdale Primary School

Community Planning Party and Bonfire

When: Saturday May 26 from 4.30pm

Where: Mia Mia Hall

To be kept informed of events in either locality please contact **Redesdale and District Association** at info@redesdale.net or **Mia Mia Mechanic's Institute** at miamiasocial@gmail.com

Fun night for charity no trivial affair!

By Tahlia Campbell

Saturday the 7th of April was a busy night for the Redesdale Hall, which was packed to the brim with people from Mia Mia, Heathcote and Bendigo, as well as locals. The big event was a Trivia Night held as a fundraiser to make money for the Otis Foundation.

The Otis Foundation's Tuscan Adventure is a major fundraiser for the organization, which offers retreats for sufferers of breast cancer and their families. Participants of the Tuscan Adventure will embark on a ten day trek across Tuscany, raising awareness for the Foundation. Everyone planning on going must raise at least \$3,500 each, with all of the money going to Otis to give much-needed respite to people dealing with breast cancer.



*John,
Fiona, Lisa
Campbell
and Andrew
Campbell*

The Trivia Night was the first major event held by Lisa and Andrew Campbell for their trip. Run by quizmasters Fiona and John Russell, the trivia consisted of ten different rounds that gave everyone a chance to show their skills. There was a sports section, a movie section, and a music section that had everybody singing and dancing in their seats.

The trivia was broken up by fun games that guests could take part in and kick in even more funds for Otis. The first was a game of Corners, where a gold coin donation kept you in the game for another round. The second was a coin toss, where the person whose coin landed closest to the whiskey won the bottle.

There were plenty of other prizes up for grabs, too. The winning table won Boonderoo Walnuts, donated by Hilary and Mark Jankelson, and Bill Byron wine. Instead of a raffle, guests were encouraged to buy a balloon with a ticket attached to it. Each ticket contained the name of a prize that could be collected on the night, including vouchers from Indulge Belgian Chocolates, Hardwick's Meats Kyneton, Soho Boutique Bendigo, Body Zone Therapy Massage, Little Swallow Cafe; book packs from Dymocks Bendigo, working dog food from Coprice, a hamper from Riverview Lavender & Craft, two loads of firewood, an iron donated by the Rural Cafe, and a rug hand-crocheted by Redesdale's own Betty, amongst others. Each prize was kindly donated for a great cause, and with such a great variety the balloons sold out in no time!

This amazing night wouldn't have been possible if not for the hard work of exceptional people. The Otis Foundation supported the event from the start, helping with donations and prizes; the Hall Committee, with special mention going to Norma Barker, provided tea and coffee and helped clean up the hall; Fiona and John, who kept everything running smoothly, and of course Lisa and Andrew, whose dedication to the event and the Otis Foundation paid off, with a total of \$3122 made for the Foundation.



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58 Mollison Street
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03 5422 2400

The Redesdale Hall Committee Inc.

A.G.M.

is to be held at the
Redesdale Hall
on

**Tuesday, 8th May, 2018
at 3.00 p.m.
All Welcome.**

Steph Ryan MP

Member for Euroa

WWWstephryan.com.au



Dear Editor,

Each and every day CFA volunteer and career firefighters leave their families to fight fires, save lives and keep us safe. But as thanks for protecting our country communities, Daniel Andrews has spent years trying to tear the CFA apart. Most recently, Daniel Andrews and Labor's Member for Northern Victoria Mark Gepp tried to ram through their flawed Fire Rescue Victoria bill while a known opponent was unwell and unable to cast her vote. This followed Labor's deceitful and manipulative decision to tie its flawed plan to the same Bill as cancer compensation for firefighters. The Liberal Nationals blocked the legislation. We promised Victoria's 60,000 CFA volunteer and career firefighters we would stand by them and that is exactly what we did. On November 24, Victorians will have a clear choice – Daniel Andrews and his union mates at the UFU, or the Liberal Nationals and the CFA, with its long and proud history of volunteerism.

Peter Walsh
Member for Murray Plains
Leader of The Nationals

Labor MPs must come clean on dirty fire deal

Euroa's CFA volunteers deserve to know the details of the deal Daniel Andrews did with United Firefighters Union chief Peter Marshall before the last election.

Member for Euroa and Deputy Leader of The Nationals Steph Ryan says Daniel Andrews and Labor MPs Jaclyn Symes, Danielle Green and Mary Anne Thomas must come clean on the deal.

"We deserve to know why these Labor MPs have sold out our CFA volunteers," Ms Ryan said.

Ms Ryan's call follows the extraordinary interview with Mr Marshall on ABC Radio yesterday in which the union boss stated:

'The Andrews Government has made many promises to professional firefighters...' and

'As a matter of time the truth will come out about Daniel Andrews and James Merlino's role in this.

"Peter Marshall has previously boasted that UFU members supported Labor's campaign including 23 days of firefighters doorknocking, distributing 125,000 pamphlets at train stations and 700 firefighters standing on booths in nine marginal electorates for Daniel Andrews.

"It's clear from the actions of Labor MPs that one of the things they guaranteed Peter Marshall in return for his support at the last election was a takeover of the CFA.

"Daniel Andrews and Labor MPs sold out one of the greatest volunteer organisations in this country in order to gain power.

"The quid quo pro they promised to Peter Marshall in backroom deals needs to be made public."

Ms Ryan said The Nationals would continue to stand up for CFA volunteers and community safety.

"We will stand our ground to protect the CFA from a union takeover unlike Labor MPs who continue to put themselves and their own careers before the safety of country communities."

Steph Ryan 5762 1600 or 0488 441 820

Dear Editor,

The Andrews Labor Government is holding back research and development in Victoria's livestock industry for the sake of Greens preferences in Melbourne.

Reports Labor's Agriculture Minister is still refusing to change regulations to allow virtual fencing to be tested in Victoria show a refusal to support new agricultural industries in country Victoria.

In a desperate attempt to keep the Greens on-side, Daniel Andrews is forcing Victorian businesses to conduct research interstate.

Virtual fencing technology is being tested and developed now, but Victorian businesses are at a disadvantage because the Andrews Labor Government refuses to support them.

Daniel Andrews and Jaala Pulford must stop acting as a roadblock to research and development in agriculture and make the necessary changes to allow Victorian innovators to test their technology in Victoria.

Peter Walsh
Leader of The Nationals
Shadow Minister for Agriculture
Member for Murray Plains

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EPA calls for entries in the Victorian Premier's Sustainability Awards

Environment Protection Authority Victoria (EPA) is encouraging businesses, government organisations, community groups and individuals who have shown leadership in environmental protection to enter the 2018 Premier's Sustainability Awards.

EPA is sponsoring the Environmental Protection award that acknowledges excellence in work that proactively prevents harm to Victoria's environment and people from pollution or waste.

EPA Chief Executive Officer, Nial Finegan said the award category is one of 10 awards, which recognise Victorians who are helping to build a sustainable future.

"Environmental protection means different things to different people, but increasingly it's about sustainability and doing what we can to support a healthy environment – now and into the future," Mr Finegan said.

"As Victoria's environmental regulator, it's EPA's job to work with Victorians – from large business to community groups and individuals – to help them understand and contribute to protecting the beautiful environment we all enjoy.

"The Environmental Protection Award is about acknowledging those who are stepping up to play their part and profiling projects that are preventing or reducing harm to our environment and communities from pollution and waste."

Eligible entries can include initiatives that prevent harm through specially developed technology or equipment; changes in practices and processes; and education programs, resources or activities that have informed the community or businesses and helped people be active participants in protecting their environments.

"We encourage any eligible group or individual who has reduced environmental impact or come up with new and more sustainable ways of protecting our precious environment to enter," Mr Finegan said.

Finalist in the 2017 Environmental Protection category, Yarra Valley Water, constructed a waste to energy facility next to the Aurora Sewage Treatment and Recycled Water Treatment Plants in Melbourne's north to combat the effects of drought. One hundred tonnes of commercial organic and food waste, previously destined for landfill, is being processed every day into biogas via anaerobic digestion.

Entries for the Premier's Sustainability Awards close at 5pm on Thursday 7 June. Finalists will be announced in mid-August and invited to attend the awards ceremony on Thursday 11 October. To enter and for more information, visit www.sustainabilityawards.vic.gov.au

Kyneton Badminton Association



The Winter season of the Kyneton Badminton Association has just begun and new players are welcome to join. Competition is held on Monday nights from 7:00pm at the Kyneton Toyota Sports and Aquatic Centre. Players of all ages and abilities are catered for. For more information contact Kevin Roberts on 5422 3057.



Federal Member for Bendigo

LISA CHESTERS MP



PO Box 338 Bendigo 3552
Cnr Williamson & Myers Sts, Bendigo 3550

T: 034 5443 9055 • F 03 5443 9736
E: Lisa.Chesters.MP@aph.gov.au

Twitter: @LMChesters • Facebook: /LisaChestersBendigo

Turnbull cutting \$5.6million out of Bendigo's Public Hospitals

Lisa Chesters MP has condemned the Turnbull Governments most recent round of funding cuts to Central Victorian hospitals that will be nearly \$5.6 million worse off over the next three years.

Ms Chesters said the enormity of the cuts will deeply affect Central Victorian hospitals.

"What we are seeing here is another attack on our local hospitals by the Turnbull Government. They are asking the states and territories to find money they do not have or be forced to close hospital beds, put off infrastructure upgrades and sack frontline health workers.

"These cuts will also increase emergency department waiting times and elective surgery waiting lists.

"This decision from the Turnbull Government is cutting hundreds of millions out of Australia's public hospitals between 2017- 2020, with the Bendigo electorates cut of \$5.6million equivalent to 1,527 cataract surgeries, 211 knee replacements or 8 full time doctors over the 3 years.

"Public hospital funding should be an equal partnership between State and Federal Governments but this Federal Liberal Government is not paying its fair share.

"Every dollar cut from Central Victorian hospitals is a dollar cut from our sickest and most vulnerable patients.

"Our community isn't going to our public hospitals because they want something to do – they are there because they desperately need health care," said Ms Chesters.

Every public hospital in the Bendigo Electorate will be worse off:

- Bendigo Hospital – \$4.89million
- Castlemaine Health – \$430,000
- Maldon Hospital – \$20,000
- Kyneton Hospital – \$170,000
- Heathcote Health – \$40,000

"Access to health care should be determined by your Medicare card – not your credit card. But while Turnbull prioritises defending big business and siding with the private health insurers our public hospitals will continue to be put last," said Ms Chesters.

Contact: Paul Seidl 0431 264 705

Orienteering – A great success in the Mt Lofty Natural Features Reserve

Up until last month, I hadn't even heard of orienteering. We were approached by the Nillumbik Emus Orienteering Club about using our land as a parking area whilst an event took place.

I was intrigued and immediately agreed. The thought of people getting out and about in our beautiful forest excited me.

It was Sunday 15th April. The wettest morning we had had for months but this did not discourage the faithful, dedicated orienteers.

Cars kept coming!



So if you don't really know what orienteering is, this is how it works. Participants arrive and are issued with a map and a compass and off they go. The idea is to find as many of the check point flags as possible in numerical order in the shortest amount of time.

There were runners, walkers, sprinters, young and mature people using this as a form of exercise and entertainment. All were donned in their professional weather faring outfits. Many of them had not been to the Mt Lofty Reserve before. By the time they had finished they

were exhilarated and excited and ready for a cup of tea!

My son joined in. He had a lovely time exploring the forest with his mate, finding the checkpoints and getting distracted by climbing a few trees. He didn't come first but he told me that it was a great adventure. Something kids just don't get to do these days. I didn't see him for two hours!



We hope this is the first of this kind of event. Walking and running through the forest really can do you the world of good – physically and emotionally!

Jo Smith-Sargent



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A TRUE AUSTRALIAN POEM

What a bloody rippa

They were funny looking buildings, that were once a way of life,
If you couldn't sprint the distance, then you really were in strife.
They were nailed, they were wired, but were mostly falling down,
There was one in every yard, in every house, in every town.

They were given many names, some were even funny,
But to most of us, we knew them as the outhouse or the dunny.
I've seen some of them all gussied up, with painted doors and all,
But it really made no difference, they were just a part of call.

Now my old man would take a bet, he'd lay an even pound,
That you wouldn't make the dunny with them turkeys hangin' round.
They had so many uses, these buildings out the back,"
You could even hide from mother, so you wouldn't get the strap.

That's why we had good cricketers, never mind the bumps,
We used the pathway for the wicket and the dunny door for stumps.
Now my old man would sit for hours, the smell would rot your socks,
He'd read the daily back to front in that good old thunderbox.



And if by chance that nature called sometime through the night,
You always sent the dog in first, for there was no flamin' light.
And the dunny seemed to be the place where crawlies liked to hide,
But never ever showed themselves until you sat inside.

There was no such thing as Sorbent, no tissues there at all,
Just squares of well read newspaper, a hangin' on the wall.
If you had some friendly neighbours, as neighbours sometimes are,
You could sit and chat to them, if you left the door ajar..

When suddenly you got the urge, and down the track you fled,
Then of course the magpies were there to peck you on your head.
Then the time there was a wet, the rain it never stopped,
If you had an urgent call, you ran between the drops.

The dunny man came once a week, to these buildings out the back,
And he would leave an extra can, if you left for him a zac.
For those of you who've no idea what I mean by a zac,
Then you're too young to have ever had, a dunny out the back.

ANON

Memorandum of Understanding signed between Landcare Victoria and Vic Catchments



Dr Peter Veenker, (left), and Mr Terry Hubbard (right), signing the MoU in front of the Victorian Parliamentary Secretary for Energy, Environment and Climate Change, Mr Anthony Carbines (centre).

On 12th April 2018 Mr Terry Hubbard the chair of Landcare Victoria Inc. and Dr Peter Veenker the chair of Vic Catchments signed a Memorandum of Understanding between the two organisations to strengthen natural resource management in Victoria.

Vic Catchments is an unincorporated industry organisation representing the ten Catchment Management Authorities and Landcare Victoria Inc. is the peak body in Victoria representing 30 years of sustainable land management history.

Dr Veenker said "Catchment Management Authorities across the state have enjoyed a positive relationship with Landcare over the past 20 years. This agreement will ensure this relationship will only get better over the next 20. Also, with this agreement we can make Landcare grants provided by government go further."

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Mr Hubbard added "the objectives of the MoU are:

- to ensure a productive partnership that builds the capacity of both Landcare Victoria and the Catchment Management Authorities
- to provide consistency of underlying principles across Catchment Management Authority regions whilst allowing flexibility for each region to implement actions in a way that respects the unique attributes of the region and its peoples; and
- to establish methods consistent with this MoU to harness the skills, knowledge and resources of both Landcare Victoria and Vic Catchments to meet our common goals, objectives and vision."

Enquiries: Mr John Riddiford, Executive Officer Vic Catchments
M 0417 686396 E executiveofficer@viccatchments.com.au
Ms Susi Johnson, Executive Officer Landcare Victoria Inc 92075527



in the Heathcote Region

Every Wednesday until the end of April – Heathcote Historical Lock-Up and Police Residence Museum - The Museum is now open to the public every Wednesday from 10am-1pm. Join a guided tour with a gold coin donation to the Heathcote Historical Society and learn more about the history of Heathcote. Located in the Camp Hill Historic Precinct at 19 Herriot St, Heathcote.

Saturday 5th May 2018- Groovin the Moo Bendigo- Time: 10:30am - 10:30pm. Venue: Bendigo Showground's Cnr. Holmes Rd and Havilah Rd, Bendigo. Once again Groovin the Moo is coming to Bendigo in 2018 and is set to be bigger and better than ever. PLEASE NOTE: Accommodation in Bendigo will be extremely limited so it's advised to book early at www.bendigotourism.com or phone 1800 813513. There is accommodation on the Heathcote website www.heathcote.org.au and a bus service will operate from Heathcote to Bendigo for \$25 return. Go to: www.bendigotourism.com/event-bookings/groovin-in-the-moo-heathcote-bus-service.

Thursday 10th May 2018- Engine Room – Production of 'Hello Beautiful'- Performing Lines Time: 8pm. Cost \$10. Venue: RSL Hall, High St, Heathcote. S

Sunday 13th May 2018 (Mother's Day) – Live Music at the Axdale Tavern – Rhyley McGrath. 1pm – 3pm.

Saturday 19th May 2018 – Night Fever ~ Bee Gees Tribute – Fully live 2.5hr Tribute show with 8 piece band on stage. Venue Toolleen Hotel 'Tin Shed' Cnr Northern Hwy & Toolleen-Cornella Rd, Toolleen. Time: 8.30pm – 11.00pm (Doors open 7.30pm) Tickets: \$35 Pre-purchase tickets only – www.nightfevertoolleen.eventbrite.com.au A bus service will be running from Bendigo (3 stops) \$10pp return (pending numbers). Meals available before show (bookings are essential) For meal and bus enquiries 0417 428 352

Saturday 19th May 2018 – 2nd Annual Heathcote Community Black Tie Ball – Entertainment by the Australian Army Band Melbourne 3 course dinner \$40 per person Time: 6pm. Venue: Heathcote RSL Hall Secure your tickets by calling: 0419 561 360

Sunday 20th May 2018 - Mimosa Glen presents: Women in Balance- Look forward to a blissful day of Yoga, for all levels of

experience. From 9am – 1.30pm experience 2 Yoga sessions, 2 meditation sessions and a delicious, healthy lunch. Participants will need to bring their own water bottle, yoga mat, pillow and soft blanket. All inclusive Cost is \$97. Onsite accommodation is also available by prior arrangement. Bookings close two weeks prior to the event and must be pre- paid. For all enquiries, please call Sue on 0438568570 or see the website at www.mimosaglen.com.au. This session will take place at Mimosa Glen, 2415 Lancefield-Tooborac Rd, Tooborac.

Saturday 2nd June 2018- Engine Room – Production of 'FoRt- Asking for Trouble'(one for the youngsters) Time: 4pm. Cost \$10. Venue: RSL Hall, High Street, Heathcote.

Saturday 9th June – Monday 11 June 2018 - Heathcote on Show - Preparations for Heathcote on Show 2018 have started. Heathcote on Show is our annual showcase of the wine, food and fun that Heathcote has to offer. Join us over the Queen's birthday long weekend for all the things you love and expect - a warm welcome, red wines, vertical tastings, winery dinners, long lunches, master-classes, music, vintage launches, museum specials and over 25 cellar doors open just for you plus much, much more. Further information will be made available as the weekend approaches.

Saturday 9th June 2018- Heathcote Supper Club- Simply the Best Films & Wine screens "SOMM"-Time: Door opens at 6pm. Bar service. Film screens at 7:15pm. Cost: \$35 includes film, curry & rice plus a glass of wine. Bookings essential, buy tickets on: www.trybooking.com/361249 or enquires: 0417 598 460 Venue: RSL Hall High St Heathcote.

Sunday 10th June 2018- Silver Spoon Estate present- BURLESQUE de VINE- Time: 6:30pm. Cost \$110 per person. Featuring Australia's finest Burlesque performers, with Poppy Cherry as your hostess, with Jane Doe & Maple Rose. An intimate evening for a "Taste of Winter in Paris". Four courses of French cuisine with matching wines and burlesque. Bookings: www.trybooking.com/357799 or www.maisonburlesque.com.au or www.silverspoonestate.com.au Venue: Silver Spoon Estate 503 Heathcote- Rochester Rd (C347) Mount Camel.

Pomegranates

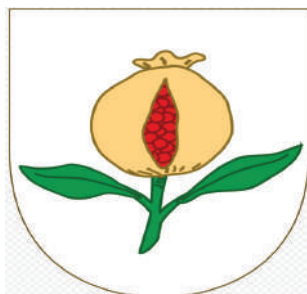
Many people in Central Victoria grow pomegranates. The popularity of the tree stems from its hardiness particularly its tolerance of drought and frost. It is a most attractive tree as well. The foliage is a deep green in summer, the flowers (below left) add a splash of scarlet and orange in late spring and the fruit is ornamental as well as tasty! A tree covered with ripe fruit looks like it has been hung with orange and pink baubles.

Patience is required with pomegranate trees as they are slow growing and do not bear well until 5 or 6 years old. Flowering starts in late spring and continues into summer; under suitable conditions the fruit should mature 5 to 7 months later. High temperatures are essential during fruit development for a good flavour. The fruit matures between March and May and can be picked a little before full maturity and ripened in storage. In areas where rain occurs during harvest, pick the fruit before they are fully ripe to avoid the skin becoming waterlogged and splitting. It can be stored for several months if hung to dry in a cool, airy place.



Pomegranates have an amazing history. They are native to a region from modern-day Iran through Afghanistan and Pakistan to northern India. Pomegranates have been cultivated throughout the Middle East, South Asia, and Mediterranean region for several millennia. A large, dry pomegranate was found in the tomb of Djehuty, the butler of Queen Hatshepsut in Egypt; Mesopotamian cuneiform records mention pomegranates from the mid-third millennium BC onwards.

They are also extensively grown in South China and in Southeast Asia, whether originally spread along the route of the Silk Road or brought by sea traders. Kandahar is famous in Afghanistan for its high-quality pomegranates. The ancient city of Granada in Spain was renamed after the fruit during the Moorish period and today the province of Granada uses pomegranate as a charge in heraldry for its coat of arms.



The pomegranate is considered a symbol of fertility in China as it is thought that a fruit bearing so many seeds ('arils') must represent fecundity (above right).



Pomegranates continue to be a motif often found in Christian religious decoration. They are often woven into the fabric of vestments and liturgical hangings or wrought in metalwork. Pomegranates figure in many religious paintings by the likes of Sandro Botticelli (left) and Leonardo da Vinci, often in the hands of the Virgin Mary or the infant Jesus. The fruit, broken or bursting open, is apparently a symbol of the fullness of Jesus' suffering and resurrection.

Despite many claims, pomegranates are not a 'superfood' but one serving (100 g) pomegranate arils provides 12% of the Daily Value for vitamin C, 16% DV for vitamin K and 10% DV for folate . For me, one of the best attributes of the pomegranate tree outside my bedroom window is that at this time of year it is full of crimson rosellas, their breasts outdoing the shiney orange of the fruit while they happily feast on the seeds.

Kathy Hall (Fermi DeSouza is away)



Woodend Community Farmers' Market

Sat 5th May
Cnr High & Forest Streets, Woodend
0487 444 090 Sharon Kittson

Daylesford Farmer's Market

Sat 5th May
Daylesford Primary School
03 5664 0096 Peter Arnold

Kyneton Farmers' Market

Sat 12th May
St Pauls Park, Piper Street, Kyneton
54 221 025 Veronica Manifold

Riddells Creek Farmers' Market

Sat 19th May
Riddells Creek Primary School, Riddells Creek
0408 254 626 Ali Bant

Lancefield & District Farmers' Market

Sat 26th May
Centre Plantation, High Street, Lancefield
0407 860 320 Meggs Hannes

Maldon Market

Sunday 13th May

It is recommended that you check these dates with the market website if possible.



Hello dear readers,

Lady Bombay here with some practical tips for your horto jucundum.

Whilst more cottage plants are reclining into dormant bliss for the onset of our winter friend (cooler weather), I turn my thoughts to other areas of Mia Mia Manor's garden which tend to self-manage themselves. I refer to the amphitheatre which Lord B and I created many years ago when we - just like the darling buds of May with our enthusiastic approach to

creating the next Versailles - were driven to create with rigour. Lord B and I wondered what to do with this particular area of the garden as it was growing rocks (as we do here), the soil was basically non-existent with a few insignificant gum trees which looked particularly tortuous in shape. If they could talk, they would be saying, "Help me!".

However, there were the bones of a natural rock wall which spoke of amphitheatric connotation.

By chance, as we contemplating our next step to our grand design, there were trucks clearing away a lot of rocks and boulders near (the historic bride of Redesdale) Mia Mia. There was truck after truck clearing them out. I immediately went down to the bridge and asked one of the nice men what was to become of these rocks? His reply, "Land fill Lady".

Aghast at his reply, I politely asked him to deliver some to Mia Mia Manor. Four truck loads later and a mildly pale Lord B, Everest had arrived volcanic rock and all and only for a slab of beer! Fortunately the nice truck driver knew someone with a bobcat, who after three days of placing all the rocks and boulders, and digging a hole for the

pond and waterfall, the amphitheatre was created. We also had top soil delivered which we spread out through the rocks to create plant pockets. Apart from needing a mountain goat as Lord B pointed out, what were we to plant which needed little or no attention? It took me back to when I sent the children to boarding school.

Height was needed for the backdrop, so rows of Cordalines, Bottle-brush, and Yuccas. The lower levels were prostrate conifers, flax and a selection of Cacti, which were planted with polystyrene gloves thanks to to packaging of our VCR and BBQ tongs. Still careful to this day when sitting in the Bentley to avoid the odd prick in the seats.

I must admit, with the pond and waterfall in action, it resembled a B grade lost Horizon set.

To our surprise, everything has survived all these years later with little initial cost and water. Most of all the Cacti have developed to a particular glory of majestic horizontals with white and yellow 48 hour flowering delights. To forget and forge on is the answer here and let nature do the rest.

After days like that, the obligatory time for mother's ruin would arrive with sheer delight.

As Lord B would say, Rock on!

Lady B

Garden Lore
Parsley will only grow
outside the home of an
honest man or strong
woman.



Bombay and a Bex

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

Dear Lady B,

When we bought our property years ago, we inherited a very large veggie patch bang smack in the middle of the garden. Being keen gardeners, we persevered and grew veggies a plenty. These days, it's just too big and all our friends a reluctant to accept any more of our crops as they are abundant. This is because the soil is rich in nutrient. Any suggestions as to what I should do?

Celia Cucumber

Dear CC,

Lavender is your answer dear. Create a parterre of it with small plots of vegetables. Italian Lavender is the best, planting with tube stock. Avoid the English Lavender as it gets unmanageable and woody. With that said, turn your thoughts to Lavender manufacturing of Potpourri, Oils, Bags etc.

A little bit of the cote d'azur in central Victoria. How thrilling! From the Lady in Lavender.

So fetching.

Lady Bombay



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or a tree lopped?
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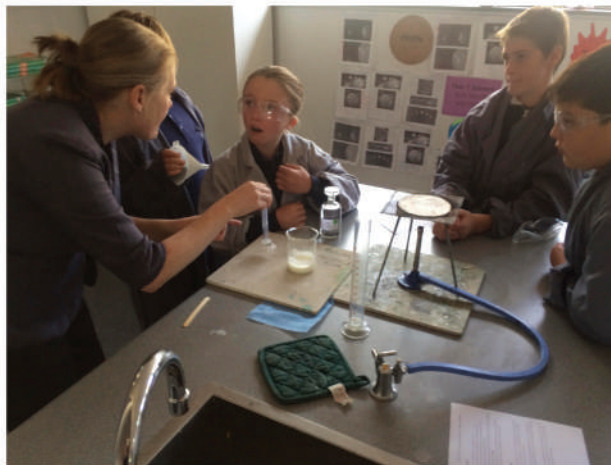


Les 0481 232 896

GRASS SLASHING



Redesdale Mia Mia Primary School



Respect ♦ Responsibility ♦ Resilience



Busy times!

We have had an exciting time here at the school lately. We attended the Heathcote Games, had a HUUUUGE easter egg hunt, our water safety day, the grade 5/6's had their pre orientation day at Kyneton Secondary College and held our ANZAC day ceremony run with Kyneton RSL members.

In the classroom we have been learning how to write persuasive texts and making shapes in maths. We have Garnet helping us with our athletics training for the upcoming cluster athletics day.

Christine, Bernadette, Joe, Carly and Alyssa.

Enrolments always welcome.



Phone - 5425 3155; **Principal - Joe Sebire**
Email - redesdale.mia.mia.ps@edumail.vic.gov.au

Redesdale Recreational Reserve Committee Inc.

Chairman's Monthly Report

May 2018

Hi Redesdalians,
The last month has been relatively quiet as for achievements at the reserve is concerned. Rock walls have been commenced at the reserve entrance off Lyall Rd. This, together with some landscaping, will enhance the entrance.



The City of Greater Bendigo (CoGB) have appointed the architectural firm of E-Plus architects to work with the Detailed Design Working Group (DDWG), the Department of the Environment, Land and Water Planning (DELWP) and CoGB for the Precinct Hub which is great news. It appears the infrastructure asked for in the Community Plan review 2013 is about to happen, although there is still along way to go. Concept drawings will be produced for community comment, and once the design has been approved by the community we will be well on the way to achieving our goal.

A site meeting has been organised between the architect, CoGB, DELWP and the DDWG to discuss what the development should look like and to answer any queries the architect may have.

Finally how exciting that the community has been able to tick another box of the 2013 Community Plan, which just goes to show a community that works together achieves together.

Keep smiling until next time.
Les. Pocock.

Redesdale Recreational Reserve Committee Inc



Busy month for Redesdale Fire Brigade

It was once again a busy March For Redesdale Fire Brigade, but thankfully we're not just talking about fires, with the Brigade attending several callouts which were quickly stopped in their tracks. The other side of the busy month involved fundraising and our participation in the Bendigo Easter Torchlight Procession. The Brigade had their regular stall at the Redesdale Bush Market, with the two raffles organised by Brian Paterson proving to be very popular. The day was also a perfect opportunity to show off our newest Tanker 1, which by chance had arrived just a few days earlier. A few weeks later we held our annual Collection for the Good Friday Appeal.



The Easter Bunny proved extremely popular once again bringing smiles to many faces both young and old! A record amount of \$7,401.30 was raised this year thanks to the extremely generous public, including many locals, stopping on their way through town. The Rural Cafe generously fed the Fire Brigade Members during the Good Friday Collection with perfectly cooked Easter buns and great coffee, as they have done in recent years.

The Brigade once again enjoyed taking part in the Bendigo Easter Torchlight Procession the following night, which gave us another opportunity to show off our new Tanker 1.

This year's colourful entry in the parade had an 'Alice In Wonderland' theme: "The Madhatters Tea Party". This was created by Brigade members Don White and Jim Boyd and thoroughly enjoyed by the crowds - especially the children. Highlights of the night were the "mad trio": The Mad Hatter - Don, Alice - Emma and of course the much-loved Easter Bunny - Jamie. The many high-fives along the way were also much enjoyed!



The Brigade would like to give a very special "THANK YOU" to two local businesses: The Redesdale Hotel and The Rural Cafe for kindly allowing us to collect donations in previously-used fire helmets, with patrons at both venues being very generous over the years. Thank you both for your ongoing support!

Carolyn-Anne Boyd.
Redesdale Fire Brigade.



BY KERRY ANDERSON

Make an informed choice

Given the current debate about social media and privacy breaches it is no surprise there is growing concern. Some people are wondering if it is safe?

Although far from an expert, I am active online for both personal and business use therefore it would be irresponsible of me not to give this topic serious consideration. What are the risks and do they outweigh the benefits?

First and foremost, I have never assumed that what I post is private, even on my personal pages that I limit who I connect with. I carefully consider what I post online and choose not to enter competitions.

Our data is gathered because social media platforms get paid through advertising. In return for our free participation we are providing information, so I don't see it necessarily as being sinister. It just depends what type of information I'm providing.

Sadly, despite providing stunning sunset and dog photos over the years, they're not doing a very good job at targeting me. I'm still getting the usual women's clothing adverts but at least it's not for men! Wouldn't it be great if we only got information we were interested in? Ultimately, they will get better at it and I do welcome that day.

Of course, 'identity theft' is totally different to just analysing our data. A number of friends have been 'hacked' on Facebook and no

real harm is done because it is obvious to everyone. It can be fixed with a quick password change and a post advising your friends.

And, just because we're not on social media doesn't mean that our data isn't out there in cyberspace. In the digital era this is already way beyond our control and something we all have to be mindful of.

Scammers are prevalent and can target us in many ways; by telephone, mail, or on our doorstep. Online is no different; we must be vigilant and pay heed to the abundance of advice available to us on how to keep our information safe.

<https://www.staysmartonline.gov.au/protect-yourself>

On the positive side, the internet overcomes many barriers for rural people. We are connected and can access information quickly and easily.

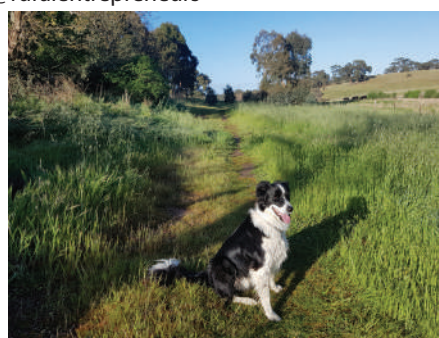
I have made the decision that the benefits far outweigh the risks, as long as I continue to educate myself on good practice and use my common sense.

Whatever you decide, make an informed choice.

www.kerryanderson.com.au

Twitter: @KerryWords

Facebook: @ruralentrepreneurs



HALL HAPPENINGS

With Norma Barker



It's Revellers time again.


The "Redesdale Revellers" 30th year of entertaining is here. Tickets are still available for most nights but the 2nd June is sold out. Come along too the Redesdale Hall on May 5, 12, 19, or 26th for a great night of fun and laughter and good food.

Cost is \$42.50 per person for a 3 course dinner and the Revellers show, 7.00pm for 7.30pm start. For bookings - Dorothea 54253118 or Val 54222237 or 0427 848700
Pie making day. April 15th at the Redesdale Hall.




We had a great afternoon making apple pies,, the bakers were most enthusiastic and each had an apple pie to take home for dinner. The photo shows Emma, Robbie, Linda, Sue and Deidre and their wonderful pies.

In our next cookery class we hope to have scone making. That one will probably be in June - after the "Revellers" - more information next month.



The ALBION

KYNETON



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The Albion offers a fine selection of local wines and famous beers on tap. Local produce from the Macedon Region is carefully prepared for classic Italian dinners. Children are catered for with a special menu just for their discerning palates.

The Albion is ideal for functions or parties. and offers indoor restaurant and outdoor courtyard dining.

Hours of Operation:
7 Days a Week 12noon till Late
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Phone for bookings **(03) 5422 2066**
Email drinkanddine@thealbionkyneton.com.au
1 Mollison Street, Kyneton Vic 3444
www.thealbionkyneton.com.au

RECIPE OF THE MONTH

31

In autumn your vegetable patch should have an abundance of capsicum, aubergine, zucchini, tomatoes, parsley, basil and thyme, amongst others.

A great use of these is a one pot dish, Ratatouille, which can be served as an entree, main or side dish.



Ingredients

2 large or 3 small aubergine cut into cubes (2.5cm)
 5-6 zucchini cut into 2.5cm slices
 salt for sprinkling
 (Put both veg into a colander and sprinkle with salt , let drain for 30 mins. Rinse and pat dry)
 4 onions chopped coarsely
 2 red & 2 green capsicum cut not thin slices
 6 tomatoes peeled, seeded and coarsely chopped
 1/4 cup olive oil
 5-6 garlic cloves chopped
 1 heaped tbsp freshly chopped each of parsley, basil and thyme
 1 bay leaf
 freshly ground black pepper
 Fresh basil leaves and black olives for garnish

Method

In a pan/ casserole of your choice, heat on moderate flame with 2 tbsp of the oil
 and sauté the aubergine and zucchini , turning until lightly browned.
 Transfer to a large bowl.
 Heat a further 2 tbsp oil and sauté onion for 4 mins.
 Add red & green peppers stirring with a wooden spoon to cook evenly and begin to brown.
 Add garlic and cook for 1 min.
 Transfer to large bowl containing the other sautéed veg.
 Clean the pan of any burned or dark bits and return sautéed veg .
 Add tomatoes, herbs, black pepper, and any remaining olive oil.
 Simmer uncovered for 30-40 mins, carefully stirring from time to time.
 If there is excessive juice , pour it into a saucepan, cook over high heat to reduce and return to ratatouille .

Ratatouille can be served hot or cold as a side dish, or by itself on a slice of toasted baguette with or without a slice of fresh mozzarella cheese .

This keeps in the fridge for up to 7 days (if it lasts that long!).

Thanks again to Peg Higginbottom for this delicious recipe.

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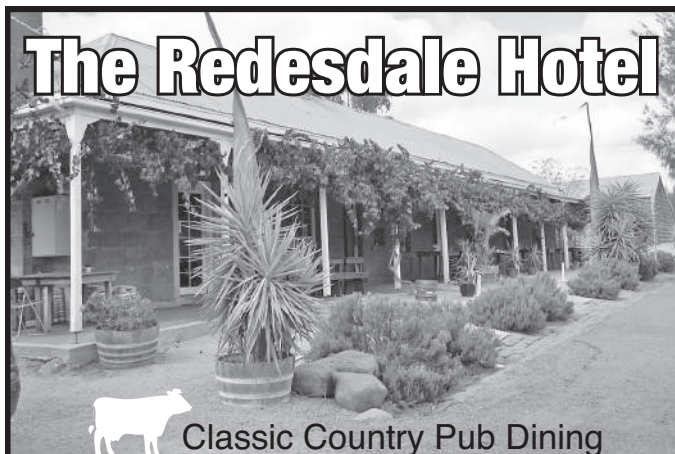
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Your Health!

with
Dr Tim

Well the age-old debate is well and truly on again - have you had too much to drink ? Centuries ago that question used to be answered according to whether the respondent could stand upright, or even sing, mumble, nod or burp a response. In today's golden age of health-care however, when everyone can aspire to be a centenarian we take this question so seriously that we are looking for ever more subtle signs of alcohol toxicity. Of course there is no more important outcome of toxicity than death. And what medical researchers have wanted to know for a really long time is whether alcohol kills you slowly, as opposed to quickly, say, when you ride into battle without your helmet on, drunk. "Big Facebook data" - which looks like it will collect any information which might make money, with or without your knowledge, has yet to prove itself useful to mankind. On the contrary "big medical data" - entirely above-board - continues now decades of health data accumulation. The effects of alcohol on health and other medical conundrums are becoming easier to address.

The latest titbit of information on the subject of alcohol toxicity has just come out in The Lancet. And I think it's fair to say it's not great news for the wine industry.

This study summated data from studies involving nearly 600,000 people over a long time - a total of 5.4 million person-years, each person was studied for nearly 10 years on average. The study looked at all-cause mortality as well as looking at specific causes of death such as heart attack, stroke and aneurysm. All this collated data, multi-national, controlled for known major causes of cardiovascular disease, can be boiled down to one line - drinking more than 100 grams of alcohol per week will increase your chance of dying young. Even at the tender age of 40, you are going to die 6 months earlier than you should (statistically) if you drink at this level. If you drink between 200 grams and 350 grams per week your life expectancy decreases by 1-2 years, increasing to a loss of 4-5 years if you drink over 350 grams of alcohol per week - or 5 standard drinks a day. Remember that 100 grams of alcohol a week is below the recommended maximum of 2 standard drinks a day.

According to official figures we Australians are drinking on average

close to 10 litres of pure alcohol a year or close to 20 standard drinks a week, though a fair proportion of Australians abstain - so some of the regular drinkers are actually drinking way in excess of average.

Last time the Australian peak medical body - the NH&MRC - put out their current recommendations for alcohol consumption they were accused by some sections of the commentariat of being wowsers - I think they are in for a real hiding when they review their recommendations again in the next few years if they accept the evidence of this latest study.

But let's go back to basics - what's wrong with alcohol ? After all - doesn't the liver just metabolise it into water and carbon dioxide ? Well indeed that is true but it takes time for your liver to do that - in the step-wise metabolism of alcohol an even more reactive, toxic chemical is created - acetaldehyde. Though this disappears quickly in biological systems this may be partly because it reacts with so many other molecules - proteins or DNA or lipids - pretty much anything that's around. If it reacts with those things then of course the integrity of their function is compromised - enzymes don't work, DNA is mutated and lipid cell membranes become leaky. There are enzymes too which help to change acetaldehyde into pretty-much-harmless acetic acid, then water and carbon dioxide. But what proportion of acetaldehyde is actually neutralized through enzyme metabolism and what proportion is neutralized by "wrecking-ball" reactions with bystander proteins and DNA, is really difficult to know.

The other problem with alcohol biologically - as opposed to other drugs or medication - is that its molecular size is so small - as a compound it can permeate pretty much all parts of your body and cellular machinery. Most drugs and medications have molecular size many times larger than alcohol which prevents them getting near important parts of a cell like the DNA-containing nucleus. This is why alcohol's toxicity is seen in all parts of the body - muscles, heart, brain, reproductive organs - nowhere is out of reach.

Anyhow - have a whisky. Have a glass of Pinot, or Ale or shot of spirits. Think carefully about whether you really want the second though - you may just fall asleep on the couch and wake up cold at 2 am. But you may be setting yourself up over time for much worse.

Dr Tim Stobie 5422 1397

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Little Treasures

We are continuing to invite stories about objects that are dear to our readers. We would love to hear from any of our readers about any inanimate object in your life that means a lot to you and that you really treasure. And send us a picture too.

Please send your contributions (about 500 words) to bridgeconnection.editor@gmail.com. We look forward to hearing from you.

*Mary Bennet's
childhood candle
from last month's
"Little Treasures"
article.*



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All those who work to produce Bridge Connection do so voluntarily. The work includes putting the magazine together every month which takes about 40 hours (Regina Bennett and Kathy Hall), graphic design assistance and editing assistance (Lyn Ingles - Blupen publishing), financial management by Terry MacKenzie, distribution of the paper (Pauline Judd, Keith Gale, Elphinstone and Redesdale General Stores) and regular meetings of the Bridge Connection Committee organised by secretary Regina Bennett. It is a labour of love and is appreciated by local councils and local politicians who use the paper to advertise various events and strategies.

We are always looking for new advertisers and sponsors. And we value the input of our local readers. It is YOUR publication and therefore reflects your activities and thoughts.

You will be able to see who our advertisers are by flicking through this edition. We are pleased to welcome Charlie Carp to this edition and very sorry to say goodbye to RK Earth who have been loyal and valued for the last few years.

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Bridge Connection would like to say thank you to all our regular advertisers. Our advertisers get exposure to the local community who we hope use their services preferentially! Also they are acknowledged as supporters of our community through helping to finance a well-loved local publication. Without these advertisers, Bridge Connection could not be produced. At times Bridge Connection has come under severe financial pressure and some have suggested that we should discontinue publication because people only use social media and the internet to get local information. We STRONGLY DISAGREE. Yes, it is true that we all use electronic media these days, but nothing beats having a printed copy of your local magazine on the coffee table that all the family can pick up at any time.

So please support the advertisers in your Bridge Connection and let them know that you saw their name there.

It's not only the advertisers who we should thank. There are regular contributors (who you all know!) who make the effort to send us their thoughts every month. It's a huge commitment. Thank you.

The newspaper is free. If you could contribute in any way as a sponsor or advertiser, or as a writer or editor the whole community would be grateful. We cannot take the continuing publication of Bridge Connection for granted. Without support it will founder.

Kathy Hall, Co-editor.

BRIDGE CONNECTION

APPRECIATION TO OUR SPONSORS



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