



ISSUE NO. 109 October 2019

FREE

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BRIDGE CONNECTION COMMUNITY NEWSPAPER



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Rural Café at Redesdale Celebrating their **5th** Anniversary



Continued on page 4.

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Editorial

Hello Dear Readers,

The Bridge Committee would like to Congratulate Lizz and Shane from the Rural Cafe for 5 years of service to our community.

On Tuesday October 29th in partnership with RaDA, RMMPS will be hosting members of the Royal Flying Doctor Service. more info on page 7.

Daylight saving time 2019 in Victoria will begin at 2:00 am on

Sunday, 6 October

Don't forget that we only have 2 editions left for 2019. So get your submissions ready early for January and February

Till next time



Regina Bennett

Regina Bennett

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BRIDGE CONNECTION COMMUNITY NEWSPAPER

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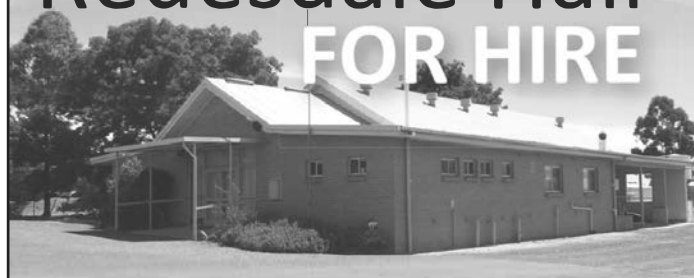
BRIDGE CONNECTION MISSION STATEMENT

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 and via facebook on facebook.com/RedesdaleMiaMia

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- 2nd Tuesday monthly, 1pm - Hall Comm. Meetings.
- 2nd Tuesday monthly, 7 pm - Rec. Reserve Meetings.

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Rural Café at Redesdale

Celebrating their 5th Anniversary

I've always had dream of owning and running my very own café and it seemed to be just that, a dream.

Five years later, we are celebrating the fifth year anniversary of our very own Rural Café, in our dear home town of Redesdale!

Owning a business is not easy-work however, looking back over these past five years brings us so much joy, even the memories of our most challenging times.

We have watched our café slowly grow from a little coffee drop-in spot for travellers to, overtime, becoming more

of a local hub for the community that we love and live amongst. We have worked hard to create a welcoming environment for all customers and are proud to have had opportunities to host a live concert, hold weekly dinner nights and expand our menu to include take-away options for the locals.

Whilst we are proud of our hard-work and dedication, we would not be where we are today without the unwavering support from our community. Thank you to everyone that has shared a part of our journey.

Happy 5 years Rural Café!

NEW TO THE RURAL CAFE LIZZIES MINI MART

Offering local produce & supermarket items





Redesdale Recreation Reserve Committee Chairman's Report

Hello to all,
We are on the go again, with the banking of the two grants we've been able to purchase the insulation and internal lining for the pavilion which included the zinc sheeting for the rear walls and ceiling and the timber for around the windows.

With two working bees during September we are a long way into completing the internal lining and should have the job completed by early October.

The whole committee have been involved in these working bees as well as Craig Newton and Darren Lacey who, although are not Committee members, have provided their time and expertise to the project which has been greatly appreciated.

I would like to welcome David Page to the committee, a young local lad who will bring a younger outlook and ideas to the committee as has been seen by his attendance at both working bees. He certainly lowers the average age of the committee considerably.

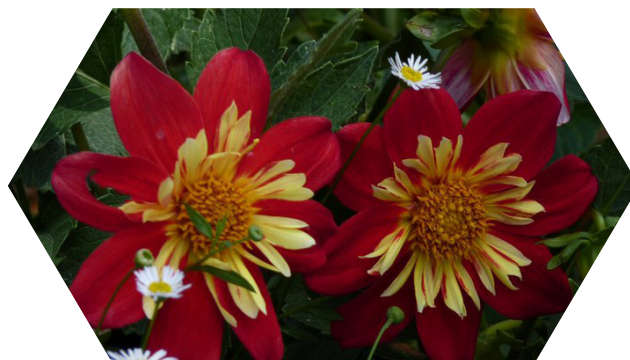
Happy days,
Mike Abramowski 0418319131
Chairman Redesdale Recreation Reserve Committee

Secretary Lindsay Booker 0448021544
Treasurer Gary Prendergast 0409705250
Rod Gibson. 0418130206
Ronn Taylor. 0429336763
Wayne Smith 0418409642
John Beurle 0422001924
David Page 0423242774

Redesdale Community Hub Project Update

No major news this month as final funding agreement and documentation work continues. Hopefully we will have some project work under way soon.

John Beurle
john.beurle@gmail.com



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Landcare Activity News from Campaspe Valley Landcare

Your local Landcare group has had a very active planting season. Our activities have stretched from the Mia Mia side of the bridge over the Campaspe to plantings near the Langley School. You can easily see our footprint (the tree guards, if not yet the enclosed trees) in a number of local sites –

- Mia Mia side of the bridge – Many shrubs and small trees (the latter higher on the road cutting) planted in an otherwise bare roadside patch, after spraying for Gorse & other weeds
- Kyneton-Redesdale Rd, near the quarry turnoff About 50 Silver Banksia, a locally rare large shrub to small tree
- Watchbox Rd. – A mixture of local species on an otherwise bare roadside
- DELWP block, School Rd. – Local shrubs in the old water reserve, taking care to plant shrubs appropriate to the site (eg. tea-trees near the drainage line, Ploughshare Wattles & Hardenbergias near the top of the slope)
- Private plantings – A number of private land reforestation sites, either broad scale or as windbreaks

We also had a recent successful September monthly meeting when members of the Bendigo Field Nats spoke to us about mammals of our district, including a bundle of skins of native mammals for all to touch, feel & become familiar. The Tuans in particular received a lot of attention and that dovetailed neatly with our current project of constructing nest boxes for these charming small predators.

Our meetings are held on the first Saturday of each month, at 4 pm in Barfold Hall.



Kyneton Badminton Association

The summer season of the Kyneton Badminton Association will begin on

7th October

@

7:30pm

Games are played on Monday nights at the Kyneton Toyota Sports and Aquatic Centre.

New players of all ages and abilities are always welcome.

For more information contact

Kevin Roberts, 5422 3057

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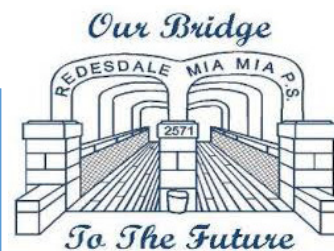
119 Darlington Road Baynton VIC 3444

Acting Principal: Aaron Taylor

Phone: 5425 3155

Email: redesdale.mia.mia.ps.ps@edumail.vic.gov.au

Redesdale Mia Mia PS



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

As Term 3 draws to close we can reflect upon the many extra curricular activities we enjoyed this term. These learning opportunities have included whole school participation in a STEM Incursion, Book Week dress up day, a Literacy Fun Night, National Tree Planting Day, Year 3/4 camp to Swan Hill and a Life Education Van visit. We have also recently reinvigorated our outdoor area with students involved in building new garden beds which they planted out with seasonal vegies.

Our growing parent group have also assisted in running a pie drive through Strathfieldsaye Bakery, an evening raffle at the Redesdale Hotel and a weekend BBQ at Woodend all to raise funds to inject into our Literacy program. Thank you to those parents that assisted as well as the Redesdale Hotel and Hardwicks, Kyneton for supporting these crucial fundraisers.

Over the next 12 months the school will receive over \$160,000 in additional government funding to complete critical maintenance projects on our buildings and grounds. This will help to ensure our school continues to grow and remains a vibrant and welcoming place to learn.

Kid's Corner

Riddle: *The more you take away, the more I become. What am I?*

Word Search by Mikayla

a	g	a	i	n	w	t	m	m
e	l	e	f	t	a	h	n	o
v	r	t	n	k	l	e	h	t
i	e	a	a	i	k	s	s	h
g	o	h	m	n	t	e	i	e
n	s	o	t	d	h	o	w	r
i	o	s	t	o	p	w	o	o
r	e	a	s	k	r	n	t	z
b	y	y	z	f	i	n	d	z

Best	room	say
How	again	find
Own	these	stop
Kind	give	left
Bring	man	mother
wish	too	walk

A: A hole

Royal Flying Doctor Service Coming to Redesdale

On Tuesday October 29th, in partnership with RaDA, RMMPS will be hosting members of the Royal Flying Doctor Service. They will be conducting two separate educational sessions, one for our students during the school day and one for all Redesdale and surrounding community members. The community event will run from 6pm. As well as having their simulator on site for community members to tour, the RFDS members will extensively cover the services that the RFDS offers all Victorians in a one hour presentation that begins at 6.30pm. There is no charge for this event. We will also be holding a sausage sizzle on the night to raise funds for this not-for-profit organisation. Please bring the whole family along for a fun and educational evening.



Royal Flying Doctor Service

What:	Community Information Session
Where:	Redesdale Mia Mia PS
When:	Tuesday October 29 th , from 6pm
Cost:	Free, donations welcomed

A sausage sizzle will be available on the night to raise funds for the RFDS.

What Are The Chances?

I thought it might be interesting for readers to hear a recent story of our "Bridge Connection" experience. In May this year my husband Steve and I went on a holiday to Canada and the US. To start our holiday off we flew to Vancouver for several days before boarding a cruise ship for a 7 day return Alaskan cruise to Glacier Bay. We had never been on a cruise ship holiday before so after settling into our cabin we eagerly ventured out to the front deck of the ship to watch it sail out of Vancouver Harbour. It was a lovely sunny afternoon and there was only us and one other group out on the deck to watch the departure. From the accents spoken we could guess straight away the other group sounded like Aussies. I asked them if they wanted a group photo of themselves.

The conversation quickly turned to "... you sound Australian, from where?" "Mia Mia". "NO! We're from Redesdale" Imagine our delight when we discovered that Dave and Kevin have a similar lifestyle property as ours at Mia Mia. They were cruising with a friend, Ann, also from Melbourne. So, the first people we meet on our first cruise on the other side of the world, and whose cabin was also on our deck just down the corridor, live only a few kms away from us over the bridge at Mia Mia. It was their first cruise also. What are the chances?!

Despite living in the same community, we had not met each before so needless to say we had a lovely cruise and often caught up with Dave, Kev and Ann for afternoon drinks as the cruise went by. But the story goes further as our itineraries saw us bumping into each other several more times after the cruise was over.

One encounter was when we were driving the Canadian Icefields Parkway highway from Banff to Jasper several days

later. We pulled over on the highway behind some other vehicles where people had stopped to view a black bear which was feeding by the side of the road. Sure enough the car that had pulled over in front of us was Dave, Kev and Ann again. Then when we arrived in Jasper we again caught up over an evening meal (which is the picture below). The final shock was approximately a week later when Steve and I were looking around in LAX (Los Angeles International airport) to wait for our departure flight back to Australia. We bumped into each other again inside the terminal. Co-incidentally they were booked to return to Australia on the same day as we had booked our return flight even though we were returning on different carriers.

As co-incidences go this one would be hard for us to top in our lifetime.

Debbie Graetz

210 North Redesdale Road



Redesdale CFA update

It's that time of the year again, with longer days and warmer weather, when we start spending our evenings outdoors. By now we probably have fired up the bbq to watch a strong and bold team win the AFL grand final. It's not too late though, we are being advised by the CFA to do our soapy water leak test on gas bottle fittings. This also includes patio heaters, gas powered pizza ovens, cookers etc.

I recently experienced my 9 kg bottle putting more gas into the atmosphere than the bbq. The problem was a perished rubber o ring. This was easily fixed, a couple of dollars buys a packet of 5 which was enough to replace the seals on all of my outdoor appliances. Not a bad idea to do this regularly.

While on the subject of gas bottles. Your household supply comes with a number of regulations regarding positioning. The bottle is designed to vent when heated up and even if this gas was to ignite, it would burn harmlessly away from the home and eventually burn itself out. Outdoor bbq's don't have the same restrictions. Many smaller bottles are often tucked away in a timber cabinet or sitting on a wooden deck possibly with the vent pointing towards the house.

As part of your fire plan I would like to ask that you consider bbq and gas bottle locations. On a bad day, or if you choose to leave, you could relocate gas bottles to a cleared area away from buildings.

This would help us immensely.

Don't forget to nominate for the best prepared property award and have the chance of winning a \$100 Bunnings voucher.

Good luck.

Andrew Campbell
Fire Prevention Officer.

Rural Communities Committee (RCC)

As advised last month I have been appointed as one of 7 members to the RCC. Our first task was to make a formal submission to council for the 'Greater Bendigo – Where People Thrive' strategy which was completed late in August. We await the next stage of this exciting work as it unfolds.

If you wish to review the strategy and our submission please connect via the link below where you will find the councils documents and the RCC's submission.

<https://www.redesdale.net/community/rural-communities-committee-rcc/>

Confirming the primary focus of the RCC will be on the following critical community requirements:

1. NBN network coverage
2. Mobile phone network coverage
3. Public transport options and use
4. Aboriginal cultural heritage and agriculture
5. Investing in people and social capital

Any feedback or queries regarding these and any other matters of interest, please feel free to contact me.

PS if you would like hardcopy of either paper please let me know as I have colour printed copies from council of their strategy document and I can print our submission if you don't have email.

Regards,

John Beurle

john.beurle@gmail.com



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LIBERALS MUST COMMIT TO PRESCHOOL FUNDING

Federal Member for Bendigo, Lisa Chesters is shining the spotlight on the importance and value of early education, this Early Learning Matters Week.

"Early education is vital because of the proven positive impact it has on the development of children," Chesters said.

"We know that quality learning experiences in the first five years of a child's life play an integral role in their development.

"I'd also like to acknowledge the valuable care and support our early educators provide to families across Central Victoria, including those that are vulnerable and at risk.

Access to affordable preschool and kinder programs should be a priority for any Government. It is fundamental that early education is accessible, affordable and high quality.

Unfortunately, the Liberal Government's attitude to early learning is the complete opposite.

The Liberals refuse to provide long-term funding certainty for four year old preschool and extend the program to three year olds.

"The cost of preschool is already high and the current lack of funding could see centres forced to increase fees or cut hours," Chesters said.

"The uncertainty will also put centres and jobs in the sector at risk.

"The lack of support for preschools by the Liberal Government means families and staff across Bendigo can't plan for the future."

Early Learning Matters Week is a chance for the Liberal Government to make a long term commitment to universal access to preschool.

Families and educators deserve a government that values early education and understands that early learning matters.

Part-time squad not enough to tackle rural crime

Victorian farmers have long called for a dedicated rural crime squad, but today's announcement doesn't deliver what farmers requested.

Changing job titles is not the same as adding new frontline officers and it won't help tackle worsening rural crime rates.

The Andrews Labor Government is trying to dress today's announcement up as 70 new positions, but in reality there won't be any more boots on the ground in frontline roles to protect our farmers and their properties.

Without a commitment from the Government for new frontline roles and a dedicated, specialist rural crime unit, this is just Labor shuffling the deck chairs.

Victoria's existing Agricultural Liaison Officers (AGLOs) do the best they can to tackle rural crime but they need more support.

Just 12 months ago Labor was rubbishing the idea of a dedicated rural crime squad and it's clear they still aren't listening.

The devil's always in the detail with Daniel Andrews and once you look closely at this announcement it falls well short of what our farmers have been calling for

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Rogue animal activists to cop new sanctions

Animal activists invading people's properties can expect to face tough new sanctions after new farm trespass laws passed the Federal Parliament last Friday.

The news comes as a Victorian Parliamentary committee investigating the issue prepares to hold a hearing in Wangaratta next month.

Member for Euroa and Deputy Leader of The Nationals Steph Ryan said the Federal Nationals had driven the changes to Commonwealth law, which will introduce new offences for incitement of trespass, property damage and theft on agricultural land.

"This legislation is a huge win for farmers, their families and regional communities not only in Victoria, but Australia-wide," Ms Ryan said.

"It sends a clear message to animal activists that violating the personal information of farmers, including the publication of their addresses to incite trespass, will not be tolerated.

"Activists will now risk imprisonment of up to five years if they are found to have breached the privacy of farmers and their families.

"If you trespass and steal livestock from farming families and their businesses, you are not an activist, you're a criminal and you deserve to be punished for your actions."

Ms Ryan said The Nationals had also been working in the Victorian Parliament to bring about changes to protect farming families from rogue animal activists.

The Victorian Parliament is holding public hearings to gather evidence from farmers on how the actions of animal activists are impacting their businesses and their livelihoods.

Ms Ryan is encouraging anyone affected by rogue animal activists to consider giving evidence to the committee.

"The committee has so far received almost 500 submissions to the inquiry.

"I am pleased that the committee has scheduled a public hearing to be held Wangaratta next month.

"I strongly encourage anyone in our region who has been impacted by animal activists to consider giving evidence at the hearing.

"It is critically important that the committee receives the evidence it needs to make strong recommendations for greater legal protection."

To read the evidence given to the committee so far, visit <https://www.parliament.vic.gov.au/965-eic-lc/inquiry-into-the-impact-of-animal-rights-activism-on-victorian-agriculture>

Media contact: Felicity Hartridge – 5762 1600 or felicity.hartridge@parliament.vic.gov.au

Steph Ryan MP

Member for Euroa

WWWstephryan.com.au

Funded through Parliament's Electorate Office and Communications budget



Labor flags desal plan expansion

Water Minister Lisa Neville has announced plans to make Melbourne's expensive desalination plant even bigger today, while doubling down on Labor's no dams policy.

Minister Neville's comments again prove how short-sighted the Andrews Labor Government is when it comes to planning for Victoria's future water needs.

Comment attributable to Shadow Minister for Water Steph Ryan

The desal plant is lazy, expensive infrastructure and making it bigger and even more expensive is a lazy approach. It will drive up water bills again when we know families are already really hurting with cost of living pressures.

The Andrews Government is failing to look at better options, like stormwater and rainwater harvest systems and recycled water projects.

These projects are smart infrastructure because they are generally localised, less expensive and less energy-intensive and they produce high quality water for things like watering parks and gardens and flushing toilets, while taking pressure off drinking water supplies.

The last resort should be panic-ordering another desal unit when there are better, smarter options out there.

Labor's anti-dams stance is also so short-sighted.

Climate change is driving more extreme storm events and longer dry periods which increases the importance of investing in water capture and storage like dams to ensure reliable water supply.

Labor is so city-centric they think an extra desal unit for Melbourne is somehow going to help farmers and communities in other parts of the state where new dams should definitely be investigated.



District Association Report

You would be very welcome.

I realise that you will have read this in the School report but I would like to reinforce it with you, I am sure that it will be both very interesting and informative.

On Tuesday October 29th in partnership with RaDA, RMMPS will be hosting members of the Royal Flying Doctor Service. They will be conducting two separate educational sessions, one for our students during the school day and one for all Redesdale and surrounding community members. The community event will run from 6.30pm. As well as having their simulator on site for community members to tour, the RFDS members will extensively cover the services that the RFDS offers all Victorians. There is no charge for this event. However, as a not-for-profit organisation they will welcome any donations on the night.

The School and RaDA are joining forces to run a sausage sizzle to raise money for the RFDS.

Regards

Gloria Pocock

gapocock@bigpond.com

Hi All,

Redesdale and District Association's 7th AGM will be held on Saturday October 5th 10am at the RMMPS.

This year's AGM will be different; we have as guest speaker Steph Ryan, our local State MP who will talk about government and community partnerships.

To follow on from Steph's talk we have asked representatives from our community to talk about Redesdale and share

their hopes for the future with us. We are delighted that this request has been met with a resounding "absolutely" - and so in addition to Steph, we have put aside 30 minutes to hear from our "local" guest speakers from RRRC, Hall Committee, CFA, RCC, Landcare, school, Bridge Connection, local business people and community members!

We are, as usual, providing morning tea to follow the meeting. We invite everyone to join us and perhaps add some interesting conversation over a cup of tea and something to nibble on.

If any RaDA member feels that they could add to our vibrant and active group please contact Gloria Pocock

gapocock@bigpond.com for a nomination form.

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Redesdale and District Association

Annual General Meeting

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October at 10am

@

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Campaspe Crisis Continues

Sept. 16th saw the Deputy Leader of the Nationals Steph Ryan visit to launch a community petition calling on the Legislative Assembly to demand that the State Government upgrade the Kyneton Water Reclamation Plant to facilitate the production of Class B water only. This will hopefully help to ensure the funding for works that Coliban Water urgently need to undertake at the KWRP, so if you see the petition please add your support. Copies are available.

From the EPA website: Unfortunately no local news or updates there as yet. We are keen to see the results of the investigations on Snipes Creek and the Campaspe undertaken by the EPA.

Sept. 18th: "Charter of Consultation open for comment ... To have your say and shape the future of environmental engagement in Victoria, visit <https://engage.vic.gov.au/epa-charter-consultation> ." This may be one way of stating categorically that data used in licencing the authorities responsible for our water must be reliable and relevant. E.g. the use of medians or annual averages must have checks and balances in place to ensure that they do not provide loop holes for entities to meet their licence requirements but still contaminate the waterways from time to time. It only takes one strong dose of poison to compromise and our river was severely compromised for weeks and weeks this year.

NB If you want to be notified of contaminating releases and haven't yet been in contact with Coliban Water, please ring them on 1300 363 200 to register.

Your choice of email or phone text but please also request that the Vic Emergency App is an option as well as this would alert not only locals, but let the many visitors to our area have the information they need to stay safe.

Lindy Connell

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Open to all abilities from beginners to expert

Bring along your racquet and gold coin donation for BBQ lunch afterwards.

**Starting September 8th
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**For more information
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CHURCH SERVICES

UNITING CHURCH

10am Start



Barfold - 1st Sunday of month – **6th October**

Metcalfe - 2nd Sunday of month – **13th October**

Mia Mia - 3rd Sunday of month – **20th October** -

No church at Mia Mia as there will be a combined Macedon Ranges Service at Gisborne conducted by the President of the Uniting Church in Australia, Deidre Palmer

Sutton Grange 4th Sunday of month – **27th October**

5th Sunday of month is free for people to go to other churches or a Macedon Ranges Partnership event.

Our services rotate around the churches during the month.

For more information go to

www.macedonrangesunitingchurch.org.au

CATHOLIC CHURCH

Redesdale: 2nd Sunday of each month 11 am



You are warmly invited to

BARFOLD

COMMUNITY CHURCH

Meets 10.00 am

2nd – 5th Sundays each month

followed by morning tea

at Barfold Union Church

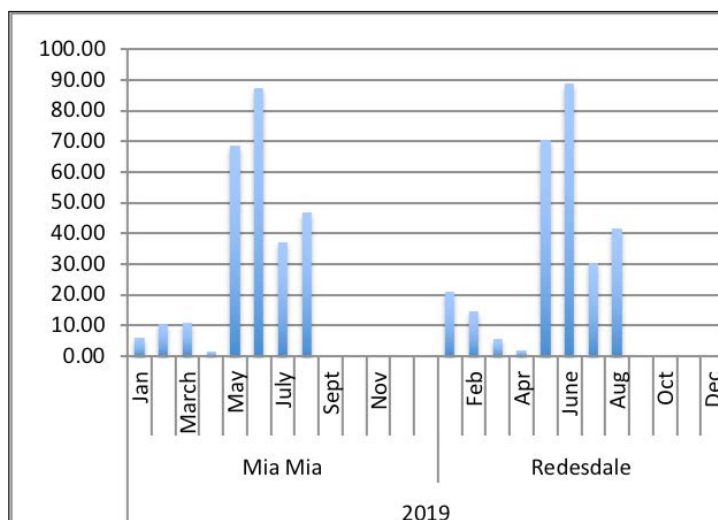
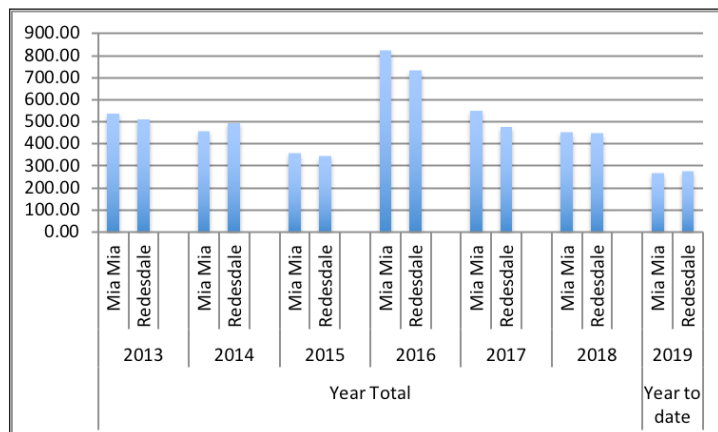
Heathcote-Kyneton Rd, Barfold

Contact; Leigh 0425812786





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



August Rainfall Total

Redesdale - 41.8 ml

Mia Mia - 47 ml

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building (next to the Rural Café).



Woodend Community Farmers' Market

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

Daylesford Farmer's Market

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

Kyneton Farmers' Market

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

Riddells Creek Farmers' Market

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

Lancefield & District Farmers' Market

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

Maldon Market

Sunday October 13th

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

www.vicfarmersmarkets.org.au

Redesdale Ramblings:

Anemones for when the wind blows and the sun shines.

When I first saw the word I thought it was pronounced “an-e-mo-ne” but my older sister laughed and corrected me “an-nem-mon-nee” which when said quickly sounds like “an-enemy”! Which led to the pun “with fronds like these who needs anemones” uttered by the lady who got given a fern instead of her favourite flowers! Funnily enough many years later I discovered that some Europeans pronounce it the way that I had in my youth!

The first type of anemone I knew of was the “Japanese Windflower”, *Anemone japonica* (now considered a form of *Anemone vitifolia*) which grew rampantly through part of the garden of my childhood home. This was probably ‘Honorine Jobert’ with pure white poppy-like flowers in late summer followed by fluffy cotton-like seed-heads. There are now a few different forms available including single, double, white, pink or deep pink. They are perennial plants which spread by underground shoots and prefer heavy soil in partial shade and are great as a tall ground-cover under deciduous trees. Anyone who has seen the avenue of pears at Lambley Nursery under-planted with these would immediately want to re-create it at home.

Much smaller than these (and only suited to cool conditions with soil which never dries out completely) are the “wood anemones”, *Anemone nemorosa*, which are spring ephemerals with blue, pink, white and bicolored flowers growing from wiry rhizomes that can spread quickly in the right conditions. *Anemone ranunculoides* is similar but in bright yellow; the hybrid between the two is *Anemone x lipsiensis* with paler, lemony blooms.

In between in size are the Mediterranean wind-flowers, *Anemone pavonina*, *A. heldreichii* and *A. coronaria* (hybrids between these are sold as “St Brigid’s” or “de Caen” varieties and are commonly seen in shops as dry tubers each autumn).

Anemone coronaria is usually the first to bloom in our rock garden in the late winter. Ours were grown from seed labelled “from Iraq”! The first ones were either purple or white but recently pinky-purple ones have appeared, obviously crosses

of the two original ones. This year we got flowers of cerise-pink on some grown from seed from “Seeds of Peace” in Israel. In the wild they can be a range of colours from pure white to blood red and the finely cut foliage has been likened to parsley – just don’t add it to your salad!

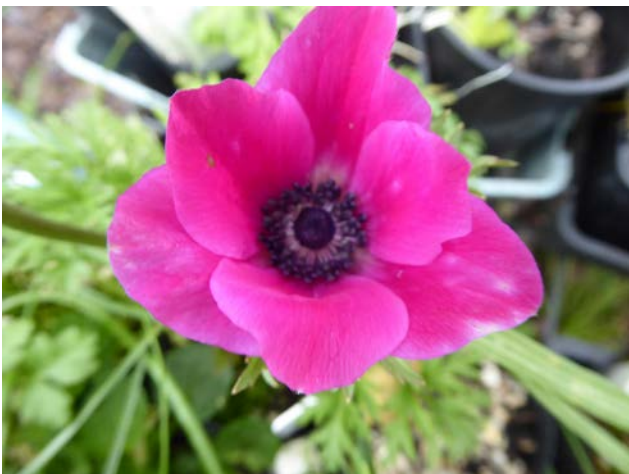
The best display of *Anemone pavonina* I’ve seen in cultivation was at Ashwood Nursery in the West Midlands, UK, created by John Massey. The embankment opposite the shop entrance was a mass of this *Anemone* in shades of pink, red and white. A dozen years ago we got some different anemone species and introduced them to the rock garden and now we have seedlings popping up around this bed reminiscent of what we saw at Ashwoods. So far the colours have mostly been soft pink, bright red or cream with a reddish exterior. I’ve heard that these can be an incredible sight in Olive Groves in the Mediterranean region and would love to see them growing in the wild.

Anemone heldreichii is the smallest of this trio and the form we got came from Marcus Harvey whose “Hillveiw Rare Plant Nursery” sold many wonderful bulbs and other geophytes, some of which he grew from seeds he’d collected himself in places such as Greece and Turkey. Sadly he’s no longer with us and I can’t confirm that with him. This sweet little windflower opens from greyish mauve buds to brilliant white with dark centres. Last year a seedling came into flower which was pink and had slightly wider petals. I presume that it was a hybrid with *Anemone pavonina* which flowers at about the same time – I was very pleased to see it return this spring.

These three are well suited to conditions in Central Victoria as they come into leaf when the autumn rain comes, grow through the winter and flower in spring, dying down as the weather warms up to disappear without a trace by summer. If you leave the seed-heads to form they will puff-up nicely then slowly disintegrate into wisps of cotton-wool which will settle to the ground close by, germinating in autumn. They take a year or two to reach flowering size but each year they will reappear and surprise you with their cheerful faces.

Cheers.

Fermi, The Redesdale Rock Gardener



Cerise Anemone coronaria



Anemone coronaria white & purple



Hello dear readers,
Lady Bombay with this month's
tit bits of goodies.

As this celebrity status one has
with ones reading public, one
can only happen to overhear
conversations about the articles
that one writes. Whilst sitting
at our local café sipping on my
English Breakfast, I overheard
two women discussing the
issue when I met the King

questioning the authenticity of my wildest endeavour
as to why I was up on that wall in the first place. Did they
think I was Titania or Humpty Dumpty? As I tightened
my scarf around my gardening hat so as not to be
recognised, I made a rapid departure for the Bentley
where Thorn, the gardener was having his morning
nap, which was cut all too dramatically short with my
command of "Drive".

Here we are in the glories of Spring with all the bulb
standing to attention with joy and honesty. The grass
and lawns have gone from a mist of manicured green
to a menagerie of nut grass and cape weed. If I could
convert it to a salad mix, I would survive for the next six
months. Balsamic on the side of course.

Clusters of poppies are rising their heads without any
warning. The only problem is for Thorn, the gardener
who weeds around them with a constant cursed look on
his face like someone that has just consumed a tablet to
prevent constipation. The yellow buddleia hedge is in
full bloom which tells me that Summer is approaching
sooner rather than later. What can I say? You cannot
compete with nature.

As the warmer days have started, the forest in the
lounge room now needs to be downsized. As Lord B
has quite clearly stated, "Good god old girl, the cricket
is supposed to be watched on a television screen with
out any obstructions", was his subtle hint to me. Without
further a do, Thorn, the gardener was right on to it,
muttering something about in eight months' time,
which I promptly questioned, with no response. Poor
thing, he is still mending from his fall out of a palm
tree learning to pick coconuts in Bali. He fell into a rice
field full of water. He now looks at every tree with utter
despair whether it be large or small.

I have been potting madly for the forthcoming Yuletide
celebrations with echiums seedlings in abundance,
everyone receives this as their present which will be
beautifully wrapped and of course the obligatory red
bow. No five and dime here Echiums live for normally five
years and with their demise, their flowers which throw
enormous plumes of blue throughout the garden drop
hundreds of seeds which self-sow, hence the perfect
recycled present. I do hope in years to come Mia Mia
manor is not overrun with them. I can only think it will
be my legacy.

So many people ask me now ,of course as one is getting
older, why bother with such a large garden, why not
downsize to a townhouse with a courtyard. My response
to this is the joys of the Spring delight at Mia Mia Manor

which give me such joy and accomplishment despite
the grumbles of Lord B and the disparaged moans
of Thorn, the gardener. Onwards and upwards, I look
through the chain of children, grandchildren trying to
ascertain the likely beneficiary of Mia Mia Manor. At
this moment the interest from the next generations is
running between a soggy sponge and a dried piece of
toast. Must work on that one or someone.

As I look out my office window at a very old gum tree
which I hazard a guess of being around the hundred-
year mark. I also think it's time for Mothers ruin with that
sobering thought.

Regards to Spring,

Lady Sapphire Bombay



Quote of the month:

"After one look at this planet, any visitor
from outer space would say,
'I want to see the manager.'"

**William S. Burroughs,
quoted in *The Times***

Cryptic Crossword

Set by Alberich

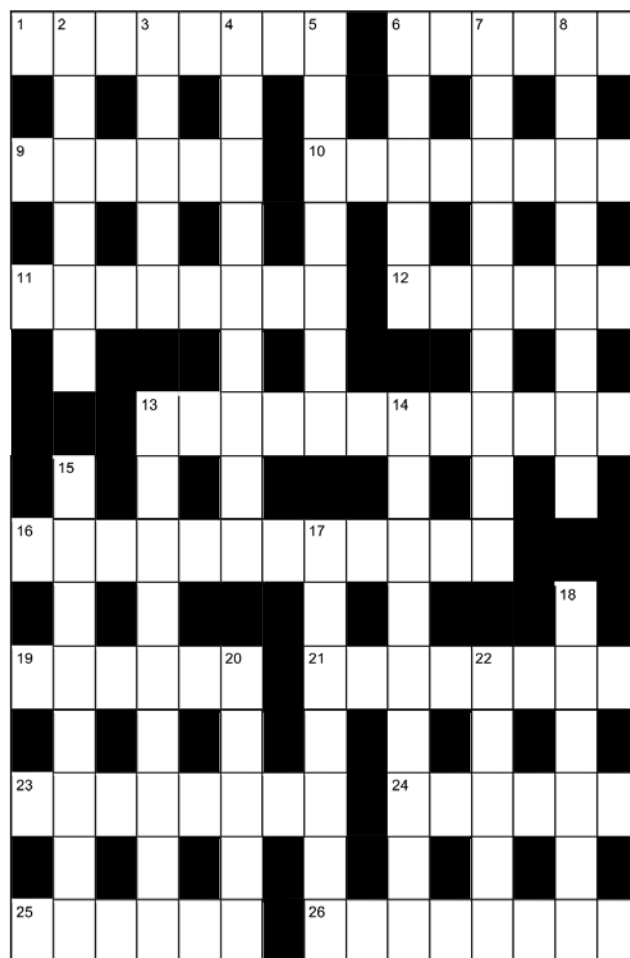
ACROSS

- 1 An actor's helper (8)
- 6 A mark of disgrace against character (6)
- 9 To make something softer (6)
- 10 The opposite of pain (8)
- 11 A French police officer (8)
- 12 Something arranged in layers (6)
- 13 A saying to express that someone is absolutely crazy (3,2,1,6)
- 16 A singing voice higher than a tenor (7-5)
- 19 A situation fraught with instability or danger (6)
- 21 A tropical plant of the banana family (8)
- 23 Something fair or average (8)
- 24 A port in Portugal, near the mouth of the Douro River (6)
- 25 Someone from Nairobi (6)
- 26 Pilgrims, colonists (8)

DOWN

- 2 Tradesman who fixes your roof (6)
- 3 A noise turned off (5)
- 4 A market town in Kent, England, on the River Medway (9)
- 5 To keep under control and suppress (7)
- 6 To have caught a whiff of something (5)
- 7 A person who inspects something (9)
- 8 A person who murders someone (8)
- 13 A place where many brothers live (9)
- 14 What monkeys do all day (4,5)
- 15 Two pairs make one! (8)
- 17 Without a top (7)
- 18 Very cold beer (6)
- 20 A blemish that won't come out (5)
- 22 An ugly folklore creature (5)

Quick Crossword



Sudoku

Fill in the puzzle so that every row across, every column down and every 3 by 3 box contains the numbers 1 to 9.



Answers found on page 21.

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RECIPE OF THE MONTH

46

Mussels in White Wine



- 1 kg mussels**
- 1 glass white wine**
- 2 tbs olive oil**
- 1 onion, finely chopped**
- 2 cloves garlic, finely chopped**
- ½ teaspoon dried chilli flakes (optional)**
- Chopped parsley to serve**

Wash the mussels in cold water.
De-beard them and scrape off any barnacles.
Discard any that are open or broken.
In a large pan, add oil, onion, garlic and chilli,
Saute for 1 min, add wine and cook for a further 2 mins.
Add the mussels and place the lid on the pan.
Cook for a further 3-4 mins, shaking the pan from time to time to ensure they cook evenly.
They are cooked when they are opened.
It is safer to discard any unopened ones.
Remove the pan from the heat, this will stop them from cooking further, sprinkle with chopped parsley,
Spoon into a large bowl and pour over the juices.

Marisa Leahy

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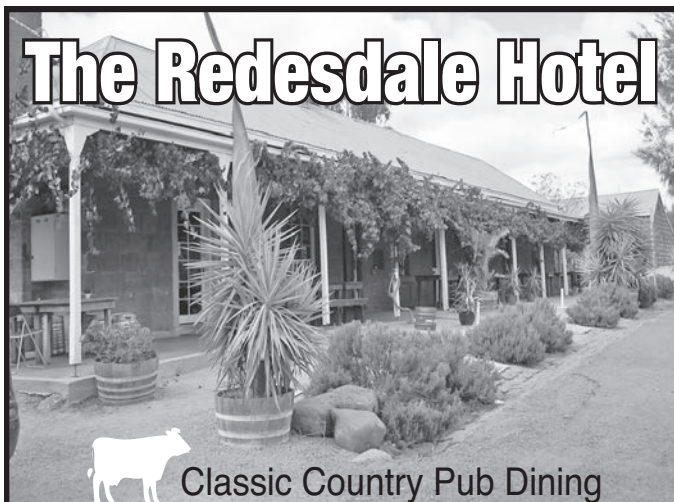
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Your Health!

With

Dr Tim

Acid burns

Nothing ruins the memory of an indulgent dinner like the pain of heartburn at 3 am in the morning. Gastro-oesophageal reflux has many names, but call it what you will, it can be severely painful, and should never be ignored.

After food is chewed, it is propelled by the muscular gullet, or oesophagus, into the stomach. Gravity helps it into place too.

The presence of food in the stomach then stimulates a variety of events in the stomach which prepare the body for the process of digestion. One of the important functions of the stomach is to produce acid. It is amazing to think that the stomach can produce acid as strong as car battery acid without destroying itself in the process. Stomach acid helps to sterilise food before it enters the rest of the digestive tract, and also triggers enzymatic digestion of food.

Today's carefully prepared diet rarely presents much of an infection risk. On the other hand, digestion is sometimes more difficult through processing and cooking. The process of heating makes some foods, meat for example, less digestible. Good reason to have your steak rare instead of well done!

Reflux of stomach acid into the gullet is much more likely to occur where food sits in the stomach a long time, so it really is important that your food digests quickly. So over-cooked food is associated with reflux. Too much alcohol, caffeine, salt, fat or sugar with your meal also delays digestion and can lead to reflux.

Reflux happens simply when acid in the stomach is pushed up into the oesophagus. This is promoted by any contraction of abdominal muscles such as happens with lifting, or if you are lying down, so that gravity no longer acts to keep stomach fluid in the stomach. The lining of the oesophagus is unable to protect itself from the effects of the acid and a burn is created. If the burn is severe enough it will take days or even weeks to completely heal.

Apart from the pain or discomfort caused by reflux, there are other potentially longer lasting problems associated with reflux. Where reflux occurs over a long time, repeated burning of the oesophagus can cause scarring or stricture. The effect of this is to make movement of food into the stomach more difficult.

Another problem occurs when repeated exposure to acid causes change in the cells lining the oesophagus. This is called Barrett's oesophagus. It is a pre-cancerous change which needs to be regularly monitored much like you would monitor sun-damaged skin for signs of skin cancer.

So reflux is potentially a very serious problem. Thankfully most of the time it is infrequent and easy to manage. At 3

am in the morning you can use anything alkaline to help reduce the acid pain - Soda water is effective but antacids are an obvious option as well. Sitting upright is important because reflux can sometimes happen repeatedly over a night, and sitting helps prevent that.

If reflux is happening repeatedly night after night, it is worth thinking about dietary issues. Is it possible to change the diet to make your digestion work better? If a change of diet is not working then it is definitely worth a visit to the doctor to discuss medication to manage the reflux. At this stage it is important to ensure that the discomfort you suffer really is reflux and not something else. Medication will also generally vastly improve reflux symptoms, making a good night's sleep possible again!

Tim



Dr Tim Stobie 5422 1397

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Crossword Answers

ACROSS

1 prompter. 6 stigma. 9 soften.
10 pleasure. 11 gendarme. 12
tiered. 13 mad as a hatter.
16 counter-tenor. 19 crisis. 21
plantain. 23 moderate. 24 Oporto.
25 Kenyan. 26 settlers.

DOWN

2 roofer. 3 muted. 4 Tonbridge.
5 repress. 6 smelt. 7 inspector.
8 murderer. 13 monastery. 14 hang
about. 15 foursome. 17 topless.
18 bitter. 20 stain. 22 troll.

Sudoku Answers

6	8	3	1	2	4	9	7	5
1	4	7	5	8	9	2	6	3
2	5	9	6	7	3	8	1	4
3	7	5	9	4	8	1	2	6
8	6	4	2	1	7	5	3	9
9	1	2	3	5	6	4	8	7
4	2	8	7	6	5	3	9	1
5	9	6	8	3	1	7	4	2
7	3	1	4	9	2	6	5	8

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For further details contact Belinda Ryan on 0427136616

What's on



in the Heathcote Region

Saturday 5th October 2019 – Lions Bush Market – 8am – 1pm. Stall bookings can be made by calling Jean on 0400 675 995 or via email at www.lionsmarketmanager@gmail.com Venue: Barrack Reserve, High Street, Heathcote.

Saturday 5th & Sunday 6th October 2019 – Heathcote Wine & Food Festival – Where else can you taste Heathcote wines from over 40 producers, as well as regional foods and produce in one central location over one great weekend? Venue: Heathcote Showgrounds. Tickets now available online.

www.heathcotewinegrowers.com.au/festival

Saturday 5th October 2019- Saturday Session- @ Heathcote Inn Time: 10am-10pm. Kick start your day brunch from 10am. Chalmers Cellar Door tasting 12pm-5pm, live music with The Warm Bloods, from 3pm-6pm. Full dinner service from 6pm. For ticket pricing & bookings please ring ph 5433 2409 Venue: Heathcote Inn 9 Hunter Place Heathcote

Saturday 5th October 2019- Cav's Quiz- Time: Doors open 6.30pm. The best Trivia show around...No Questions Asked! Join us for a fun and challenging trivia night. Lots of prizes to be won. Free bar snacks thru the night and drinks available for purchase. For bookings please contact Jeanette 0419 561 360. Venue: Heathcote RSL, High Street Heathcote.

Sunday 6th October 2019- Sunday Session- @ Heathcote Inn Time: 10am-10pm. Kick start your day brunch from 10am. Chalmers Cellar Door tasting 12pm-5pm, live music with Felix & the Fuzztones, from 3pm-6pm. Full dinner service from 6pm. For ticket pricing & bookings ring ph 5433 2409 Venue: Heathcote Inn 9 Hunter Place Heathcote

Sunday 12th October 2019- Sunday Session- James Mark @ Heathcote Inn Time: 2pm-5pm. Solo musician James Mark will be performing a range of originals & covers. Bring whole gang along for a great day out. For ticket pricing ring ph 5433 2409 Venue: Heathcote Inn 9 Hunter Place Heathcote

Friday 18th October 2019 – Lions Night Market – 5pm – 9pm. Stall bookings can be made by calling Jean on 0400 675 995 or via email at www.lionsmarketmanager@gmail.com.

com Venue: Barrack Reserve, High Street, Heathcote.

Sunday 20th October 2019- Sunday Session- Boh Dower @ Heathcote Inn Time: 2pm-5pm. Solo performer Boh Dower will be playing a range of music from 60's to present day. For ticket pricing ring ph 5433 2409 Venue: Heathcote Inn 9 Hunter Place Heathcote

Sunday 20th October 2019 – Randall Mathews @ Palling Bros Brewery 1-4pm Venue: Palling Bros Brewery 168 High St Heathcote

Sunday 27th October 2019- Sunday Session- Macer Acoustic Duo @ Heathcote Inn Time: 2pm-5pm. Talented will be playing a range of songs from Jimi Hendrix to Foo Fighters. For ticket pricing ring ph 5433 2409 Venue: Heathcote Inn 9 Hunter Place Heathcote

Saturday 2nd November 2019 – Lions Bush Market – 8am – 1pm. Stall bookings can be made by calling Jean on 0400 675 995 or via email at www.lionsmarketmanager@gmail.com Venue: Barrack Reserve, High Street, Heathcote.

Saturday 2nd November 2019- Vibes & Vino – 12noon – 8pm. Barrack Reserve oval, Heathcote. A selection of Heathcote's finest wineries, local brews, local produce plus 5 hot music acts, food trucks and lots of fun. Tickets: Adults: \$47 (includes glass) Seniors: \$29 (includes glass) Children (12-16): \$29 Children under 12 – Free. Book online <http://www.heathcote.org.au/heathcote/vibes-vino>

Saturday 2nd November – The Lefties @ Palling Bros Brewery 7pm Venue: Palling Bros Brewery 168 High St Heathcote

Sunday 3rd November 2019- Vibes & Vino - Heathcote turns it on with local venues hosting live music. Door prices determined by venues (lots are free!) Venues and acts will be announced soon.

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