



A few young blokes from our 1972-1973 Mia Mia Premiership team in the Castlemaine DCA. Reckon we've got better with age - you would certainly think so after Saturday night. Thank you to everyone at Mia Mia for a great day - fun, food, catch ups, memorabilia, friendships, wine, beer, speeches, presentations, etc. All brilliant - a fantastic day. Days like this don't just happen - organisers, you have done a great job.

L-R. Barry Height, Phil Anderson, Peter Robertson, Ray Robertson, Grant Baker, Tony Leahy, Michael Wallis, Ian Ross.

Gathering at the Mia Mia Hall for the 100 Year Celebration.

Entertainment was performed by Valley Road & Luke Watt.

Certainly was a great day with the game at the flat, meeting up with many old players and then back to the hall for more talk and catch ups, It was so good. (Words from FB - Phil

Editorial Hello Readers!

Welcome to our first edition for the year.

February and March have been busy months for the community. We've had 3 sausage sizzles at the pavilion, and we have Barbie coming on Friday 8th March at the open air cinema organised by the CFA. On Sunday March 10 we have the Community Market at the Agnes Mudford Reserve. We've also had a Heart Smart and an IT and Security presentation.

We are still collecting letters about phone and wifi connectivity problems; See page 11.

It was delightful to receive a letter from Mieke Larson, a VERY young member of the community who would like to make a quilt to hang up at the hall. What a great idea! See page 18.



Happy autumn everyone!

Editor: Regina Bennett Ph: 0437514223

e: bridgeconnection.editor@gmail.com

Keep in touch with us and what's happening in our community.



vww.redesdale.net





Redesdale & District Association







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 on line at redesdale.net and via face-book



http://www.facebook.com/groups/897527781461431/

BRIDGE CONNECTION COMMUNITY NEWSPAPER

Advertising Rates/Sizes

J				
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Business Card	55mm x 90mm	\$25	\$250	
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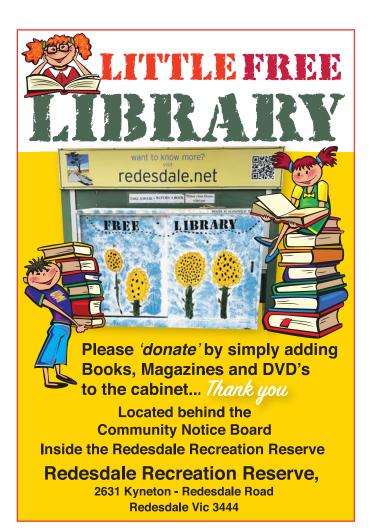
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As this unpredictable summer continues to drag on, we have witnessed some devastating fires, namely the Grampians and Beaufort. There has been large areas of land burnt and many houses destroyed. As a guide the horrific black Saturday fires burnt 10,000 hectares around Redesdale and surrounding towns. The Beaufort fire is around 18,000 hectares and at the time of writing this, not yet under control.

The disastrous end to summer has prompted the CFA to again remind us all of the dangers of deciding to stay at home and defend your property.

The official CFA statement goes like this:

- Defending a house requires at least two fit and determined adults who are physically and mentally prepared to work long and hard in arduous and difficult conditions. At least 10,000 litres of water (not from mains supply which can fail during a fire). Protective clothing. Appropriate firefighting hoses and pumps.

-If you plan to leave. Leave early and go somewhere safe. If you haven't left early and there is a fire locally then the Agnes Mudford Reserve/Redesdale Hall area is the locally designated " Place of last resort ". It is an excellent place to shelter until the danger is gone.

On a lighter note the Redesdale CFA is holding a free movie night at the Agnes Mudford Reserve from 7.30pm Friday 8th of March. We will also be at the market on Sunday the 10th. Look forward to seeing you there.

Stay safe!

Andrew Campbell Community Safety Officer Redesdale CFA 0428253104





community event brought to you by your Redesdale Fire Brigad THE OUTDOOR CINEMA IS BACK! Byo chair and refreshments

Drug driving? The consequences will blow your mind.

Police are conducting drug tests across Victoria, which helps to keep our roads safe. Being caught with illicit drugs in your system could result in a minimum fine of \$577 and possible licence suspension. Drug driving? Chances are you will be caught. Anywhere. Anytime. Anyone.



REDESDALE COMMUNITY NARKET

Sunday 10 March 9am - 1pm Supporting local business and creative industry

Local produce | Retro vintage and Pre-loved goods | Craft

Food stalls | Children's games | Interactive workshops Sausage Sizzle | Tea/coffee Music | CFA display and raffle Redesdale Recreation Reserve (Oval)

FREE ENTRANCE

6 BRIDGE CONNECTION Edition 145 March 2024

THE LITERALLY BREATH-BREATH-TAKING BI

Hit the open road and into the loving embrace of Mother Nature. Hike, climb, crawl (or drive, we won't judge) your way to the top. The view will take your breath away in more ways than one.

Get lost in breathtaking places like Grampians (Gariwerd) National Park.

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Being Heart Smart

Healthy heart?

Do you know the health of your heart? Many of us assume "no news is good news", but with your heart that, it seems, is often not the case. In February, Nanci Thurston – the Epworth Hospital's Heart-Smart Coordinator – joined us for a fabulous conversation all about heart attack. She busted some myths, provided us with some scary statistics and gave us some very useful advice and insights into what causes a heart attack; what to look for; what to do...and what NOT to do!

Did you know:

- Heart attacks claim one Australian life every 51 minutes?
- More than 50% of heart attack deaths occur before the person reaches hospital
- 1 in 3 people would not call 000 (triple zero) if they were experiencing severe chest pain
- 1 in 3 people wait for more than 8 hours before they seek any kind of help.

The message is staggeringly simple: angina is a warning sign that something is wrong – you need to see a doctor. Signs of angina to look for:

- Pain or discomfort that comes and goes. It doesn't have to be constant to be a symptom
- Chest pain, pressure, tightness, a squeezing feeling
- Left or right arm pain. Or both.
- Neck or jaw pain or discomfort
- Indigestion
- Shortness of breath

John Beurle shared his story. He had chronic pain in his foot. His doctor sent him off to get some tests and, in the process, found he had a cholesterol level that was off the charts. His main artery was 80% blocked! Bottom line: a few cardio tests later and he was admitted to Epworth and had a heart stent inserted. John explained that for decades he'd had chest pain but put it down to indigestion and took warm milk and honey to ease the pain! His father had died from his 2nd heart attack before he turned 60. And yet no one "joined the dots". Until last year. He's now on medication for life; but he's healthy and working on losing a bit more weight.

One of the most surprising facts Nanci shared was that coronary artery disease is the leading killer of Australian women: claiming 20 female lives each day. That's over 7000 women a year! Once you're on the 'other side' of menopause, your risk ratchets up.

So what are the risk factors?

- a) Age. If you're a man its 51. If you're a woman its 60.
- b) Family history mother, father, brother, sister prematurely (under 60 years old) dying from heart disease.
- c) Gender. Guys you're the most at risk. But there are things you can change:
- i. Smoking. Stop!
- ii. Blood cholesterol. Know yours and keep it 'normal' – less than 5.5.
- iv. Depression. Be aware of your mental health. There's a strong link.
- v. Diabetes. Watch your diet. Talk to your doctor about what you can do
- vi. Physical activity. As "Norm" used to say: 'Life. Be In It' .
- iii. Blood pressure. Know that too and keep it

There was lots of information to take in over 90 minutes. My 3 takeaways:

1. 1 in 3. Count them out. It could be you. Ignorance is not bliss – it could be fatal.

2. Get a Heart Check. If your doctor bulk bills, this is a free service: just ask for one. You and your doctor will then know what shape your heart is in and take it from there.

3. No-one died of embarrassment from calling an ambulance. Earlier is always better. Don't DIY.

On behalf of everyone who attended, a massive "thank Nanci Thurston for coming all the way from Melbourne just to share her knowledge and insights with us;

John Beurle for organising this event and being willing to share his story; and

Alix Austin from the Heart Foundation marketing department for supplying some great handouts; including a fridge magnet of the warning signs and a wallet sized medical card to keep on you at all times. I've filled mine in

Kym De Lany



Connectivity and Security

On Thursday February 29th, Grant Sutton from AgCloud gave a presentation at the Redesdale Hall regarding ways in which primary producers can receive a federal grant to set up connections on their properties. The federal government has allocated \$50 million to allow farmers to claim a rebate of up to \$30,000 to set systems up.

Grant was brought up in Sedgewick and knows the Redesdale Mia Mia area well. He has a background in IT and has always had strong sympathy for the difficulties our local farmers have connecting to the internet and keeping their stock and equipment secure.

He and his team have grown the business from individual IT assistance to a company which now covers Victoria, South Australia and Queensland providing IT assistance, security products and connectivity solutions for country Australia. There are offices in Bendigo and Brisbane. Systems include Starlink connections, wifi connections to sheds, Cel-fi installation and solarpowered wireless repeater stations which can connect sheds over hills or behind trees.

There are also security products such as high-quality cameras which can zoom into specific areas, automated remote-controlled security lighting and various alarm systems.

Grant has also continued his interest in individual IT security and will advise on how to prevent scamming and hacking which is increasing alarmingly.

For further information it is worth looking at the website www.agcloud.com.au.

Farmers can call 03 5486 0211 for free quote or email info@agcloud.com.au

Kathy Hall



We are 'Yarn Bombing' **Redesdale in June 2024**, to coincide with

Internatonal Yarn Bombing Day, June 11, 2024.

We will decorate the Redesdale Hall fence to and including the gates and the surrounds of the hall verandah.

if we have enough help. Are you interested in joining us?

please text 'Redesdale Yarners' on 0408 307 105.

For more informaton please contact us through our:

Facebook Group Bridge Connecton Community Newspaper.

if you have scraps of acrylic wool and would be willing to donate we woul greatly appreciate any help.

Redesdale Yarners

0408 307 105.



The newly erected post box at the hall will serve as a drop box for any articles or letters you would like to post for possible inclusion. text or call **0437 514 223** or email

<u>bridgeconnection.editor@gmail.com</u> If you leave anything for us to collect

Bin Collection

For those in the City of Greater Bendigo

First of all – lucky things! Most of us in Redesdale-Mia Mia who are in the Mitchell or Mount Alexander Shire have no bin collection!

There is now a:

WEEKLY collection of your organics bin,

FORTNIGHTLY collection of your recycling bin, and a

FORTNIGHTLY collection of your general waste bin.

Visit www.bendigo.vic.gov. au/waste for information regarding your rostered fortnightly schedule.



It's been a sad few months

There have been some deaths within the community over the last few months.

Redesdale has lost both Peter Monkhouse and Owen Shannon.

Mia Mia has lost Graham Jarvis and Kate Hicks.

All played significant roles in the local community and their loss will be felt widely.





Funding boost available for local sporting clubs

Nationals Member for Euroa Annabelle Cleeland is encouraging local sporting clubs to put together applications for a new round of grants that will allow for crucial upgrades to their infrastructure and facilities.

Ms Cleeland said that many sporting clubs across the electorate had contacted her about funding for important projects that could be covered under these new grants.

"Plenty of sporting clubs across our region have identified projects in recent times that would make compelling cases for funding under this grant stream," Ms Cleeland said.

With all applications for the fund needing to be applied for by local councils, Ms Cleeland encouraged all interested sporting clubs to reach out to them as soon as possible.

"All our local sporting clubs should take their proposals to their local council and request that their projects be considered for funding," Ms Cleeland said.

"I will certainly be reaching out to our councils too, ensuring that our local clubs arenot excluded from this fantastic opportunity."

Ms Cleeland spoke with the Minister for Community Sport during the last sitting week of Parliament, discussing the fund and the opportunities available for clubs within the Euroa electorate.

"I had very beneficial meetings with the Minister during the week and am confident that these grants can provide our local sporting clubs with the funding they deserve to carry out their proposed projects," Ms Cleeland said.

"Whether it be improving facilities to allow for greater female accessibility and enjoyment, upgrading surfaces, or providing a community meeting place – these grants will give our clubs a great opportunity to grow."

Applications close at 5pm on Wednesday 27 March 2024. More information on the fund and the application process can be found at:

https://sport.vic.gov.au/grants-and-funding/ourgrants/regional-community-sportsinfrastructure-fund

There are also new grants available specifically for cricket clubs, Applications are

open now and close Sunday, 24 March 2024. For more information or to make an

application visit www.cricketvictoria.com.au/clubs-support/grants/.

CONNECTIVITY

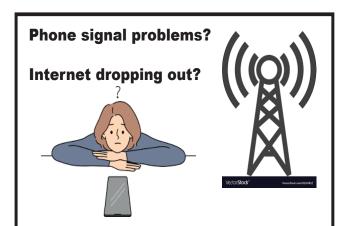
Phone and internet connectivity is a major problem for many of our residents. It is a health and safety matter as well as a business and well-being issue. Annabelle Cleeland, our State member for Euroa has voiced her support for our attempts to win recognition for our problems in this area. Many residents have spent a great deal of their own money trying to improve their signals.

It is important to have examples of these lived experiences when petitioning various levels of government for assistance with this problem. Lived experience examples carry weight.

We have received 4 excellent letters from the community, including from the CFA, outlining the importance of adequate communication channels.

We need more.

Please address your letters to info@redesdale. net by email, or by hard copy into the Bridge Connection drop box at the hall.



Please let us know your stories.

The district association is collecting examples of the frustrations our local community continues to have with connectivity.

Next year, we will be putting in a concerted effort to bring this to the attention of all levels of government. Please send your stories to <u>info@redesdale.net</u> or post them into the

Bridge Connection mailbox at the Redesdale hall.



BallanLocal Farmers and Makers Market.2nd Saturday of every month.9.00 - 1.00pm				
Castlemaine. Local Farmers Market. 1st Sunday of every month. 9.00 - 1.00pm				
CFM. Weekly Market, Wednesday. 2.30 - 5.30pm				
Clunes.Local Farmers Market2nd Sunday each month.8.30 - 1.00pm				
Creswick.Local Farmers Market3rd Saturday every month.9.00 - 1.00pm				
Daylesford.Local Market.Every Sunday.8.00 - 3.00pm				
Gisborne.Olde Time Market.1st Sunday every month.9.00 2.00pm				
Kyneton.Local Farmers Market.2nd Saturday every month.8.30 - 1.00pm				
Lancefield. Local Farmers Market. 4th Saturday every month. 9.00 - 1.00pm				
Maldon. Local Farmers Market. 2nd Sunday every month.				
Malmsbury. Local Farmers Market. 3rd Sunday every month. 9.00 - 1.00pm				
Talbot.Local Farmers Market.3rd Sunday every month.9.00 - 1.00pm				
Trentham. Local Farmers Market. 3rd Saturday every month. 9.00 - 1.00pm				
Woodend. Local Farmers Market 1st Saturday every month. 9.00 - 1.00 pm				

Redesdale & Surrounds Comming Events

March

Fri 8th Outdoor Cinima Redesdale Agnes Mudford Reserve from 7.30 pm Sat 11th & 12th Lost Trades Fair- Bendigo Racecourse

Sat - Sun. -9th-10th & Bendigo Cycling Classic Sun -10th Community Market Agnes Mudford Reserve 9 till 1 Sat –23rd Axedale Quick Shear & Family Fun day Fri 29th Good Friday Sat 30th Bendigo Torchlight Procession Sun 31st Easter Sunday Bendigo Gala Paraide

April Sun: 7th - Daylight Saving ends @ 2am move clocks back 1 hr

Thur 25th ANZAC Day Service's @ Heathcote and Sutton Grange

September

Sat- Sun 19th 20th local open gardens

for more information - redesdale.net

- <u>https://www.heathcote.org.au-kyneton.org.au</u>
- <u>https://www.bendigoregion.com.au</u>
- <u>https://www.bendigoregion.com.au/visit-castlemaine-maldon</u>



REDESDALE COMMUNITY HALL & PAVILION AVAILABLE FOR HIRE

Redesdale gives you a choice of venues for your next party, meeting or event: **Redesdale Hall**: 160 sqm floor space with stage and expansive catering kitchen, as well as on-site restrooms.

Redesdale Pavilion: 108 sqm floor space with panoramic windows overlooking the Redesdale Reserve Oval.

Either of these wonderful facilities are available for community events (1) or public use (2).

 Community - Use of facility targeting community benefit. Entrance/participation fees are not charged by organiser.
 Retail - Use of facility for private or business use. Entrance/participation fees may be charged by organiser.

Equipment Rental Check out the extensive furniture & equipment below to help you hold your event at home

Item:	Available	Item:	Available
Commercial sized steel roaster	1	4 burner BBQ	1
Marquee (Large), 6m x 12m	1	Table cloths, white	10
Marquee (Small), 3m x 3m	1	Chairs, green steel	80
Tables, plastic, 1.8m x 1m	10	Chairs, white plastic	80
Tables, wood, 1.8m x 1m	20	Umbrellas , charcoal	10

For all inspections and enquiries contact Redesdale Recreational Reserve Committee: E: <u>3444reserve@gmail.com</u> M: 0408 890 060



THE REDESDALE HOTEL Central Victoria's Favorite Country Pub

For bookings please call (03) 4405 0601

Wednesday & Thursday 12pm – 9pm Lunch & Dinner Friday – Sunday 12pm – Late Lunch & Dinner PUBLIC HOLIDAYS – Phone for details Kitchen closes at 8pm everyday

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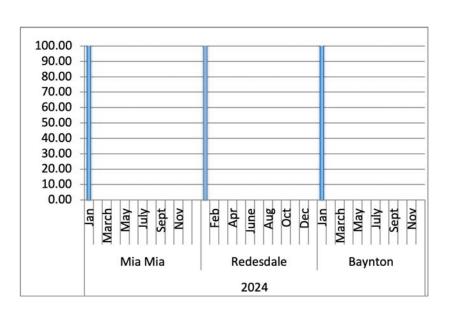




The average yearly rainfall for **Redesdale** is about 601mms. Thank you to **Helen Bennett** for the **Mia Mia** readings & **Belinda Ryan** for **Baynton** readings

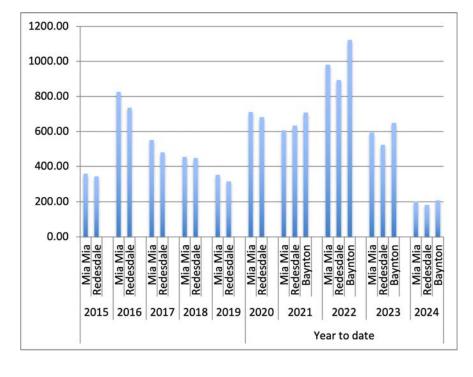
January Rain Fall

Redesdale 524.40mmYear to date 524.40 mmMia Mia593.90mmYear to date 593.90mmBaynton648.40mmYear to date 648.40mm



Year Totals for Previous Years

2017	Mia Mia Redesdale	551.75 479.60
2018	Mia Mia Redesdale	455.00 448.40
2019	Mia Mia Redesdale	352.00 315.00
2020	Mia Mia Redesdale	711.25 682.85
2021	Mia Mia	593.50
	Redesdale Baynton	634.40 707.80
2022	Mia Mia Redesdale Baynton	981.50 894.00 1122.30
2023	Mia Mia	593.90
	Redesdale Baynton	524.40 648.40





RECIPE OF THE MONTH

81 Chicken Cacciatore



This is a low cost go to recipe to feed a crowd. It can also be frozen for up to 3 months.

- 4 tbls olive oil
- 8 chicken chops
- 1 diced onion
- 2 cloves chopped garlic
- 2 sticks celery chopped
- 1 large red capsicum cut into strips
- 1 carrot diced
- 300g sliced button mushrooms (optional)
- 1 cup pitted black olives
- 2 tbis freshly chopped flat leaf parsley
- 1 teaspoon dried oregano
- 200 ml white wine
- 3 tbls tomato paste
- 1 825g large can crushed tomatoes Same can filled with water
- Salt and pepper to taste

Heat half the oil in a large pan, sear the chicken on both sides till golden brown, remove and set aside.

Add remaining oil to the pan. Sauté the onion for about 3 mins, add the garlic, peppers carrots, celery, mushrooms and herbs and cook for a further 5 minutes.

Pour in the wine and stir making sure you scrape the bottom of the pan to release the flavours. Cook for a further 2 minutes. Add the tomatoes, paste and water and season with salt and pepper. Return chicken pieces to the pot, add the olives and cook for 40 minutes.

This can be done on the stove top or in the oven.







Get back to Knitting or Crochet...

- Learn new techniques
- Learn to knit or crochet
- Possible knitting and crocheting for charity.

Every Thursday 1pm - 3pm at the Redesdale Reserve Pavilion

If you are interested in joining please contact: Gloria Pocock: gapocock@bigpond.com or Regina Bennett: reginabennett@bigpond.com



www.tuckswindows.com.au

UNITING CHURCH

Morning Tea is shared 15minutes before each service



Minister Munchies is on Wednesday

and starts at 10am.

For more information go to

www.macedonranges uniting church.org.au

You are warmly invited to

BARFOLD

COMMUNITY CHURCH

10.00 am each Sunday

followed by morning tea

1691 Kyneton-Heathcote Rd, Barfold

Contact: Russell 0484 700 909

MIA MIA

DALE

MIA-MIA

TUESDAYS

9:15 AM - 11

REDESDALE

E D

CATHOLIC CHURCH

Redesdale 2nd Sunday of each month 11am







For more info email: redesdalemiamiaplaygroup@gmail.com

FUN SOCIAL GATHERING FOR LOCAL FAMILIES

All parents, young children and babies welcome.

Redesdale MM Playgroup is registered with

Playgroup Victoria. Held weekly at Redesdale Mia Mia Primary School.

MARCH Kitchen Garden Action

Plant or sow in Early Autumn



PS - Plant Seedling

SD - Sow Direct

ST - Seedling Tray

Beetroot - SD SD - Sow Direct Broccoli – (PS) ST - Seedling Tray Broad Beans - SD Brussels Sprout – SD

Asian Greens - SD PS - Plant Seedling

Cabbage – ST

Carrot - SD

Cauliflower – PS

Celery/ Celeriac – PS

Chives – SD or PS

Daikon – SD

Endive - SD

Fennel – SD

Garlic plant cloves

Kale – PS

Leek - PS

Lettuce – SD/PS

Mizuna – SD

Mustards - SD

Okra – PS

Parsley -PS

Parsnips – SD

Peas - SD

Potatoes – SD

Pumpkin – SD

Radish – SD

Rocket - SD Silverbeet – SD Spinach - SD Spring Onions - PS Turnip - SD

Prepare your garlic beds if not already done so.

Garlic needs full sun and well composted loose soil.

While you are waiting for the garlic leaves to appear plant lettuce and harvest when the garlic leaves startto emerge.

Continue to check mulch levels in beds and pots and top up where thinning,vas it will be rotting down quickly now.

Mulch helps to keep the soil moist and cool.

Weed and water regularly, particularly plants in containers.

Encourage pollinators into you Kitchen garden with plants such as Cosmos,

Alyssum & Cleome, Borage and Marigolds.

When your apple harvest is completed prune out dead, crossing and crowded

branches. Cut back a third of last years growth on young trees.

Happy early Autumn planting in your Kitchen garden.

creative designs for your business

logos menus flyers posters invitations brochures magazines business cards advertisements letterheads with compliment slips full business imaging

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BRIDGE CONNECTION





PLEASE NOTE:

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

Calling all artistic children!

It was a joy for the Bridge Connection committee to receive a letter in our drop box in February from Mieke Larson, a young resident of Mia Mia. The letter was beautifully illustrated and handwritten.

Mieke had seen the commemorative quilt hanging in the Redesdale Hall and was inspired to make a quilt of her own. She wondered if she made a quilt – or other artwork – it could be displayed at the hall.

All the committees associated with the hall think that Mieke's idea is terrific. It got us thinking...what if we had an area on the hall wall that was devoted to artworks from local children?

IT'S ON AGAIN!

The Redesdale Revellers are back at the Sutton Grange Hall MAY 2024

With an afternoon of fun entertainment followed by a great country afternoon tea. This format has become a most popular social event and serves as a major fund-raiser for both the Sutton Grange Hall and the Redesdale Hall Committees.

The performances will be on the first weekend **Sat & Sun 4th and 5th of May 2 PM.**

Tickets (\$25) via TRYBOOKING.COM/CPAHC

or call 0487 619 473

For the last weekend Sat & Sun 25th and 26th of May - 2 PM,

Mavis Collison on 0439 748 233 or Steve Barty on 0417 524 713 will be happy to have a chat and organise your tickets.

So here's a challenge to the children out there – send us your ideas for wall

hangings. You can post the ideas into the Bridge Connection dropbox at the hall or

you can send them to bridgeconnection.editor@gmail.com

Thank you for your idea, Mieke!

Kathy Hall



Summer Community Get-together

Community BBQ and Sausage Sizzle

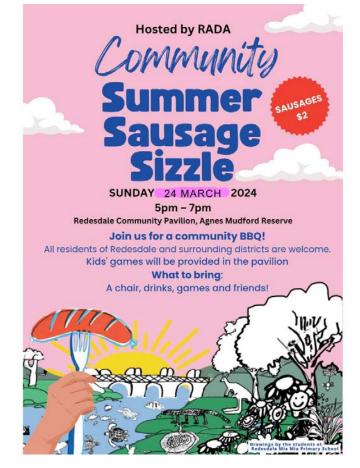
the Summer Community sausage sizzle has been a great community even this summer the next BBQ on **Sunday March 24th**.

Locals of every age have enjoyed the great setting and terrific weather. We had babies, toddlers, and small children spilling onto the oval and adults young and old chatting about how good it was to see new faces and catch up with old ones.

hope to see you all at this fantastic event.











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want to know more? redesdale.net

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

A good life deserves the best farewell



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