



ISSUE NO. 104 May 2019

FREE

For the Mia Mia- Redesdale Region including:

- Heathcote • Derrinal • Glenhope • Baynton • Sidonia • Barfold
- Langley • Sutton Grange • Elphinstone • Kyneton • Metcalfe

# BRIDGE CONNECTION COMMUNITY NEWSPAPER



facebook.com/RedesdaleMiaMia

## A fitting farewell



*Terry Mackenzie, Kathy Hall, Jill James*

We raised over \$5,000 for local children living in out-of-home care at our recent charity golf day!

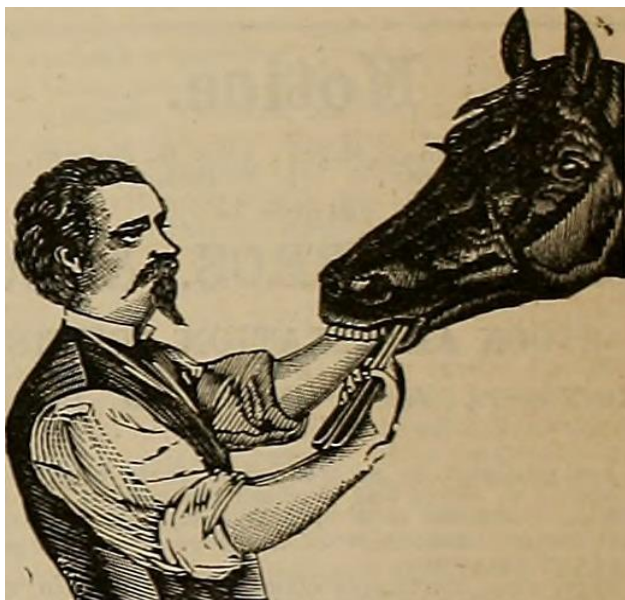
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## Redesdale and District Association 'community check-in':

Diary details:

**Saturday 25 May, 2019**

**11am - 12noon**

**Redesdale & Mia Mia**

**Primary School**



### CHECKPOINT ✓

What is  
RadA?

What  
does  
RaDA do?

Got an IDEA  
for something  
that would  
improve  
Redesdale?

We want  
to hear  
from  
YOU!

We think it's important to be transparent about what we're doing; but more importantly we want to create an opportunity to hear from you.

**Please join us for a mid-year 'check-in':**

1. Revisit the 12 month activity plan the RaDA Committee set ourselves in September 2018
2. Review the things we have done in the last 6 months
3. Look at the things we intend to do in the next 6 months and discuss:

- **Are these still the right things to be doing?**
- **What else does the community want RaDA to be focused on?**

For more information please Contact Kym 0422 002 765

*"Redesdale residents aim to achieve a town which is safe invitingly landscaped, welcoming to tourists, clean and tidy, and where people of all ages work and socialise well together. They require good, functional facilities for activities and meetings and easy access to necessary services." (Community Plan review 2013).*

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## Editorial

Hello Dear Readers,

This is my first solo edition so you will have to bare with me till I find my feet.

I would like to thank Kathy Hall for her dedication over the years to the Bridge Connection. I will miss her ideas and mentor ship, all the best Kathy in you future in-devours.

Election Day – don't forget to vote on Saturday 18th May. The school is our local polling booth.

Community checkin see flyer page 2.

The Redesdale Revellers are back again see pages 8 and 23.

The deadline for our next (June) adition is May 20th.

**Regina Bennett**



Regina Bennett

**Editor: Regina Bennett**

**Ph: 0437514223**

**e: [bridgeconnection.editor@gmail.com](mailto:bridgeconnection.editor@gmail.com)**

## BRIDGE CONNECTION COMMUNITY NEWSPAPER

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For other editorial enquiries, please phone **0437 514 223**

### Bridge Connection Distribution

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Magazine:	<b>Regina Bennett - Editor</b>	0437 514 223

## BRIDGE CONNECTION MISSION STATEMENT

The mission of Bridge Connection is to bring people together by:

1. Providing information about local issues, goals and events, and to celebrate local achievements,
2. Encouraging economic growth in the area,
3. Fostering geographic identity, and
4. Providing a platform for public debate,

Bridge Connection is published by local people who volunteer, for local people as a free paper and online at [redesdale.net](http://redesdale.net) and via facebook on [facebook.comRedesdaleMiaMia](https://www.facebook.com/RedesdaleMiaMia)



## Redesdale Hall FOR HIRE

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.

**VISIT REDESDALE WEBSITE**  
**[www. redesdal e. net](http://www.redesdale.net)**



# BRIDGE CONNECTION NEWS

## A fitting farewell

As readers of the Bridge Connection would now know, Kathy Hall has announced her retirement from the committee. One would like to think that the saying "no one is irreplaceable" is not true, but we as a committee have become dependent on her wide range of skills, enthusiasm and energy. Her strong conviction of the importance of the paper to the Redesdale Mia Mia community and was the driving force behind the huge effort she has directed in maintaining its production.

Since joining the committee in 2010 she came at a time when the BC was in a very healthy position thanks to Brett and Bernie Campbell, both of whom had put in an enormous amount of work in establishing the paper. Bernie's efforts to seek out advertisers was legendary, so that when the Campbells left, the paper's balance sheet was remarkably secure.

Unfortunately it soon became apparent that we had no replacement for Bernie and Brett's editing or accounting skills. Our attempt to employ a professional editor was a failure, so we realized in the best tradition of "ave a go ya mug". That if the paper were to continue we would have to do it ourselves. It was then that Kathy and Regina Bennett put up their hands to grapple with the intricacies of the InDesign editing program. One cannot understate what a huge undertaking this turned out to be, and the polished product that our readers now receive is due to their amazing persistence and acquired skills.

Since Kathy and Regina established themselves as joint editors the paper has regained its financial stability in the

capable hands of Treasurer Terry MacKenzie. However the layout, size and colour of the product is due to Kathy and Regina who shared the editing on alternative months.

As a committee member Kathy's role was invaluable. She is an "ideas" person but prepared to do the hard work which usually accompanies such thought bubbles. With time she was able to develop a wide network, from which the paper and the wider community too, has benefitted. She was also dogged in pursuing advertisers and creating fresh offers which would be attractive to potential sponsors and readers. "The Bridge Connection" now has a wide readership, 950 copies going out to readers 10 months a year.

Kathy's departure was "celebrated" with a farewell lunch at the Redesdale Hotel (where else?). The paper is in good shape and we have welcomed two new members to the committee, Marissa Leahy a well known member of the community with much to offer and Dee Groves from the teaching staff of the Redesdale-Mia Mia school. Dee's appointment is welcomed too, not only for her skills but in maintaining the close relationship we have had with the school since the paper's inception.

Thank you Kathy.

Jill James,



**Kathy Hall & Regina Bennett**



**Bridge Connection Committee.**

**Left to Right Jill James, Mary Bennett, Marisa Leahy, Regina Bennett, Kathy Hall, Pauline Judd, Terry Mackenzie  
absent from photo Gloria Pocock, Dee Groves, Keith Gale.**



## Winmeaton Winery - a diverse property FOR LEASE

This property is owned by two Melbourne professionals who have run the vineyard for the past 9 years. The vineyard had already been established when they took over ownership making the vines now over 23 years old. Shiraz is the predominant grape variety.

Due to an increased professional workload and circumstances the owners are not in a position to maintain the vineyard over the foreseeable future. They love the idyllic property and vistas and also run cattle. They will continue to do this but are looking for someone with passion and understanding to maintain and improve the vineyard overtime. Hence they are looking for expressions of interest for someone to extend their own vineyard or for someone to fulfil a dream without the capital outlay required for this enterprise.

This southern Heathcote vineyard is well established. It comprises 2500 vines made up of Shiraz, Cabernet Sauvignon, Merlot and Grenache vines.

Well maintained by an experienced vineyard manager the fruit and yield continues to develop.

The fruit is currently purchased by several winemakers, one of whom has this wine sold in the iconic restaurant – Rockpool. The vineyard is split into two distinct blocks. Nestled on the granite soil the property runs alongside the Campaspe River. There is a substantial dam and the property also has drawing rights from the river.

There is a large shed and the owners are open to the use of nets and infrastructure being included.



## EXPRESSIONS OF INTEREST FOR LEASE

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*Mmd<sup>2</sup>*

For more information and **Expressions of Interest** please contact:  
Michelle Dobbie 0410 590 427 Mark Dobbie 0416 052 004  
[mmd2@bigpond.com](mailto:mmd2@bigpond.com)





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***This is Gretchen a 12 month old miniature Daschund. She is very spoilt and loves to watch animals on TV.***

***Joy Masters***

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### **Information for livestock owners -**

lead poisoning

Dr Jeff Cave

District Veterinary Officer

Do you know what is laying on your property which could be toxic to your livestock?

Perhaps you have a farm rubbish tip or a shed with forgotten unlabelled products?

Something as simple as a discarded lead battery can lead to the death of some livestock and the contamination of others.

Cattle, in particular, are adept at finding sources of lead poisoning such as old batteries, flaking lead paint, sump oil, and just about any other potential source.

Often the first sign of lead poisoning is finding dead livestock.

Where affected animals are observed they show signs of central nervous system damage such as blindness, dullness and other nervous signs.

Removing the source of lead is the best cure.

However, this doesn't help those livestock that are clinically affected for whom the prognosis is poor. Livestock are curious creatures and can be expert at finding lead, so check for possible problems, particularly before putting stock onto new country.

When checking for lead poisoning hazards, consider other potential livestock poisoning risks.

Take into consideration fencing-off all old and existing rubbish tips, this will ensure livestock cannot graze in these areas.

For further advice contact your local veterinarian or an Agriculture Victoria veterinary or animal health officer, or in NSW your Local Land Services.

### **Fox and wild dog bounty**

The Victorian Government's fox and wild dog bounty has resumed and will continue in the North-West and North-East regions until October.

Eligible participants can submit entire fox scalps for a \$10 reward during scheduled collection times.

Next collection dates

North-West Victoria (fox only)

Bendigo – Corner Midland Hwy and Taylor Street, Epsom  
Monday 13 May, 10.30am – 12 Noon

Ouyen – Gregory Street, Ouyen

Tuesday 14 May, 2 – 4 pm

St Arnaud – 4 Montague Street, St Arnaud

Thursday 16 May, 10.30am – 12 Noon

Swan Hill – 7 Quin Drive, Swan Hill

Tuesday 14 May, 8.30 – 10.30 am

North East Victoria

Tatura (Fox only) – 255 Ferguson Road, Tatura

Monday 29 April, 11.30 – 1.30pm

Wodonga (Fox and wild dog) – 14 Moorefield Park Drive, Wodonga

Tuesday 30 April, 9 – 11am

Ovens (Fox and wild dog) 5338 Great Alpine Road, Ovens

Tuesday 30 April, 1.30 – 3.30pm

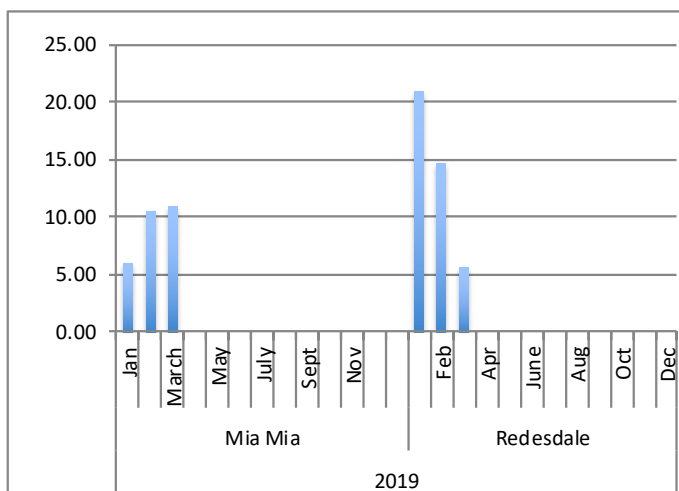
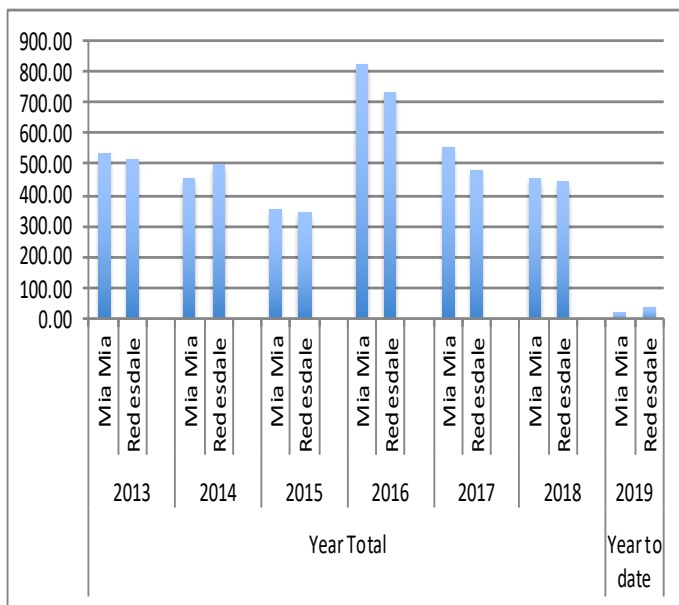
Benalla (Fox only) – 89 Sydney Road, Benalla





The average yearly rainfall for Redesdale is about 601mms.

Thank you to Mary Bennett for the Mia Mia readings.



### March Rain Fall Total

Redesdale	5.6 ml
Mia Mia	11 ml

## CHURCH SERVICES

### UNITING CHURCH

10am Start

Barfold:	May 5th
Metcalfe:	May 12th
Mia Mia:	May 19th
Sutton Grange:	May 26th



Morning tea is served at each of these Uniting Churches at 9.40 am.

### CATHOLIC CHURCH

Redesdale: 2nd Sunday of each month 11 am

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## DEFIBRILLATOR

The Community owned defibrillator  
is now accessible to all  
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It is situated on the outside wall of the CFA  
building (next to the Rural Café).



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## Hall Happenings with Norma Barker.

May is here already, that means it's Redesdale Revellers time again!

The Revellers nights are the second large fundraiser for the year and come very soon after our very successful Redesdale Bush Market.

These two events are the largest fundraisers organised and run by the Redesdale Hall Committee and entail an enormous amount of volunteer labour to present them. We are very fortunate to have our wonderful group of volunteers "The Redesdale Revellers" group, who gather each year to present a great night of fun, entertainment and laughter. Add to this a three course meal prepared, cooked and served by the Hall Committee members and our wonderful band of volunteer helpers.

Our dates for the Revellers this year are

Saturdays

May 4th, May 11th, May 18th, (Sutton Grange fundraiser), May 25th, and June 1st.

Prices are \$42.50 per head, (\$85.00 double) B.Y.O.

Time is 7.00pm for 7.30 meal start at the Redesdale Hall (Opposite the hotel)

We hope to see you there – it's a great night!!

Bookings

Dorothea Kriewaldt – 54253118

Val Ford -- 0427848700

For Sutton Grange bookings

Mavis Collison – 54748230

Steve Barty – 0417 524 713

## Mia Mia Cricket Club Training Nets



The Mia Mia Cricket Club is raising money to re-construct training nets and upgrade the security of the club rooms at our ground in Central Victoria.

The club's fundraising effort was recently dealt a blow after the rooms were broken into and ransacked. Thieves got away with club gear and an amount of cash that was being raised to pay for the nets. Refer to news link below for details.

The Mia Mia cricket club is a small, tight knit, community club that plays in the Emu Valley Cricket Association. The club recently made the Grand Final after a successful season, coming agonisingly close to the ultimate success. The Club enjoys a lot of community support in a region in the grip of drought. We recently replaced the centre pitch ourselves, which consumed the majority of our funds. Fundraising efforts have since focused on the training nets that have been in disrepair for 10+ years. Reinstatement of the nets will allow the team to improve our training quality and our skills, allowing us to enjoy long term success and club sustainability.

If you can Help a go fundme page is setup info below

<https://www.gofundme.com/26na8t-mmcc-training-nets>

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ON LOCAL NEWS.**



Please contact the Treasurer on:  
**(03) 5425 3262 OR email**  
**bridgeconnection.editor@gmail.com**

# FARMERS' MARKETS



### Woodend Community Farmers' Market

Sat 4th May  
Cnr High & Forest Streets, Woodend  
0487 444 090 Sharon Kittson

### Daylesford Farmer's Market

Sat 4th May  
Daylesford Primary School  
03 5664 0096 Peter Arnold

### Kyneton Farmers' Market

Sat 11th May  
St Pauls Park, Piper Street, Kyneton  
54 221 025 Veronica Manifold

### Riddells Creek Farmers' Market

Sat 18th May  
Riddells Creek Primary School, Riddells Creek  
0408 254 626 Ali Bant

### Lancefield & District Farmers' Market

Sat 25th May  
Centre Plantation, High Street, Lancefield  
0407 860 320 Meggs Hannes

### Maldon Market

Sunday May 12th

[www.vicfarmersmarkets.org.au](http://www.vicfarmersmarkets.org.au)

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

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**RJ REDESDALE / Managers: Sai & Nag**

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**2609 Main Road, Redesdale**



Federal Member for Bendigo

**LISA CHESTERS MP**

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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



## HEALTHY HEART OF VICTORIA 2019 ACTIVE LIVING CENSUS COMING IN MAY!

Mayors and Chief Executive Officers from the City of Greater Bendigo and the Shires of Campaspe,

Loddon, Mount Alexander, Macedon Ranges and Central Goldfields came together in Bendigo on

Wednesday April 24 to launch the Healthy Heart of Victoria 2019 Active Living Census.

The census, which can be filled out online at [www.srcentre.com.au/](http://www.srcentre.com.au/) ALC from May 20 until June 16,

will also be delivered to more than 117,000 homes in the Loddon Campaspe region in late May.

The City of Greater Bendigo was the first Australian Council to undertake an Active Living Census

in 2014, which was completed by an impressive 16% of the population.

Importantly it provided hard data that helped secure funding for a

range of major recreational and

health and wellbeing projects including local walking trails, water fountains and local health

improvement programs. It also helped other agencies and organisations to make decisions based on

what the community said they wanted

Macedon Ranges Shire Council Mayor, Cr Janet Pearce said the Loddon Campaspe region had some

of the worst health outcomes in Victoria with higher rates of smoking and poorer diet behaviours

than other parts of the state, and the aim of the census is to seek valid local and regional level data

on the community's health behaviours, activity levels, preferences and needs.

"Our region has high levels of heart disease, obesity and cancers, and living a healthier lifestyle can

help prevent this," Cr Pearce said.

"People can be active in lots of different ways. It's not just about those who participate in organised

sport. Through the census we want to find out what people do to stay active, what stops them

from being active and what would it take for them to become more active.

"The findings from the census will be used to produce an overarching report for the Loddon

Campaspe Region and individual reports that are unique to each of the six local government areas.

"No other region in Australia will have this type of data therefore it will put Loddon Campaspe in a

powerful position to advocate for the region's needs. It will be a powerful tool for supporting

projects that provide better future outcomes and help drive ongoing change in our region.

"It's an exciting initiative for our region because it will help local Councils, health agencies, sporting

clubs and government departments to better plan, develop and enhance recreational facilities and

health promotion services to improve the future health and wellbeing of our local communities.

"In Macedon Ranges alone there are many sporting and recreational clubs as well as activity groups,

which include everything from walking, running and cycling groups to equine clubs to dancing groups

for all abilities.

"I encourage all residents to take the time to fill out the Healthy Heart of Victoria 2019 Active Living

Census."

The Healthy Heart of Victoria 2019 Active Living Census will be backed by an extensive marketing

campaign.

In addition a total of \$12,000 in prizes is up for grabs for those who complete the census with extra

incentives provided for those who complete it online. Prizes include gift cards and sporting

equipment.

The 2019 census is being funded by Healthy Heart of Victoria, an initiative of the Loddon Campaspe

Regional Partnership that aims to improve health outcomes for residents living in Central Victoria.

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## Devenish triumphs as final silo is revealed

Devenish's latest work of art was unveiled at the weekend, before a packed ANZAC Day commemorative service.

Member for Euroa Steph Ryan officially opened painting of a Lighthorse soldier and his horse.

The work was created by Melbourne-based street artist Cam Scale on the side of the town's steel grain silo, next to last year's painting of two army nurses - one from World War I and the other from the modern day.

An estimated 2000 people attended the event, lining the streets for a 1920s themed parade, led by three local veterans Andrew Woods, Tom Trewin and Jarrod Lidgerwood.

Ms Ryan said the placement of the paintings on the town's grain silos, located on the railway line, was very poignant.

"In 1919, Devenish families, like families from all over Australia, were waiting for their loved ones to return from the war," Ms Ryan said.

"Fifty young men enlisted to fight from a population of just 300.

"While the silos weren't built then, the families of those young men waited in the same spot 100 years ago for the train to arrive. For some, it never came."

Ms Ryan said what the Devenish community had achieved, led by Kevin Mitchell and the Devenish Silo Art Committee, was extraordinary.

"The community estimates 75,000 people have visited the town since the murals of the two nurses was finished 12 months ago," Ms Ryan said.

"They had no assistance from the state government and raised almost all of the money to complete the project locally.

"Devenish is an amazing small community which has proudly carved its own future and they should be congratulated for that," Ms Ryan said.

## 'SUICIDE ALERTNESS FOR EVERYONE TRAINING'

Want to become more equipt to help those around you who may be suicidal?

You are welcome to attend a half day suicide alertness 'safeTALK' workshop on 11th May 9am-12.30pm. Location TBC. Cost is \$20 (possible concession upon inquiry)- Morning tea provided.

Join us for a low cost, high impact training in Suicide Alertness For Everyone (safeTALK), run locally to benefit our community. It will be delivered by two safeTALK trained locals, who are part of the Macedon Ranges Suicide Prevention Action Group (MRSPAG).

This training is targeted at any community members interested, to increase confidence in asking if someone is suicidal, and knowing what to do if someone answers "yes".

SafeTALK is a half-day alertness workshop that prepares any 18+ adult, regardless of prior experience or training, to become a suicide-alert helper.

Further information about SafeTALK is available at: <http://www.livingworks.com.au/programs/safetalk/>.

Training running is dependant on numbers. Please inquire at [info@mrspag.com.au](mailto:info@mrspag.com.au) to reserve your place and manage payment.



## Steph Ryan MP Member for Euroa

[WWWstephryan.com.au](http://WWWstephryan.com.au)

Funded through Parliament's Electorate Office and Communications budget



## Chance to recognise our fantastic seniors

Member for Euroa and Deputy Leader of The Nationals Steph Ryan is encouraging local residents to think about nominating someone they know for a 2019 Victorian Senior of the Year Award.

"There are many inspirational seniors across the Euroa electorate who are making an enormous contribution and achieving great things in our community", Ms Ryan said.

"They may be community leaders, behind the scene workers or a friend, neighbour, family member or just someone that you know who is doing great work around your community.

"These awards provide a fabulous opportunity to recognise these people for the fantastic contribution that they make", she said.

Winners, including the Premier's Award for Victorian Senior of the Year, will be honoured at a ceremony at Government House as part of the 37th Victorian Seniors Festival in October.

Anyone can nominate a senior they admire, with nominations open until 5 July across the following Award categories;

- Promotion of Multiculturalism Award – to an individual for a significant contribution to promoting the benefits of cultural diversity in their local community or in the broader community
- Healthy and Active Living Award – to an individual for helping to create active and health communities through community involvement and as a role model
- Veteran Community Award – to an individual for an exceptional contribution to the veteran community. The recipient of the award does not need to be a veteran.
- Council on the Ageing Victoria Senior Achiever Award – to up to 10 individuals for significant contribution to local communities and Victoria; and
- Age-Friendly Victoria Award – recognising an organisation for creating age-friendly communities, promoting active ageing and improving quality of life and inclusion for older people

More information and nomination forms can be found at [www.seniorsonline.vic.gov.au/FestivalsAndAwards/Seniors-Awards](http://www.seniorsonline.vic.gov.au/FestivalsAndAwards/Seniors-Awards) or by phoning 1300 797 210.

# District Association Report

## RaDA Secretary article – May 2019

Hello Redesdalian

Hopefully you all had a wonderful Easter – it had to be better than the poor little girl whose family stopped at the Reserve on Good Friday morning. Mum took her 3 little girls for a short walk to the intersection where the CFA were collecting – they each had a few coins to throw in the collection bucket – and to meet the (very tall) Easter bunny. She was fine with the bunny from a distance but once they got to within a metre, she...well, she screamed hysterically and uncontrollably! And no convincing or bribing was going to change that. I think she pretty much stopped traffic, as everyone looked around to see what was causing such a reaction! Poor Mum didn't know what to do but move away. A quick pat of Jack (our golden retriever) went some way to calming the poor little girl – and the promise of a visit to our Community Library to find a 'new' book to read in the car.

A big 'thank you' to those involved in organising the Weed Night in the hall earlier this month. Those who attended said it was interesting and very well presented and catered for (well done Sarah!).

Coming up: Election Day – don't forget to vote on Saturday 18th May. The school is our local polling booth.



Redesdale

That means we have had to change our "community check in" meeting. It is now:

11.00 – 12.00

### Saturday 25th May

Redesdale and Mia Mia Primary School.

We encourage you to come along, meet your Committee, and be part of mid-year review of RaDA's twelve month plan. But most importantly, be part of identifying the things we could be doing to achieve our 2018-2023 Community Plan. We want to hear from you...

As the seasons change and the weather cools down, we all desperately hope for rain. Now more than ever it is important to check on a neighbour or friend who may be doing it tough. That's what great small communities, like ours, do!

**Kym De Laney**

What's on



in the Heathcote Region

**Friday 3rd to Sunday 5th May 2019** – Sanguine Estate Music Festival 2019, Heathcote – For information and the programme schedule for this event please visit [www.semnet.net.au/heathcote/](http://www.semnet.net.au/heathcote/) or email [info@chrishowlett.net.au](mailto:info@chrishowlett.net.au).

**Sunday 5th May 2019** - Palling Bros presents The Irish Session- Time: 1:30pm. Fancy playing a few jigs & reels or maybe you just want to listen over a cooling beer; that's fine too. Future Irish sessions will be held on 1st Sunday of the month. Venue: 168 High St, Heathcote.

**Sunday 5th May 2019** – Sunday Session at the Heathcote Inn – Vanessa Waar performing live. This talented singer will be back with another amazing performance, showcasing her beautiful local talent. Bring the whole family down for a great day out – food, wine, ice cold beer, cocktails with the pool and playground to keep the kids entertained for hours. Entry is free. 2pm – 5pm. For more information or to book, visit: [www.heathcoteinn.com.au](http://www.heathcoteinn.com.au) Email: [Bookings@heathcoteinn.com.au](mailto:Bookings@heathcoteinn.com.au) or Phone: 5433 2409. Venue: 9 Hunter Place, Heathcote.

**Friday 10th May 2019** - Heathcote Golf Club proudly presents the "King & Queen, Holly & Cash Show" - Commencing at 7.30pm, a three hour tribute show

featuring Elvis Presley, Marilyn Monroe, Buddy Holly, Johnny and June Cash. Tickets are \$35 p/p and can be booked with Bryan (0407844500) or email

[btwearne@netcon.net.au](mailto:btwearne@netcon.net.au). "Pot & Parma" meals (\$15) will be available from 6pm (Bookings essential). Venue: Patterson Street, Heathcote.

**Friday 10th to Sunday 12th May 2019** – Sanguine Estate Music Festival 2019, Bendigo – For our fifth anniversary of SEMF Bendigo we are pulling out all stops : not one, but two international star artists will be featured: Various performances at the Capital Theatre and a Gala Concert Saturday evening at Ulumbarra Theatre. For more information and the program schedule for this event please visit [www.semnet.net.au/bendigo/](http://www.semnet.net.au/bendigo/) or email [info@chrishowlett.net.au](mailto:info@chrishowlett.net.au).

**Saturday 11th May 2019** – Alt-Country & Bluegrass Duo at Palling Bros - Duo Eddie Nuaro and Pete Fidler will perform a mix of country blues, alt-country bluegrass and folk from 7pm to 10pm. Eddie's debut album has just been released. For more information go to: [www.pallingbros.beer](http://www.pallingbros.beer) or email

[brewery@pallingbros.beer](mailto:brewery@pallingbros.beer). Venue: 168 High Street, Heathcote.

**Sunday 12th May 2019** – Mother's Day at the Heathcote Inn – Treat your Mum to a pampered day out. To make her feel that little bit more special, mum will receive a complimentary glass of house wine or cocktail and her meal will be half price. Brunch is from 10am – 3pm, live music by Bill Barber from 2pm to 5pm and the full menu is available for dinner from 6pm. Why not also order flowers for mum – choose from a range of bouquets and we will have them here on arrival

(courtesy of Little Birdie florist). Bookings essential on 5433 2409 or [Bookings@heathcoteinn.com.au](mailto:Bookings@heathcoteinn.com.au). Venue: 9 Hunter Place, Heathcote.

**Sunday 19th May 2019** – Sunday Session at the Heathcote Inn – Alex and Dan performing Live – This local Bendigo Duo will be showcasing their talents on guitar and vocals; keeping you entertained all afternoon. Bring the whole family down for a great day out – food, wine, ice cold beer, cocktails with the pool and playground to keep the kids entertained for hours. Entry is free. 2pm – 5pm. For more information or to book, visit: [www.heathcoteinn.com.au](http://www.heathcoteinn.com.au) Email: [Bookings@heathcoteinn.com.au](mailto:Bookings@heathcoteinn.com.au) or Phone: 5433 2409. Venue: 9 Hunter Place, Heathcote.

**Thursday 23rd May 2019** - The Wine Bluffs with Damian Callinan & Paul Calleja - Time: 8pm. Cost \$10 per person. Wildly funny wine speak, a romp around the vineyard that seeks to demystify the cellar door experience and only leaves us feeling more confused Contact: The Engine Room at the Capital Theatre Venue: RSL Hall, High St, Heathcote.

**Saturday 25th May 2019** – 3rd Annual Heathcote Community Black Tie Ball – 6pm arrive for 6.30pm at Heathcote RSL Hall. Entertainment by the Melbourne Royal Australian Navy Band. 3 course dinner, \$45 p/h. A licensed formal event. Secure your tickets now: 0400 188 447.

**Sunday 26th May 2019** – Sunday Session at the Heathcote Inn – Rhylan McGrath performing Live – Amazing vocals and guitar work will be showcased this afternoon by this local Bendigo solo musician. Bring the whole family down for a great day out – food, wine, ice cold beer, cocktails with the pool and playground to keep the kids entertained for hours. Entry is free. 2pm – 5pm. For more information or to book, visit: [www.heathcoteinn.com.au](http://www.heathcoteinn.com.au) or email: [Bookings@heathcoteinn.com.au](mailto:Bookings@heathcoteinn.com.au) or Phone: 5433 2409. Venue: 9 Hunter Place, Heathcote.

**Saturday 1st June 2019** – Lions Bush Market – 8am – 1pm. Stall bookings can be made by calling Jean on 0400 675 995. Barrack Reserve, High Street, Heathcote.

**Sunday 2nd June 2019** - Palling Bros present Irish Session- Time: 1:30pm. Fancy playing a few jigs & reels or maybe you just want to listen over a cooling beer; that's fine too. Future Irish sessions will be held on 1st Sunday of the month. Venue: 168 High St, Heathcote.

**Sunday 2nd June 2019** - Sunday Session at the Heathcote Inn – Bill Barber live – This Bendigo blues and rock solo musician is back by popular demand, show casing his amazing talent to keep you entertained all afternoon. Entry is free. Bring the whole family down for a great day out – food, wine, ice cold beer, cocktails with the pool and playground to keep the kids entertained for hours. 2pm – 5pm. For more information or to book, visit: [www.heathcoteinn.com.au](http://www.heathcoteinn.com.au) or email: [Bookings@heathcoteinn.com.au](mailto:Bookings@heathcoteinn.com.au) or Phone: 5433 2409. Venue: 9 Hunter Place, Heathcote.



## Redesdale Recreation Reserve Committee Chairman's Report May 2019




Nothing to report this month from the Redesdale Recreation Reserve Committee

But Mike has asked if we could do a rain dance




Mike Abramowski Chair RRRC

Secretary Lindsay Booker 0448021544  
Treasurer. Gary Prendergast 0409705250  
Rod Gibson 0418130206  
Ronn Taylor 0429336763  
Les Pocock. 0427280814  
Wayne Smith. 0418409642  
John Beurle. 0422001924.



# LITTLE FREE LIBRARY



Please **'donate'** by simply adding Books, Magazines and DVD's to the cabinet... *Thank you*

Located behind the  
Community Notice Board  
Inside the Redesdale Recreation Reserve  
**Redesdale Recreation Reserve,**  
2631 Kyneton - Redesdale Road  
Redesdale Vic 3444

## Party Equipment for hire

The following party equipment is available for hire from the Redesdale Recreational Reserve Committee (RRRC)

<b>Commercial sized steel roaster</b>	\$1 per weekend
<b>Large marquee 3m x 6m</b>	\$225 per weekend
<b>Collapsible marquee 3m x 3m</b>	\$80 per weekend
<b>Tables - 1.8m x 1m</b>	\$8 each per weekend
<b>Table cloths, white</b>	\$10 each
<b>Chairs, white plastic</b>	\$2.50 each
<b>Umbrellas, charcoal</b>	\$5 each

A bond will be required on most hires.  
Proceeds to the RRRC

For more information or to make a booking call:

Rod: 0418 130 206  
Les: 0427 280 814  
Gary: 0409 705 250



## Redesdale and District Association 'community check-in':

Diary details:

**Saturday 25 May, 2019**

**11am - 12noon**

**Redesdale & Mia Mia**

**Primary School**



### CHECKPOINT

- What is RadA?
- What does RaDA do?
- Got an IDEA for something that would improve Redesdale?
- We want to hear from YOU!

We think its important to be transparent about what we're doing; but more importantly we want to create an opportunity to hear from you.

**Please join us for a mid-year 'check-in':**

1. Revisit the 12 month activity plan the RaDA Committee set ourselves in September 2018
2. Review the things we have done in the last 6 months
3. Look at the things we intend to do in the next 6 months and discuss:
  - Are these still the right things to be doing?
  - What else does the community want RaDA to be focused on?

For more information please Contact Kym 0422 002 765

"Redesdale residents aim to achieve a town which is safe invitingly landscaped, welcoming to tourists, clean and tidy, and where people of all ages work and socialise well together. They require good, functional facilities for activities and meetings and easy access to necessary services." (Community Plan review 2013).

# Winter Wine & Dine REDESDALE Saturday & Sunday 8th & 9th June 2019

On the long weekend in June, Redesdale is again host to the Winter Wine & Dine - a celebration of winter and the passionate local producers in this part of the state.

"Redesdale, Barfold and surrounding areas, feature some of the best and most awarded olive and grape growing regions in Central Victoria and the World" says Sandra Aitken one of the winemakers participating, "Many of the olive producers nearby have won international awards for their olive oils and the wines do amazingly well in wine shows, especially considering how tiny our businesses are compared to those from other regions and states. We are all punching well above our weight. This part of Central Victoria has some of the finest beef, pork and lamb producers in Australia. It is a pretty convincing story and most people just don't realise what great produce we have close to hand.

The focus of the weekend will be to Show and Tell this story to the visitors and it's not only wines and olive oils, there will be lots of local producers to talk with including walnuts, chocolates, apples, homemade icecream, puddings, preserves and some spectacular cheeses. It sounds like a great place for a meal, doesn't it?

"The Redesdale Hotel will be serving a selection of winter dishes to warm all weekend and we will feature local wines and beers by the open fire" said Beth McIlwain, publican. "Garth (chef & partner) is planning some fabulous things for the weekend, maybe a casserole of roasted, grass fed beef from Barfold or an antipasto featuring some of the many & varied local game, salamis, Castlemaine pork, Redesdale rabbit, cheeses from Goldfields and Sutton Grange, organic

fruit from the Harcourt orchards, salad greens freshly picked from the vegetable plot, freshly baked Artisan breads from local bakers, newly dug potatoes, some of his homemade mayonnaise or sauces featuring the best of the new season olive oils and free range eggs - only those from happy chooks of course" she laughs. Our salad dressing is made with local wine or cider vinegar and award winning extra virgin olive oils, and we love the home prepared olives from the local olive groves. We might even do some chutneys and relishes just to complete the picture. It's going to be a fun weekend and we have planned some great local music too !

Visitors can sample the local wines, ciders and boutique beers and purchase a glass or bottle of something delicious to enjoy with a meal or to take home. There will be live music, lots of food, great coffee, bocce games on the bocce court, a brisk walk round the oval, open fires & lots of other things for young and old to do.

Winter Wine & Dine Redesdale is an event to showcase the specialties in this unique little region of Victoria and all the good things that go with it. It will feature a focus on food and a great country experience. This is the fourth time this event has been held and it promises to be bigger and better than last year.

Entry is free!

For more details please call Beth and Garth at The Redesdale Hotel on **4405 0601** or Sandra on **0412 243 315** or follow us on <https://www.facebook.com/winterwineanddine>

*A celebration of winter featuring regional producers,  
fabulous food, local wines, open fires & live music.*

# Winter

WINE & DINE *Redesdale*



## Tasting & Sales

Saturday 8 and Sunday 9 June 2019  
from 10.30am to 4pm.

**A great opportunity to try local products  
and meet the producers**

- New season extra virgin olive oils
- Local wine tastings
- Cheeses, walnuts, ice cream, chocolate puddings & preserves
- Lunches, cakes and coffee all weekend
- Warming dinners and featured wines
- Live music
- Entertainment for the whole family

**FREE  
ENTRY**

2640 Heathcote-Kyneton Road Redesdale VIC 3444

**At The Redesdale Hall & Hotel**



# Letter to the Editor

## PLEASE NOTE:

*Views expressed in this newsletter are not necessarily the views of the publisher of The Bridge Connection.*

Dear Editor

I would like to thank the Mia Mia Hall Committee ...

During March a team of 13 people attended the Mia Mia Hall to learn the art of supporting Jika Knight with his nutritional needs. Jika is a 22-year-old man from Mia Mia who lives with profound disabilities and requires dedicated attention to meet his daily needs. Jika's nutritional training is held annually, and this year the Mia Mia Hall committee donated use of the hall for this purpose.

'Jika appreciates and is very thankful for this community support.

Jika would like to thank his support team, his educator Lyn as well as the Mia Mia Hall committee for use of the Mia Mia hall free of charge to support Jika' says Jika's father Ross Knight.

Jika is seeking supports from a variety of avenues to increase his independence and continue to be a part of his community. If anyone in the community is interested in supporting Jika in a paid or unpaid role, he would love to hear from you –

email: [aboutjika@gmail.com](mailto:aboutjika@gmail.com)

Ross Knight.



## “Redesdale Community Precinct Update”

As you may be aware there has been ongoing planning and discussion with the City of Greater Bendigo and interested community groups (including the RRRC, Hall Committee and RaDA) regarding the Redesdale Community Precinct Project. As a reminder the 'precinct plan' includes improvements to facilities at the reserve and hall including;

Much needed upgrade to the kitchen and storage facilities

Improved internal toilets

Addition of meeting and 'lettable' rooms and improved entrance to the entrance of the hall and

Addition of 'Travellers Rest' infrastructure at the rear of the reserve.

Concept plans have been displayed for several months around the town and on the [www.redesdale.net](http://www.redesdale.net) web site.

The next stage of this long term project is to convert the concept plans into detailed designs such that a working budget can be created for the project so that the community can decide on the viability, timing and its support for the project. The City of Greater Bendigo has supported the funding of the concept designs and we had hoped that the 2019/2020 Council budget would include funds to get our detailed design work completed. Unfortunately it appears this funding is not included in the 'draft budget' released on 18 April which is disappointing.

It has been agreed between the RRRC, Hall and RaDA committees that we collectively make a formal request to council for additional funding be included in the budget to further the project. This work has commenced and due for submission by the 17th May. If you would like to support this process you can send letters of support to John at [john.beurle@gmail.com](mailto:john.beurle@gmail.com) or via mail C/- PO Box 7 Redesdale VC 3444. We look forward to working with the community and our council on this exciting development for our community.

Regards from members of the Hall, RRRC and RaDA committees.

Regards,

John Beurle

[john.beurle@gmail.com](mailto:john.beurle@gmail.com)

A RECENT STUDY HAS FOUND

that women who  
carry a little extra weight  
live longer than  
the men who mention it.



## Redesdale Ramblings:

### Is it really autumn?

One of the attractions of this property when we bought it was a working bore which seemed to be an endless supply of water for the garden. Then we went through the longest drought and the water table dropped so low that the bore went dry and the pump burned out!

We eventually got another bore drilled and we took the advice of Tolley's Pumps to use a smaller in-ground pump to fill the large tank and then use another pump to water the garden. Because the tank is at the highest point of our garden we actually could use gravity to water most of the plants.

This year has been so dry that we have been watering continually which is to be expected for things like vegies and fruit trees. But we've had to start watering areas devoted to bulbs! This seems to have helped getting the autumn bulbs to flower better and it should be helping the spring bulbs to start developing their root systems in preparation for flowering after the winter.

I certainly hope that this season is just an aberration and that we return to a more "normal" weather pattern with rain coming through the autumn and into the winter. However we are remodelling parts of the garden to make them more sustainable. We're nowadays advised to group plants of similar water needs together so that we don't waste water on plants that don't need it and can satisfy the needs of more thirsty plants without drowning their

neighbours. So we've concentrated perennials that need summer watering in certain areas and planting a lot of bulbs around deciduous trees which shouldn't need much water once they are established.

Our climate not only suits most Mediterranean bulbs but also ones from similar regions such as the western Cape of South Africa or California and parts of Argentina. So to the daffodils, tulips, irises, anemones and grape hyacinths we can add gladiolus, freesia, sparaxis, albuca, hesperantha, calochortus, brodiaea, dichelostemma and triteleia.

Usually I'd recommend planting these in March or April but with the dry conditions continuing for so long unless you are prepared to water it's probably safe to keep planting as late as May in the hope that the rain will eventuate!

So you might still be able to buy dry bulbs but check them to be sure that they are still firm and haven't developed any soft or rotten areas. It may be too late to get any from the mail order companies but check out the local nurseries such as The Garden Tap in Kyneton or Collectaflora in Woodend. Specialist bulb sellers will have some of the more unusual bulbs and it's worth searching for them at events like the Plantlovers Fair held at Bolobek in Macedon in spring or in the classified section of gardening magazines (at least that's where I used to find them). Just be wary of eBay though because a lot of the sellers are overseas and won't be able to send live bulbs here without going through Quarantine which can be extremely costly!

*Fermi*

*The Redesdale Rock Gardener.*







Hello dear readers'

Lady Bombay with this month's latest. The sunburnt landscape of Mia Mia Manor is starting to become a feeling of disagree with all the deciduous trees hanging on to dear life, before their dormancy without their nitrogen dietary requirements. Country Life magazines are our sanctuary of green times past, particularly our lawns. Hence our

Husqvarna ride on mower tans have truly diminished. Areas of lawn that have not produced so much as a blade have been covered by granitic sand, particularly under our claret ash trees. Lord B is muttering his displeasure the gardens starting to look like a disused quarry. "Less to mow old boy". Or at least for Thorn, the gardener. I pity the poor farmers with their water storage issues and Autumn crops.

The Easter rabbits are multiplying and are currently under pruning most of our shrubberies. The other issue is the Skippy variety whom are trying to source water, particularly from the ponds, birdbath's, not to mention Randy, the black Labradors swimming pool. As the inner surrounds of the manor are fenced, all gates are closed at twilight to those unrequested visitors. Call it curfew Bombay style.

With the extreme dry season, certain things tend to crumble. I refer to old problem. Eucalyptus globulus (the friend or foe gum tree) We left many in the garden when we first arrived at Mia Mia manor, in fact too many. One perfect weather day of which I can't remember which one as they all seem to be so frequent lately. I was sitting in our amphitheatre partaking in my after four or five, I can't remember which and noticed one of our rather majestic and handsome gums had a huge split between the two main trunks. One of which was over hanging the rather large central pergola and the other over hanging Thorn, the gardeners, shed or as he calls it the cottage. Lord B said let it fall of its own account and hope for the best. Wrong old boy time for the cheque book to come out of the moth balls. Tree man arrived this week and to save a little money

Thorn the gardener and labourer. Picture it Tree man on the cherry picker with his chain saw in hand, and we are all awaiting Thorn, the gardener. Ten minutes later a vision of someone wearing a panama hat, with veil, pink neckerchief, blue and gold check shirt, white jeans and blundstones, whistling the Lumberjack song. I didn't realise there was a dress code for such an event. Felling this tree is to be a rather precarious exercise and not for the faint hearted, particularly for the structures under threat. Down came one part only avoiding the pergola by a metre. Thorn, the gardener, picking up the debris like it was strawberry season. Honestly, I have seen molasses pour faster. Now it was time for the final trunk to be felled. The options, as the access for the cherry picker was virtually impossible, the privet hedge or try to fell just past the garden cottage. We decided on the latter. In order to distract Thorn, the gardener, he was asked to drive the truck on command with pulley rope and drive forward in order to avoid both erections under threat. The command forward and a big crash on the cottage. What happened? Thorn, the gardener put the truck in reverse. Several days have passed since the event and we are all waiting for Thorn, the gardener, to put a sentence together. I think it maybe the fact that there is nowhere for him to hide whilst he is supposed to be looking for gardening tools or sprinkler fittings. Someone has been looking at new shed on eBay. Guess who?

Off to church tomorrow to pray for rain. I have advised the minister to read from the great flood. Forty days and forty nights. Even forty minutes would help.

Time for Mothers ruin,

**Lady Sapphire Bombay**



## Weeds Night at Redesdale

On Saturday evening 13th April, about 20 locals gathered in the Redesdale Hall to hear a discussion on weeds around the Redesdale-Mia Mia district. This was a joint project of the Redesdale & District Association (RADA) and the local Campaspe Valley Landcare group, arranged by Sarah Trezise of RADA. We heard presentations on what is a weed, how to prioritize our battle against the local weeds and the efforts of the local Landcare Group against our most worrisome weeds. There was also a presentation from Ben Perry from Agriculture Victoria about priorities of the government agencies for weed control, handling and storage of chemicals and other safety issues and legislated responsibilities.

It was a successful evening, crowned with a very pleasant supper of freshly made goodies. All left with extra information in their armoury and an increased commitment to get on top of the region's weed problems. There's more than Gorse out there.



## FIREFIGHTERS HONORED.

Recently two new names have been added to the Redesdale CFA honor board. Lindsay Booker as a brigade life member and Len McGrath as a life member of the CFA.

Lindsay is not only well known to most of us but if you are a firefighter then you were probably trained by him. Currently 1st Lieutenant but Lindsay has been Redesdale training officer and Eppalock Group of brigades training officer for a number of years. He also serves as a deputy group officer and works at the Huntly training ground.

The role of the volunteer firefighter is becoming more demanding with rules and regulations that need to be met. While we head home after a fire, Lindsay is usually the one that stays behind doing the required paperwork, putting fire reports in and generally cleaning up and preparing for the next call out.

Thank you for all the work that you do, Lindsay and congratulations on the life membership.

Lenny signed up to the brigade in 1972 and over that long period of time has had many roles. He is best known though for the way he maintains the Fire Station and appliances. Over the years, attending any function held in Redesdale, you would be greeted by a gleaming Tanker 1, parked there by Lenny who would look immaculate in a spotless uniform and shining boots. An ornament to the Brigade!

After returning from a fire and putting the truck away, you can count on it being washed and in a ready to go condition thanks to Len.

From the whole brigade and the wider community, well done and congratulations on your CFA Life Membership.

Andrew Campbell  
Fire Prevention officer.



**Lindsay Booker & Len McGrath**

## Farmers morning success.

The Heathcote and district community bank recently held its third annual Farmers Morning at the Barrack Reserve Function Center.

The morning started with guest speaker Heather Ewart. Well known for her television show, the ABC's Backroads, Heather captivated the audience with stories of filming in remote locations and the different characters she has come across.

The main message from her presentation was the strength of small communities and what they can achieve when they work together as one.

It was amazing to hear how Heather came up with the idea for a show, put it to the ABC and was given the go ahead. With a small crew she set off into the countryside and started filming stories about everyday people doing great things.

The audience had plenty of questions afterwards and also a few ideas about where the next filming should be done.

The next speaker was a local success story. Toni Barton purchased a small farm outside of Heathcote and started selling lamb to friends. Demand grew and Toni started to look at ways to add value and reduce wastage. She experimented with curing and smoking lamb, in particular the lower value parts that would be traditionally fed to the dogs. So came the invention of Lamb Bacon.

Initially supplying local restaurants and selling at Farmers markets, Lamb Bacon is now exported to countries like Qatar and Dubai.

Everyone there was entertained and "totally blown away" by Toni's story.

The final speaker was Ben Rose who specializes in valuing rural properties, in particular vineyards. He gave valuable advice about selling and succession planning. I did notice a few people jotting down notes around the room.

Another important part of the morning was the presentation of a cheque for the first ever Rural Scholarship. Tom Dando of Heathcote was the recipient of \$3000 to go towards tuition fees for an agricultural course that he has enrolled in. Congratulations Tom.

The Rural Scholarship is a new initiative put in place by the community bank, giving up to \$3000 to any person looking to improve their skills and knowledge within any of the rural industries. Keep an eye out for the next round.

A great day was had by all with everyone moving on to the oval and enjoying the trade fair plus the hospitality of the local beer and wine providers. Lunch was supplied by the Lions club.

Thanks to those who helped out and looking forward to seeing everyone next year.

**Tahlia Campbell.**



**Photos taken by  
C. Knight**



## RECIPE OF THE MONTH

41

### Eggplant Polpette



**Eggplant 1kg**  
**Breadcrumbs 150g**  
**Parmigiano cheese grated 120g**  
**Eggs 2**  
**Garlic 1 clove chopped**  
**Salt, pepper**  
**Parsley chopped ½ cup**  
**Grated zest of 1 lemon**  
**Vegetable Oil for frying**

#### Makes 30

(I use olive oil but any vegetable oil is fine)

For coating

2 eggs beaten, plain flour and breadcrumbs

Method

\*Wash and dry eggplants, cut them in half and place them on a tray lined with baking paper

\*Cook eggplants at 200 C for 50-100 minutes depending on the size

\*Once cooked and cooled remove the skin and place the fleshy centre into a colander to drain excess water (ideally overnight)

\*Add the breadcrumbs, cheese and lemon zest season to taste and add the parsley

\*Mix well if the mix is too soggy add more breadcrumbs

\*Using damp hands roll the mixture into even sized balls

\*prepare 3 bowls, one with flour, one with beaten eggs and the other with the breadcrumbs. Roll the Polpette in that order

\*Fry for 2 to 3 minutes till golden and serve

The Polpette can be baked but they will tend to lose their shape.

Delicious served with tomato relish.

**Marisa Leahy**

Come and try our  
 coffee at the licensed, air-conditioned

## RURAL CAFÉ

We offer homestyle  
 cooking and a large array  
 of cakes and local produce.  
 (GF available)

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**8AM TO 4PM**  
**CLOSED MONDAYS**

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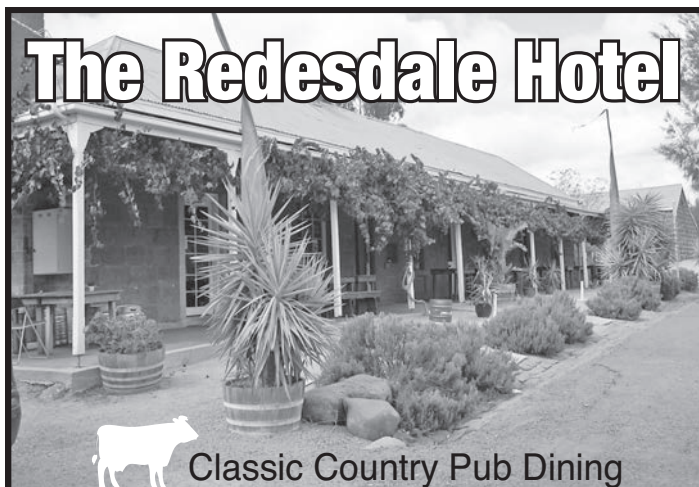
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## Your Health! with Dr Tim

### Let the sun shine ...

Around about this time of year I think we all become aware that the number of hours of daylight in the day seem to suddenly decrease, particularly as daylight saving ends, the weather starts to cool down and we naturally spend more time indoors. Obviously this is more of a phenomenon in our southern states than in banana-bending climates. And if you're of that demographic that is lucky enough to be able to relocate regularly to sunnier parts of the country in winter then you can stop reading now. I think the nomadic lifestyle is very befitting of our biology.

For the rest of us, juggling domestic duties and work commitments interjected by long hours of darkness, the change of seasons has material effects on our bodies in subtle ways and one of these effects concerns vitamin D.

Vitamin D is actually a hormone. It is not quite like other vitamins which assist with metabolic processes. It is produced in precursor form through the action of sunlight on the skin. This precursor is modified in the kidneys into the active form of vitamin d, which then is circulated around the body to perform its various biological functions.

Its most well known role is in maintaining good bone health. It assists in the absorption of calcium from the bowel and with depositing calcium into bone. In this way it promotes bone strength and density.

Doctors working amongst northern european populations have always been aware of the risks of low vitamin d to bone development. It causes a condition called Rickets in children which is typified by "bandy" legs - softened bones causes bowing of the long bones. The remedy in years gone by was a regular dose of cod liver oil - being relatively high naturally in vitamin d. Rickets still occurs - rarely - in northern europeans though public health measures have significantly decreased its prevalence.

Vitamin D has other functions which are less well understood, but of equal importance. It certainly appears to have a significant effect on immune function. There are many observational studies which show a correlation between low vitamin d levels and increased infections, colds and flus. There is some evidence to suggest also that supplementation of vitamin d can reduce infections in susceptible people such as those with chronic lung

conditions.

Another interesting area of further investigation concerns vitamin d and nerve function and mood. Depression is a common condition, and has multiple contributing causes. One of the contributors to depression may be low vitamin d. Indeed it is postulated that low vitamin d also contributes to seasonal affective disorder, though I think that cold and grey weather often equates to feeling "low" in any case! Nevertheless, controlled trials in some instances indicate that vitamin d supplementation improves mood and helps control depression.

There is also evidence linking bone pain, back pain and muscle pain with low vitamin d. We know that vitamin d deficiency is more common in elderly people and that the elderly are more prone to falls, muscle weakness or fatigue and chronic pain. It is still uncertain exactly how vitamin d might improve muscular strength and movement, but again there is good evidence that treating vitamin d deficiency can improve muscular function.

Can you have too much vitamin d ? Of course - but I have never seen it - even in people taking a regular supplement. It is important to know that increasing your exposure to the sun does not increase your natural vitamin d levels in a linear way - there is a sunlight dose beyond which your skin does not make more vitamin d and which only increases your risk of skin cancers. Taking a supplement particularly in winter can be an effective way of normalising vitamin d levels in the body.

So as we progress into the darker side of the year, have a thought about vitamin d - it is the sunshine hormone we all need.

Regards

Tim

*Dr Tim Stobie 5422 1397*



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# Mia Mia Local Identity Celebrates Her 95th Birthday



**L to R Mary Bennett, Shirley Barker, Joan Hindle, Anne Barker, Ian Barker**

Joan Hindle, a Mia Mia local farmer for many years, celebrated her 95th birthday On Saturday 30th March 2019

A birthday gathering was celebrated at RM Begg Kyneton Aged Care

Joan, born in Heathcote, lived most of her life in Spring Plains/ Mia Mia. With no school close to their farm, Joan's mother taught her using correspondence lessons until she was nine years old. Joan then rode her grey pony Dolly to the Mia Mia School, about 5 miles away, for about twelve months. When the local parents of school children in Spring Plains decided to apply for a school closer to their farms, the Education Department told them that if the locals organised a building and at least 12 children, then they would supply a teacher. A local farmer offered a building for the school to use, but getting 12 children was not so easy, so they had to 'borrow' some children to make up the numbers. With only ten local children they "borrowed" two from Melbourne. Joan's family boarded a young cousin until the local student numbers reached the required twelve.

From when she was 14 Joan's father was not well. She left school to assist him on the farm. They had sheep with a few milking cows from which they made cream. Joan would rise early to milk the cows. When World War II started she was an unofficial Land Army girl, the name given to those girls who worked on farms so that young men could enlist. Her family transport was horse and gig until they got their first motor car, a Chev ute. Its use was limited as there was petrol rationing throughout the war.

Joan spent all her working life on the Mia Mia farm but still managed to see many parts of the world. After the war she and a Mia Mia friend, Phyllis Marshall, set off to explore countries such as England where they saw the coronation of Queen Elizabeth. In Egypt they had an armed guard escort during a tour of the Suez canal, in Malta she marvelled at the magnificence and opulence of the Churches. She also

travelled to New Zealand, Canada and Israel. When her father died in 1959 she continued to run the family farm. In 1962, she married John Hindle from Strathbogie, but only had seven years with him before his death.

She continued to run the farm until well into her 90's. She was active in several community organisations and was an active member of the Mia Mia Church, the Mia Mia Country Women's Association which she served as Secretary, President and Group Secretary. She excelled at several crafts including leather work, knitting, crochet and china painting. Two of her crocheted rugs won the regional competition of the Royal Melbourne Show. She won awards for her sheep and for their wool. She was an enthusiastic assistant at the Mia Mia kite flying days, a major contributor to renovations at the Mia Mia Hall, and a regular exhibitor at the Mia Mia Flower Show as well as judge in some categories.

The block from the Spring Plains station that Joan's father was allocated sits below the original Spring Plains homestead, separated from it by Pohlman's Creek. When the Duigan brothers were testing their plane, they took the plane to the flatter land below the homestead. When the Duigan land was split into soldier settler allotments the Pigdon family was allocated the land on which the plane was tested.

**Kate Hicks**



Acting Principal: Aaron Taylor

## Redesdale Mia Mia PS

Phone: 5425 3155

EMAIL: [redesdale.mia.mia.ps.ps@edumail.vic.gov.au](mailto:redesdale.mia.mia.ps.ps@edumail.vic.gov.au)

### Vision:

The community of Redesdale-Mia Mia Primary School considers itself a family that fosters well-being and embraces diversity. We strive to develop independent leaders who are globally capable.



## School News

After a well earned Break, we welcomed back all of our students on Tuesday 23rd of April.

We again have a 10 week term in front of us which is filling up incredibly quickly.

We are excited to welcome Michael Cullin to our teaching staff this Term. Pak Mick (as he likes to be called) will be teaching our students an Indonesian program infused with music and dance. Pak Mick will be visiting our school each Friday beginning on the 26th of April.

### Election Day

Our school will once again be utilised as a voting venue for the upcoming federal election on Saturday May 18th. Be sure to cast your eyes around our foyer at some of the fabulous artwork our students have created.

### Dates to Remember – 2019

#### Term 2

#### April

Wed 24	10.30am	ANZAC ceremony at RMMPS
Thurs 25	All day	Public Holiday
Fri 26	12pm	Music Program begins

#### May

Thurs 9	All Day	SAFE program @ Harcourt
13 – 17		NAPLAN
Sat 18	All Day	Election Voting
20 - 24	All Week	<b>Education Week</b>

#### June

10	All Day	Queen's Birthday
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### Heathcote Community Games

Last month the school attended the Heathcote Community Games. The students enjoyed the activities which included sessions run by AFL Victoria, and Netball Victoria before finishing with a play at the local park.

A highlight was the presentation by a local Taungurung Elder, Shane. He detailed a lot of the history of the area and the origins of many of the tools used by the indigenous people. Many thanks to the organisers of the event for again providing a fun and educational day for our students.





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deserves the  
best farewell



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