

TRENTHAM

Trentham & Districts Community Newsletter Auspiced by Trentham Neighbourhood Centre No. 120, July 2012



Community Bank® notches up 12 months in business

Trentham, Saturday 18 August 2012: The people of Trentham and district are celebrating the first anniversary of the opening of their Community Bank® branch.

Chairman of Trentham & Districts Community Bank® Branch Rick Nolan said directors of the local community company are thrilled with the steady progress of the branch, with future plans to offer even more community contributions and reward shareholders.

"It has been a very successful 12 months for our bank branch as local residents, traders and business people continue to put their support behind the business," Rick Nolan said.

"Achieving \$28 million in banking business also marks significant progress towards profitability, and we thank the community for it supporting and enabling this to happen."

Mr Nolan said since the day the **Community Bank®** branch opened in August the board and staff have been committed to the future prosperity of Trentham and surrounding districts.

"One year on, and our commitment to supporting projects determined by the local community has only become stronger with local community groups receiving \$13,000 in the first year of operation.

This month we celebrate a significant achievement which the board, staff and community should be extremely proud of."

The branch has attracted more than \$13 million in new loans and \$6 million in new deposits. Since its first day in business 360 new accounts have been opened.

"As our profitability grows, so too will our ability to channel a percentage of our profits into community projects and organisations and also to reward our loyal shareholders."

To celebrate this important milestone and to say thank you to local residents, Trentham & Districts Community Bank® Branch will be holding an official cake cutting at the Trentham Town Square, in conjunction with the Trentham Farmers Market at 11.00am on Saturday 18 August.

More than **290** Community Bank® branches have returned more than **\$80** million to support important local projects and initiatives across Australia.

For further information, phone Sue Bruton on 0427 341 836.



100's of New Lines, Gluten Free,
Organic & Health Foods

28 High St Trentham 5424 1691

Inside this issue:

FORUM Report	3
Trentham Brigade's Presentation Dinner	5
Trentham Station Market	6
WeedFree Trentham	7
Stoney Creek Reserve	8
Trentham Weather	9
Trentham Fitness	10
Trentham Community Library	11
Cool Country Classics	12
Sustainable House Day: Hepburn Shire	12



The third Saturday of every month in Trentham's Town Square Community sausage sizzle all proceeds to local groups



Proudly sponsored by Trentham Lions Club



TAKE ADVANTAGE

MAKE USE OF THE TRENTHAM WEBSITE and CALENDAR

From time to time local groups/clubs/organisations plan to fundraise or host an event. They go through the process of having a meeting and setting a date, only to find that there is already a local similar event on the same date or weekend! Often one of the groups has to be disappointed and change their plans. This can be avoided!

The local Calendar of Events was proposed and used successfully for a few years, however the Website Calendar superseded the hard copy produced – after all, technology moves on and makes things easier for people to access.

Can we propose, that all of the groups/clubs/organisations in the Trentham district, check the Website Calendar first before setting their final date – and then if the date is free, go ahead, **but also** advise the Website Calendar which will place your event, description, time and date into the Calendar.

Everyone can check this calendar at www.trentham.org.au and follow the prompts to email the information. You may also wish to add more to the local and or events pages. If so, use the contact on the website – it is Trentham's website and is a jolly good useful tool for locals and tourists alike.

Help us make it a better site. Look through the news and events, local attractions, and the great weather site ... we have it up and running, now we need your input to keep it up to date with local happenings.

SO, IT'S UP TO YOU TO TAKE ADVANTAGE

Velette Marion

ABOUT THE TRENTHAM TRUMPET

Submissions to the **Trentham Trump**twill be accepted up to and including the 20th of each month. Please forward items for publication (including advertising) to:

Email: trumpet@trentham.org.au

Post: 108 Mulcahy's Road, Trentham 3458

Guidelines for contributions and advertising are available at www.trentham.org.au/news-events. A 300 word limit applies.

Contributions from residents are welcome.

Trentham Trumpet reserves the right to edit or refuse any article or advertising and to edit articles for length and clarity. The opinions expressed in articles are not necessarily those of the editor.

Your **Trentham Trumpet** is delivered to households in the town area of Trentham. Copies are also available at Trentham Newsagency; Trentham IGA; Trentham Petrol and Stuff; Pig and Whistle Hotel, East Trentham; Radio Springs Hotel, Lyonville. We thank all these businesses for their support.

Editorial Committee:

Pauline Nolan, Margaret Stockton, Victoria Wells and Ian Williams

Editorial and Advertising Rates Enquiries:

Ian Williams 5424 1199

Councillor's Corner

Well for those of you who have been watching for the outcome of council's proposed shared contribution scheme for the sealing of Mulcahy's Road, will have to wait for one more month councillors deferred the matter in order for some more number crunching to be done on some different options. I remain committed however representing residents' views that they should not be asked to pay more than they already do in rates for the sealing of this road.

The budget has finally been ratified and it shows \$10,000 allocated for the expansion of the skate park to include a BMX

track, \$50,000 for the Domino Trail Upgrade, \$50,000 for the development of the Wombat Trail, \$5,000 annually for the Great Trentham Spudfest and \$79,000 for stage two of the Trentham Recreational Reserve Lighting project. Regarding the last item, I am currently working hard with officers to ascertain how to restructure the associated application to Sport Recreation Victoria to ensure that, despite an unsuccessful stage one grant, that we will be able to go back with the whole project.

Other interesting projects for 2012-13 include the development

of a program to turn green waste into energy and funding to plant trees throughout the Shire.

Finally congratulations to The Trentham Forum, and particularly Ian MacBean for attracting the significant experience and skills of Trevor Budge to Trentham to conduct a town planning exercise. This is a perfect opportunity for all of the different perspectives on the town's future to come together and create a common vision.

HooRoo Cr Sebastian Klein sklein@hepburn.vic.gov.au 0428331173

Community Groups FORUM Report: Town Plan underway

Students in the Community Planning and Development Program at La Trobe University, Bendigo will work with the FORUM and Trentham community to prepare a Strategy/Structure Plan which, if formally adopted by Council, can be implemented through an amendment to the Hepburn Planning Scheme.

This is really great news for Trentham. The project will be supervised by Associate Professor Trevor Budge who is regarded as the leading planner in rural and regional Victoria — he was awarded Member of the Order of Australia last year for his planning work and has more recently developed the planning courses at Bendigo to address chronic shortages of qualified town planners.

The FORUM is delighted to be working with the La Trobe group (the students are in their final year or post-graduate and several are working in local government planning departments) and particularly after Council rejected our submission to bring the Plan forward to address increased population growth in Trentham and along the Calder corridor.

We believe that this collaborative opportunity will enable much greater engagement with the community and produce some imaginative proposals for how Trentham might develop at the same time being sensitive to village character and community values.

Council CEO Aaron van Egmond is positive about the Town Plan project and keen to see it linked to the FORUM-initiated Facilities Review, which should commence soon.

Please get involved in the planning process:

- watch out for the various consultation stages, initially the La Trobe group want to get a feel for 'how the town works' after which they will put questions and proposals to the community for feedback,
- ii) contact FORUM liaison group members: Andy Robertson (54241100), Georgie Patterson (54241686), Ian Williams (54241199), Barry Elliott (44048155), John Cook (54241386) or Ian MacBean, Secretary (54241727)

TRENTHAM MECHANICS INSTITUE HALL FOR HIRE:

Hall, supper room, crockery, cutlery, glasses, trestle tables and chairs. Excellent dance floor and stage area. Not available Tues Morn Playgroup - Fri elderly citizens.

Contact booking Secretary 54241282

TRENTHAM SPORTSGROUND RESERVE:

Available for hire – Function room, kitchen, Showers/ change facilities and Ground hire. Weekend hire needs to fit in around Cricket and Football – reasonable rates Contact Secretary 0425618297

4th August THE USUAL SUSPECTS

(USA/Germany, 1995, 106Min, Crime/Mystery/Thriller)

Dir. Bryan Singer Lang: English A boat has been destroyed, criminals are dead, and the key to this mystery lies with the only survivor and his twisted, convoluted story beginning with five career crooks in a seemingly random police lineup. A funny film starring, Kevin Spacey, Gabriel Byrne and Chazz Palminteri.

1st September MARY & MAX

(Aus. 2009, 92 Min, Animation/Comedy/Drama)
Dir. Adam Elliot Lang: English
A tale of friendship between two unlikely pen pals:
Mary, a lonely, eight-year-old girl living in the
suburbs of Melbourne, and Max, a forty-four-yearold, severely obese man living in New York. Starring
the voices of Toni Collette, Phillip Seymour Hoffman
and Eric Bana.

6th October INCENDIES

(Belgium, 2010, 130 Min, Drama/Mystery)

Dir. Denis Villeneuve Lang: French/Arabic/English A mother's last wishes send twins Jeanne and Simon on a journey to the Middle East in search of their tangled roots. Adapted from Wajdi Mouawad's acclaimed play, Incendies tells the powerful and moving tale of two young adults' voyages to the core of deep-rooted hatred, never-ending wars and enduring love. Starring Lubna Azabal, Mélissa Désormeaux-Poulin and Maxim Gaudette.

Films are screened on the first SATURDAY of the month (Feb to Nov) at 7.30pm at the Trentham Neighbourhood Centre. Membership is \$50 for a full year (10 films) or \$25 for a half year (5 films).



Programmes available at the TNC.



'Doctor' on show in Woodend

This wonderful, one-person play by Peter Fernon will be held in The Norma Richardson Hall, St Mary's, 15 Buckland Street, Woodend (opp cemetery) on Saturday, 25th August at 7.30pm, as part of the opening festivities. Doctor Gweneth Wisewould was Trentham's celebrated GP from 1938 to 1972.

Peter - our Storyteller - is accompanied on piano by well known Castlemaine musician Charles Affleck.

Tickets \$15 and \$10 concession. Bookings 5424 1237.

Contact: The Rev'd Malcolm Thomas 5427 2460

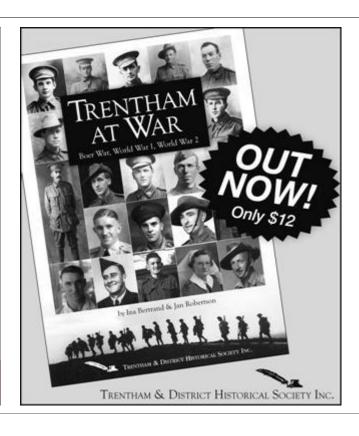


Join us as we celebrate Trentham & Districts **Community Bank®** Branch's first birthday on Saturday 18 August, from 11.00am.

Drop into your nearest branch at 37 High Street, Trentham or phone 5424 1608 for more information.

Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL 237879, BDC10 (158694_v1) (16/07/2012)







Trentham Brigade's Presentation Dinner

The 10th Annual Presentation Dinner of the Trentham Fire Brigade was held on the 30th of June 2012 at the Mechanics Hall. Over 80 people attended, comprised of brigade members

and partners, local supporters, businesses, official dignitaries from the Shire and CFA, and our neighbouring brigades.

Awards were presented on the night by Regional Director Don Kelly to:

- Captain Brian Smith 40 years Service Medal
- Craig Brown 25 years Service Medal
- David Wheeldon ("Twiggy") 10 years Service Medal
- Shane Bloomfield 5 years Certificate of Service

The "Burst Hose Award" (a fun award) went to "Shaggy" Brown for his exceptional driving skills!

The "Captain's Award" went to Pat Sutton for his work on planning and building the extension to the Fire Station (mostly voluntary work).

The Brigade would like to thank the many local businesses who sponsored the Night:

Major sponsor – Reece Plumbing Supplies, Kyneton

Harvest Café Daylesford, Trentham Petrol & Stuff, Trentham Hardware, Trentham IGA, The Pig & Whistle, Blackwood Hotel, Lily George's Hair & Beauty, Mrs Marples, Trentham Newsagency, Trentham Pharmacy, The Cosmo, Trentham Hotel, Colliban Foodstore, Red Beard Bakery and Stephanie Wigan.

Thanks also to the 'East Trentham Fellowship' for their continued support and sponsorship.

The night wound down (or was it "up") with get down and boogie music by "Ricky Lee".

The Music Trivia Night has been postponed due to proposed dates clashing with other local events – Saints Footy Finals for one!

John McLaren Brigade Secretary

Kyneton Physiotherapy **ROBERT ROUSE**

B.App.Sc. (Physio) Member A. Physio. Assoc. Registered for Comcare, TAC, W/Cover, DVA

30 years treating Trentham folk!

74 High Street (Cnr New Street) Kyneton 5422 2290



"Twiggy" (aka David Wheeldon) receiving his 10 year Long Service Medal from Don Kelly, CFA Regional Director

TRENTHAM ANCIENT NATIVES TREE FARM

www.ancientnatives.com.au

Specialising in Gondwanan and landscape advanced trees including nothofagus, beeches, maples, araucarias, pears, hornbeam, waratah and oaks.

Advanced, bare root and shrubs available

Trees are grown in air pruning pots to 2-3m high. Over 50 species available. See website for list.

Open Saturdays July to November 10-5pm or by appointment.

Call Nick Brown: 0422 736 165 Delivery & EFTPOS available 609 Spring Hill-Tylden Road, Spring Hill (Melways Ref: X909 E9)



Trentham Station Market

The last markets have been a little bit chilly, but after all, it is winter in Trentham and at least you know you are alive and enjoying our cool country climate.

Recent works have seen the disabled toilet relined, following the termite treatment that was required. A big thank you to Michael, Al and Bill for your efforts.

Our advertising is still attracting new stall holders and visitors, who often comment about the uniqueness of our market. Sure, we may not be the biggest around, but bigger does not always mean you are better, so come on down and give us a try. And our stall charges are some of the cheapest around.

We still have more plans for some of the carriages to be used as stalls. Some of these will require lining as well as painting, but we will have to wait for the painting until the weather improves.

Once again we encourage community groups to come down and have a stall or information table at the market to promote yourselves and hopefully encourage more people to join your group. As always with community groups, there is no charge for your stall.

Our next few markets will be as follows-

- August 26th
- September 23rd & 30th (30th September will include a Car Boot sale to clear out those unwanted items we all store up)
- October 28th
- November 25th

Until next time, happy marketing

Ross Urquhart

Concern versus CERN

When physicists want to test their theory re Higgs Boson, they accelerate atomic particles through a kilometres long underground tunnel, to find the predicted particle in the debris of smashed atoms. It costs billions of dollars, years of work and I don't know how much electrical power to do so. At face value no (further) harm done!

When economists test a theory, the world is their laboratory and the lives of billions of people, are at stake and might perish in the process, together with

Does Your Entity or Organisation Require an Audit?

Many entities require an audit, including Self Managed Superannuation Funds (SMSF's), Large Private Companies, Not For Profit Associations (NFPAs), Professional Organisations (Trust Accounts), Government Funded Organisations and Small Clubs.

The audit needs to be completed by the reporting deadline of the entity or the professional organisation.

Some of the objectives of an audit are:

- Provide an independent review of the entity's financial records
- Identifying inefficiencies in internal and external control procedures
- Ensure proper protocol has been met where government grants are received
- Ensure trustees of SMSF's are complying with Superannuation Investment Supervision Act
- · Large companies fulfilling ASIC requirements
- Identifying if an entity or organisation is maintaining a tax exempt status

At Langley McKimmie we have dedicated professionals to assist with any auditing requirements you may have. To discuss further please contact Sandra Rowley or Bryan McKimmie - 54273790 (85 High St, Woodend)

Langley McKimmie

Chartered Accountants

www.langleymckimmie.com.au E: info@Imadvisors.com.au

all the natural resources bound up with it.

Science in its widest sense is a systematic search for understanding through a combination of experience and thinking, observations and concepts or laws. The natural sciences proceed through hypothesis and experiments to arrive at theories to be tested by experiments etc...Because the objects they study don't change over time, apples fall from trees, not upwards since times immemorial, they can formulate laws to predict futures allowing for subsequent experiments to keep testing and refining them.

Economists, in contrast deal with subject matter that is intimately connected with the weather and infinitely more changeable. Millions of human decisions at any given time. For economics to become a science its **perceptual** basis needs to be updated from day to day, week by week, season by season, from place to place, region to region, etc.

The sensible and rational way of generating a data base for valid economic insights, concepts, trends, theories and effective decision making would be: a set up, whereby the observations and insights of consumers, producers and traders are being brought together locally, regionally... on a very regular schedule. Only together can they hope to adequately respond to the current surge in food-prices caused by crop-failures worldwide. Theory alone spells disaster – already.

 $Henk\ Bak$



a small centre with a warm welcome

Do you tinker in your shed? Want to learn new skills? Or makes things with others?

There are growing problems with Men's Health; isolation, loneliness and depression are major health issues for men these days. Prevention is often better than a cure, and Men's sheds can be part of this. Men's sheds are places for men to gather to share skills, stories and be involved in their local community. Men's Sheds, just like Neighbourhood Houses, respond to the needs of the local people; all sheds are different, have different activities and are managed differently, but all share the values of

inclusion, mateship and health.

Men's Sheds is the next step up from the backyard shed which is part of the national identity. They encourage men to work on a range of projects, using skills that can be passed onto others. The projects may be making toys or goods to donate or sell. Some Sheds concentrate on larger projects to do with infrastructure of their locality. One Men's Shed, sponsored by the local RSL, has a beehive project!

And while all this activity is going on tea, coffee and sometimes BBQs are shared along with the stories and the skills. The social interaction is good for general well-being and mental health.

Trentham Neighbourhood Centre and Friends of the Station would love to partner to investigate the possibility of a Men's Shed in Trentham. This is seen as a long-term project. If you would like to be involved in establishing a Men's Shed in Trentham please contact Vicki Wells at TNC 5424 1354 or Michael Keaney 5424 1010.

In a Jam with Blackberry

Blackberry is the third of our BIG FOUR environmental weeds for discussion in the Trentham Trumpet, and definitely the most delicious.

We've all collected the fruit in the height of summer to be consumed with delight in many forms. Part of its effectiveness as a weed is for this very reason and of course birds love the fruit just as much as we do and spread the easily germinated seed. They also reproduce vegetatively, enabling a single plant to cover a substantial area. Arching canes take root where they land in a leapfrogging process. They thrive in shade,



enabling a dense under storey to develop in forest.

Apart from spraying, blackberry can be removed physically as an effective method of control. The form of the plant has several characteristics which

provide a foothold for it to be physically controlled. The plant is about 95% (my guess) air by volume. It is also guite shallow rooted. The canes are not woody and can be cut without a great deal of force. Hedge trimmers are very effective at reducing what seems like an enormous mass of canes to not much at all. Light and sharp ones are the most effective. I haven't used powered hedge trimmers but I imagine they would work well too. The short lengths of cane can then be easily raked away leaving the roots to be lifted with a spade. This method is very effective for small to moderate infestations. Bigger infestations



will need a multi-pronged, strategic approach.

Blackberry is another "Weed of National Significance" (WoNS) due to its impact on farm production and the environment. An excellent reference to blackberry control funded by the Australian Government was released in 2009 and is available to download from the internet. Just google Blackberry Control Manual.

Thornless blackberry can be grown in the garden as an alternative to the feral kind.

WeedFree Trentham meets on the third Saturday of the month. Call Brad on 1126 or Jan on 1100 for more information.

The Epic of Gilgamesh

The Epic of Gilgamesh will be presented by Trentham storyteller, Peter Fernon, at the Mechanic's Institute in High St Trentham at 7.30pm on Saturday 18 August. Tickets are \$12 full and \$8 concession.

Peter is a regular contributor to Trentham's Words in Winter. Past productions include "The Odyssey", a six generation saga of his own family called "The Wheel" and more recently, "Doctor" the story of Gweneth Wisewould; Trentham's famous and fabulous GP from 1938 to 1972.

"The Epic of Gilgamesh" is reckoned to be the world's oldest

piece of literature dating originally from about 2700 BCE and written first in Sumerian then in Akkadian, the language of the Babylonian empire. The German poet Rilke described it as the epic that, above all,



depicts humanity's struggle with the knowledge of death.

This telling of the story moves from bawdy ditty to solemn sonnet and employs song, poetry, dramatic dialogue, narration, profile puppets and shadow puppets. The production contains explicit sexual description and some strong language. It takes about 75 minutes.

The following Saturday 25 August at 7.30pm Peter will be performing "Doctor" at St Mary's Anglican Hall in Woodend.

Bookings and information for both shows 54241237 and ask for Peter.

Stoney Creek Reserve

The regeneration of Stoney Creek Reserve has continued over recent weeks with additional planting, weed removal, a new track linking to Park and Camp Streets and some drainage work.

Following the slashing of long grass within the Reserve by the Trentham Bowling Club, over 600

by a group of fifteen local enthusiasts.

The plants, generously donated by the North Central Management Catchment Authority, will

trees, understorey plants and grasses were planted

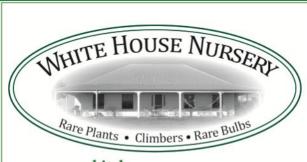
Further planting will take place in the spring when weather conditions improve.

neglected open space in the heart of our village.

enhance the beauty and attractiveness of this long

The Trentham Lions Club has also contributed recently with the further removal of unwanted willow trees adjacent to the creek.

Anyone with an interest in the environment and keen to help with the revegetation of the Reserve can contact either Andy Robertson [5424 1100] or Barry Elliott 4404 8155 for further information.



www.whitehousenursery.com.au

Victoria's Newest Boutique Rare Plant Nursery

Specialising in European and South African bulbs, Perennials, Ornamental and Fruiting plants. We are located between Woodend and Trentham in a little Hamlet named Fern Hill.

Garden Club Tours
 Gate Sales
 Mail Order to All States

Open Friday to Monday 10.00am to 5.00pm or by appointment

We now have over 200 rare species in our nursery and on our website.

412 James Lane, Fern Hill, Victoria 3458 Jess Exiner **0419 002 651** Peter Harris **0400 313 703**





Notice of AGM:

Wednesday 29 August @ 6.30pm

All welcome

Special notice of change to the Rules of Association

- · **-** · **-** · **-** · **-** ·

Trentham Farmers Market's 3rd Birthday

August 18, 2012 will be the 3rd birthday of the Trentham Farmers Market, and also the 1st birthday of the Trentham & Districts Community Bank® branch, so lots to celebrate in Trentham!!

There will be live entertainment by "Acoustic Sessions", FREE face painting, balloons and giveaways for the kids and of course birthday cake!

Dolphin's Brewery (locally brewed beer) and Colliban wines have been offering "mulled" wine and ale, great for the cold months and you can also get a recipe, if you ask 'nicely'! The market has reduced the stallholder fees to be "One of the lowest in the region for a Farmers Market" so Farmers Market stallholders, please contact SHIRLEY 5348 5690 to secure a place.

All proceeds go back into the community through our 'Not for Profit' Trentham Lions Club Inc. and the various community groups participating in our sausage sizzle roster. The Trentham CFA will sizzle the snags for the August market, no fires to put out we hope, except the birthday candles!

So come celebrate with us and while you're here... "STUFF YOUR" PANTRY!"

Address: Trentham Town Square Contact: Shirley Corneille Phone: 5348 5690/ 0427 542 811

Email:

trenthamfarmersmarket@yahoo.com.au



TRENTHAM HISTORICAL SOCIETY

NEEDS

VOLUNTEERS

research, computing, internet, carpentry, gardening, mowing, painting, etc

IF YOU ALREADY HAVE SKILLS WE CAN USE THEM OR WE CAN TEACH YOU

TIME AND DURATION TO SUIT YOU

CONTACT: John Cook (5424 1386) or Susie Spence (5424 1272)



Hi all Trentham weather lovers ... We could say that June 2012 was a reminder of the winter months so many of the "old timers" would tell us about!..Cold and misty with plenty of rain. Generally though it was a mixed bag with a mild start after a maximum of 13.7°C on the 1st and that was the end of the mild days, it became very windy on the 4th and 5th with local gusts between 60 and 80 kph, this storm system brought a 24 hour total rainfall of 43mm, the remainder of the month was often misty or cloudy with frequent showers or drizzle, the wettest day drenched the Trentham area on the 21st with 50mm, this resulted in high stream levels and minor flooding. With the cloudy conditions frost was held at bay for most of the time although the coldest morning still managed a -3.1°C on the 12th. The cold really set in for the last two weeks with several maxima near 5°C. At the end of June all streams and rivers were running well, the water table remains high and our storages are all 100%.

JUNE DATA

MEAN MINIMUM MEAN MAXIMUM	2.7°C 8.7°C
WEAN WAAIWUW	6.7 C
HIGH MAXIMUM	13.7°C 1ST
LOW MAXIMUM	5.2°C 26TH
LOW MINIMUM	-3.1°C 12TH
HIGH MINIMUM	5.8°C 14TH

RAINFALL	165.6MM (average
125mm)	
WETTEST DAY	$50.2MM\ 21ST$
RAINDAYS	24
HAIL	2
SLEET	1
SNOW	0
THUNDER	1
STRONGEST WI	ND 64.4KPH 4TH

Best regards from AUSSKY, Trentham

Trentham Fitness—SAD, depression and exercise

Hey Trentham, it's mid winter, and from what I can gather some of us are starting to feel a little low. Limited sunlight, cold rainy days and being locked indoors may be taking their toll. Perhaps some of us are even suffering from Seasonal Affective Disorder (SAD) or milder forms of depression, which negatively impacts our health and wellbeing.

Current research into treatments for SAD and depression has determined that light therapy and exercise in conjunction with a nutritious healthy diet is an effective form of treatment. It appears that the physiological benefits of exercise can occur quickly to reduce the symptoms of depression, increase the immune system and reduce the cravings for carbohydrates for energy.

The lack of exposure to sunlight during winter means it is more beneficial for sufferers of SAD to engage in exercise outdoors in the natural light. Numerous studies on depression have also concluded that a combination of light (even on cloudy days) and exercise is one of the most effective ways to help improve one's mood.

As most of us are aware, exercising releases the "feel good hormone" known as endorphin, which does a wonderful job of increasing our feelings of wellbeing. Endorphins are the body's natural form of painkillers and it is through exercising for at least 30 minutes that the brain is stimulated enough to release these hormones.

Well that's good news isn't! It appears we don't need that trip to QLD to help us out of our depression or cure our SAD states. All we need to do is to get outside, even on cloudy days, walk or exercise for at least 30 minutes and our moods will lift, our energy and health will be enhanced, and we can move from gloom and doom to happiness and vitality.

Samantha Redlich

When the World Was Green: A Chef's Fable

As part of Words in Winter 2012 Murmur Collective proudly presents a dramatised reading of 'When the World was Green: A Chef's Fable' by American playwright Sam Shepard. After their explosive sell out season of Beckett plays in 2008,

Ivor Bowen and Devon Taylor return to the Daylesford stage in this intriguing and disturbing story of a condemned man's last thoughts as told to a journalist. By sharing their stories, these two characters discover an unquenchable connection. Are they who they say they are? Why have they searched for so long? Do they exist purely for the hunt? Using video, projections and lighting to highlight the reading, Murmur Collective will transform Door 3's multi-media room into a feast for the senses.

Murmur Collective is a Daylesford performance group formed in 2008 out of a desire to provide an exciting and dynamic theatre experience locally. Founding members Ivor Bowen and Devon Taylor both live and work within the Hepburn Shire. Ivor is a multi talented man; painting, acting, filming and volunteering his way around the Shire. Devon is a mother, restaurateur and theatre maker who gets her best ideas while doing the dishes.



Murmur Collective would like to acknowledge the support of the Hepburn Shire Council and their Community Grants programme.

"We began as mineral. We emerged into plant life, and into the animal state, and then into being human, and always we have forgotten our former states, except in early spring when we slightly recall being green again" -Rumi (A.D. 1207-1273)

http://www.facebook.com/ murmurcollective http://www.door3.net

When the World Was Green: A Chef's Fable

by Sam Shepard and Joseph Chaiken and presented by Murmur Collective

VENUE: DOOR 3 East St

Daylesford

DATES: Fri-Sun August 3-5

TIME: 7:30pm

TICKETS: \$15 full/\$12 concession

Tickets sold at the door

Trentham Community Library

Following a successful preview attended by over 100 people, the new Trentham Library at 15 Albert Street opened for business on 3rd July. Although the former Community Health Centre still lacks any signage, borrowers both old and new have managed to find the refurbished building. For those who still wonder, the easiest way to find the library is to follow the new asphalt path, which starts at the corner of Market Street and Albert Street, and leads to the front of the library where colorful flags are flying at times when the library is open.

Opening hours are Tuesday

10am-1pm & 2pm-5pm, **Friday** 11am-1pm & 2pm-6pm, **Saturday** 10am-1pm.

The library is the outcome of collaboration between volunteers, the Trentham Forum, Hepburn Health, and Hepburn Shire. Trentham Art & Craft Show has made a generous donation of \$5000 for art and craft books and there have been a number of donations from individuals. The project also received a grant from the State government. In recent days, representatives of Trentham Lions, Spudfest and Hairy Arch have indicated their intention to contribute to the library. It has

been a real community effort.

Visitors have already been impressed by the warm, cosy atmosphere, welcoming staff and the attractive array of new books. Public access computers provide additional sources of information.

A meeting area is also part of the design and community groups are encouraged to book the space.

Your new library is going to be a great community asset.

Come and see for yourself!

Jill & David McCallum Trentham Community Library Project.



Trentham Lions Club News

Monthly Old Time Dance

Such a great fun evening at the Old Time Dance in July which had the old hall vibrating with music by Family Rhythm, a popular program provided by John Cook. Entry \$8 with a door raffle, spot prizes and a supper of hot food, sandwiches, slices and fruit with a side of tea or coffee, served by the supper group. The dance is held on the 2nd Friday of each month at the Mechanics Hall. Enquiries: Dorothy, 5424 1813 – dates for the next dances are Friday August 10th and 14th September.

Winter Wood Raffle

Tickets sold in the main street every Saturday for 3 weeks then drawn, and will be delivered locally. We are already up to Raffle #5, the winner of #3 being VIN COWELL, very well deserved too. (Raffle #4 not drawn at the time of the Trumpet print). Get your ticket to be in the running to win a metre of

Red gum and Box wood mix – guaranteed to give you a good-n-hot fire through the winter months.

Trentham Lions Club

Have their business meetings on the third Wednesday of each month; new members always welcome - for information please contact the President, Chris Carr 5424 8210.

During the latter half of the year, up and coming events will be -

 13^{th} Annual Classic Fun Run – **Sunday 10**th November

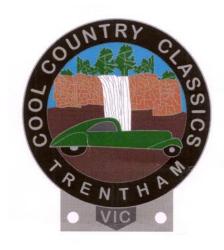
Jumble Sale (whole town sale) – $\mathbf{Saturday} \ \mathbf{1}^{\mathrm{st}}$ December

Carols in the Park – **Friday 7**th December Elderley Citizens Lunch – **Friday 14**th December NOT forgetting the Farmers Market every month

Trentham Website Workshop

Are you a member of a local community group that needs to "get its message out there"? The Trentham community website (www.trentham.org.au) is available with an increasing numbers of "hits" each month. It is intended to run another workshop for anyone interested in setting up their group's own pages or adding content to the website. Once you have the basics it's surprisingly easy. The plan is to run the workshop on a weekday (previous workshops were held on a weekend). If you are interested in attending or have a suggestion for useful information to include on the website, please let either myself or the Trentham Neighbourhood Centre know. Thank you, Ian Williams, ianlyn@internode.on.net

Cool Country Classics Trentham (Car Club)



We are now into our second year of existence with numbers still growing apace.

Our last meeting at the hotel saw approximately thirty members and friends with a gain of a couple of new members.

After our formalities, kept to a minimum, Al Coulson gave an overview of his recent European trip which kept us interested for some time.

We are hoping to have a web page up and running soon and this should assist in advising people of our coming events and what is happening within the club.

To many of the elderly petrol heads this will be a new experience to look forward to.

Remember anyone is welcome to attend our meetings held at the Trentham Hotel on the second Tuesday of the month, often preceded by a meal before the meeting gets underway at 7.30pm.

John Gray 5424 1166

No One Left Behind Project—Update

With a real winter upon us I imagine not many people will be thinking about fire safety and preparing for the dangers of summer. Community safety however, is always a priority and emergency events occur all year-round. Emergency services have informed me there have been occurrences of flooding affecting the district, in recent times.

Winter is a good time to ensure you have all the information needed to prepare for emergencies and to ensure your family members, property and valuable possessions are well protected.

This Project has recently completed a consultation survey with a cross section of community members including families, older people, people with additional support needs, sporting and community groups, a few visitors to the area and local businesses. Survey results show that people:

- Are concerned about general community safety
- Think some people know what to do in the event of a community emergency
- Overwhelmingly consider telephone trees would assist with communication
- Are largely interested in attending workshops to develop their Bush Fire Survival Plans

Given this, the Project aims to work with the CFA, Red Cross and Bendigo Bank to provide workshops on developing fire and emergency plans, along with information about setting up telephone trees.

Workshop dates will be advertised in the Trumpet, on the trentham.org .au website and in local newspapers. An email list has also been compiled for anyone needing information.

Thank you to all those who have assisted with the survey, for providing time and welcoming me into "your space". For anyone who would like more information or to be involved in the Project I can be contacted on:

Mary Hogarth P 0437 707 835 E <u>trenthamnc3t@gmail.com</u> or leave a message at Trentham Neighbourhood Centre 5424 1354.

Sustainable House Day in Hepburn Shire

On Saturday 9 September five houses across the shire will open their doors to the public to share their tips on sustainable living. They will also showcase exactly what they have done in their own homes to reduce energy use (and bills!) and environmental impact.

If you're interested in sustainable living for your home, don't miss this once-a-year opportunity to see what people in your own neighbourhood are doing – and why it works.

The homes on display this year include features such as passive solar design, reversed brick veneer insulation, retrofitting solutions, a timbercrete work in progress and a retrofitted recycled project complete with permaculture gardens.

Each of the homes will be open throughout the day. You're guaranteed to feel inspired!

The Sustainable House Day is being organised by the Sustainable Hepburn Association (SHARE). Watch this space next month and keep an eye out in The Advocate for more details. If you'd like to know more call Tanya at SHARE on 5309 2664.

International Women's Day

Every year in March, the world celebrates International Women's Day to mark the economic, political and social achievements of women. Hepburn Shire Council's event will be held on Thursday 7 March 2013 and nominations for the Hepburn Women's Honour Roll are now open, with a closing date of Friday 19 October 2012.

Visit Council's website for details including nomination forms, criteria and a history of past honour roll inductees.

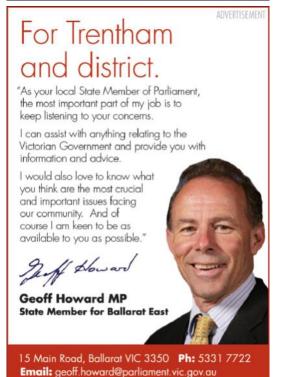
Trentham Historical Society

The next meeting of the Trentham Historical Society, the AGM, will be held at the Bowling Club, 8.00pm on Monday 20 August, 2012.

Business of the meeting will be brief.

A display and discussion of recent acquisitions will be the feature of the night. Come along to have a look at some of our collection and hear the stories that brought the items to us.

Secretary: Susie Spence 5424 1272



Trentham Lions Changeover

The Trentham Lions Club held its annual changeover dinner at the Pig & Whistle Hotel on Wednesday July 4th. The new 2012 -2013 officers were installed into their positions by outgoing President John Marion . The new President is Chris Carr, Secretary Shirley Corneille, and Treasurer Margaret Stockton. The installation dinner was attended by Mayor Sebastian Klein, Lions District Zone Chairman Ged McLaughlan, and visitors from other Lions clubs. In addition to the installation ceremony, a very enjoyable evening was helped along by the thankyou and presentation of certificates by Garry Nish of Riddells Creek Lions, for the assistance given this year by the Trentham Lions Club members to the successful running of the Riding for the Disabled event in April.



2012-2013 Trentham Lions Club Board Members (I-r): Director Paddy McMenamin, 3rd V.P. Bette McLaren, Secretary Shirley Corneille, Tail Twister Tim Walsh, 2nd V.P. Dorothy Hancock, Treasurer Margaret Stockton, 1st V.P. John Stockton, Past President John Marion, Lion Tamer Jane Carr, and President Chris Carr (absent Director Adrian Kasbergen)

Trentham District Football Netball Club Inc

The club is enjoying a great year with, at the time of writing, both the firsts and seconds placed third on the ladder and looking forward to playing finals – in the case of the reserves defending last year's premiership.

With two more home games left in the year why not come along and support the boys and girls in their football and netball games, they would surely appreciate your attendance.

After these two home games we have two social functions planned. The first is Miss Trentham, an event for which some players have been in training, especially Ricky Evans, and a sports trivia night after the final home game. Your support at these functions would be much appreciated with the teams heading towards the finals.

The netballers have shown great improvement this year and their results are starting to reflect this, with some wins and close games and a draw, but we are always looking for new netballers so if anyone knows of any potential players please ask them to contact the club.

John Gray 5424 1166

ONGOING EVENTS

Monthly

Trentham Sustainability Group

Meetings and activities vary monthly For details contact Glenda 5424 1727 / Russell 0422 006 989

MONDAY (weekly)

Peace Meditation

9am-10am Neighbourhood Centre Gold coin donation to TNC Enq: Henk Bak 5424 1702

Youth Group

(except school holidays) 4pm-6pm Neighbourhood Centre Eng: Brendan 5424 1402

1st MONDAY (monthly) CWA

11am-1pm at Mechanics Hall Subject to change depending on activities Enq: Lyn 5348 5568

Friends of the Station

7.30pm at Historical Railway Meeting Room Enq: Kaye/Leigh 5424 1446

3rd MONDAY (monthly) Trentham Hospital Auxiliary

10am at the Hospital Enq: President, Nancy Walsh 5424 1398

Free Bus to Wendouree

Departs Trentham 9am. Bookings essential. Eng: Judith 5368 6697

Trentham Historical Society

Committee Meeting 2pm at Old Police Station Eng: Susie 5424 1272

4th MONDAY (monthly)

Trentham Historical Society

Working Bee 2pm at Old Police Station Eng: Susie 5424 1272

TUESDAY (weekly)

Trentham Playgroup

10am-12pm at Mechanics Hall \$3 per family Bring a piece of fruit to share Eng: Kerryn 5424 1646/Karen 5424 1141

2nd TUESDAY (monthly) Trentham Car Club

7.30pm at Trentham Hotel Eng: John 5424 1166

WEDNESDAY (weekly)

Table Tennis (April—September)
7pm at Mechanics Hall
Enq: Cory McKeone

2nd FRIDAY (monthly) Old Time Dance

8pm at Mechanics Hall \$8 per person Next Dances—Jun 8 & Jul 13 Eng: Dorothy 5424 1813

1st SATURDAY (monthly) Trentham Film Society

7.30pm at Neighbourhood Centre Enq: James/Brad 5424 1126 / Maria 5424 1237

Community Mini Market

9am-1pm at Neighbourhood Centre Eng: 5424 1354

Trentham Adult Riding Club

Enq: Katherine McWade 0403 962 811 / 5423 9261

3rd SATURDAY (monthly)

Trentham Farmers Market

9am-1.30pm at Town Square Enq: Shirley 5348 5690/0427542811

Trentham Makers Market

9am-1.30pm at The Cosmo Footpath Eng: Ruth 5424 1470 / Janine 5424 1535

WeedFree Trentham

1pm-4pm at various locations Eng: Jan 5424 1100 / Brad 5424 1126

SUNDAY (weekly)

St George's Trentham

9am Holy Eucharist. All welcome Enq: 5427 2460

1st SUNDAY (monthly)

Trentham Pony Club

Newbury Reserve Enq: Kathryn Clark 0437073713/54241804

4th SUNDAY (monthly)

Trentham Station Market

9am-2pm at Historical Railway Grounds Enq: Kaye/Leigh 5424 1466

Trentham Community Garden

9am beside Historical Railway Eng: Saskia 0418 257 156

Young People Have Their Say in Clunes

Young people in Clunes were recently invited to participate in a survey about the Clunes Community and Interpretive Centre (CCIC) – including what they might use the facility for and what features would attract them to spend time there. Surveys were distributed at a movie night held in Clunes, to young people who catch the bus to and from Ballarat for school and to grade 4–6 students at the Clunes Primary School.

Thank you to all of you who took the time to share your thoughts; the results will help guide upcoming decisions for the internal fit-out of the facility. The good news is at that all of 43 young people who completed the survey expect to use the facility, particularly the library and the multi-purpose rooms. Study, using the internet, accessing information and hanging out with friends were the main expected uses reported in the survey.

Participants told us that making sure the building is open after school and on weekends is really important, as is easy access to computers (including laptops and ipads) and free internet/Wifi. Comfortable spaces and furniture (such as couches, comfortable chairs, beanbags)



that is easy to move around were also listed as being important; along with quiet spaces, selfcatering facilities (hot water, microwave) and colourful surroundings.

Thanks again to all of the young people who completed the survey. Taking the time to share your feedback ensures that your needs will be factored in to the way to the way the building is set out. If you would like more information about the CCIC please visit

www.hepburnshire.com.au

LOCAL BUSINESS GUIDE

ACCOUNTANT Clement F Mooney

Certified Practising Accountant 19 Albert Street, Trentham 3458 T: 03 5424 1441 M: 0412 584 555

AUTO DETAILING

Leonie Dickerson Quality Detailing

Bookings Required 1 Albert Street, Trentham M: 0427 744 326

CARPENTER

Paul Gaskin—Qualified Carpenter

Decks, Pergolas, Bathrooms & Renos For All Your Carpentry Needs Call Paul—0438 440 986

ELECTRICIAN

Fells Powerline & Electrical

Brian Purcell 5348 2492

FENCING

Advertise Your Business Here!

GAS (BOTTLED) Origin Gas Trentham

For orders phone Gary Irvin M: 0409 135 070 Your local LPG supplier

HAIRDRESSER Advertising Space Available.

HOTEL

Pig & Whistle Hotel

Crn James Lane & Pearsons Rd Open 7 days Mon-Sun. Great Food. For Bookings call 5424 1213.

JUSTICE OF THE PEACE Advertise Here!

LAWN MAINTENANCE

Lawn Clippings

Ride-on mowing, Hand mowing Whipper-snipping & Gardening Carol Young 0408 995 178

MECHANIC

Vic Street Mechanical Repairs

All tyre, gas and mechanical repairs All log book servicing David Clark 0409411900 /54241510

MEDICAL @ TRENTHAM

Springs Medical Centre

22 Victoria Street, Trentham Appointments Monday—Friday

Enquiries: 5424 1602

NATUROPATH Natural Health Clinic

Catherine Laurent Naturopath www.puresense.com.au Enquiries: 0418 364 497

Subscribe Online

Your Trentham Trumpet is available online! View all the photographs and supporting advertisements in glorious colour. Additionally, you can 'zoom' the publication to enlarge the print and make reading easier. Email notification is sent out each month once the Trumpet is uploaded to the web.

Register at www.trentham.org.au, click on 'News & Events', then click Subscribe to 'The Trumpet'. Enjoy!

Macedon Ranges Film Society Goes From Guns to Fantasy!

Guns were indeed a-blazing in the film chosen by the M.R.F.S. for July. "L.A. Confidential", a film which deals with the dark world of corruption in Los Angeles, had more shoot-outs and dead bodies than most people could count. The audience however admired the tight plot and superb acting of the three main characters, law enforcement officers with vastly different approaches to dealing with crime.

J.M. Barrie, the creator of Peter Pan, would never have tolerated such violence. Marc Forster's film "Finding Neverland" about this remarkable man is sweet and gentle from start to finish. Johnny Depp plays J.M. Barrie with convincing magnetism and Kate Winslet is excellent as the lonely and charming mother of four children who embrace Barrie's childlike vision with enthusiasm. The film was made in 2004 and also stars Julie Christie and Dustin Hoffman. It can be seen on Wednesday, 8th August, at the Woodend Community Centre. Film starts at 7.15pm sharp.

The Macedon Ranges Film Society meets on the second Wednesday of every month at 7pm in the Woodend Community Centre. Film notes are supplied and for those who wish, there is discussion following the screening, with supper kindly supplied by members.

Email <u>mrfilmsociety@gmail.com</u> or call Vicki on 5427 2323 or Christine on 5429 5452.

FitzGerald

PROPERTY

Ph: 5424 1866



TRENTHAM

31A Market St

TRENTHAM

67 Falls Rd

LYONVILLE 1474 Trentham Rd

Renovated cottage consisting of three very large rooms; a bedroom, a lounge and kitchen /dining room along with new bathroom, carport, carpets etc. Suit couple of make a great weekender. Not another cent to spend.

the golf course. Set on around 1.5 acres, includes separate dining area, living room, sun room, and two bathrooms. large shed. Workshop. Short walk to main street shops and restaurants

Spacious light filled, four bedroom home opposite

Four bedroom lifestyle property of around 30 squares on around 7.25 acres backing on to the Coliban River. Loads of living spaces, massive shed/workshop, separate cottage, separate studio. two bores, good pasture and fencing. Manicured gardens.

\$685,000

\$320,000

\$595,000



TRENTHAM 57 High St

Residential or Retail/Business opportunity. Three bedroom brick veneer home on large block, approx 1,3700sm.. North facing living areas. opportunity for retail development and further buildings.



TRENTHAM FALLS RISE

40% SOLD

Seven magnificent allotments approx 1 acre each, fully serviced. Opposite the golf course and easy walk into the township. House and Land packages

Building site with northerly aspect, at around 3.5 acres, offering cleared pasture with scattered native trees. picturesque dam, town water power and phone available. Planning Permit for dwelling in place. Zoned Low Density Res.

TRENTHAM

\$270,000

45 Racecourse Rd

LAND FROM \$200,000 \$395,000



TRENTHAM 150 Horvaths Rd

30 Square home on around 40 acres. Home designed for Allergy Free Living. Comprises 4 bedrooms, north facing living, conservatory, full Solar power and land subject to Trust for Nature covenants. River frontage.

BLACKWOOD 24 Martin St

The best of Blackwood. Restored classic home in excellent condition. In garden setting with views over Lerderderg Gorge. Three/ four bedrooms, return verandah, and separate cottage. Great Value.

TRENTHAM EAST 733 James Ln Superb 40 acres of red loam. Corner location. Three

bedroom brick veneer suitable for renovation. 10Mg Irrigation License. Large shed. Great views out to Mt

\$720,000

\$440,000

\$780,000

www.fitzgeraldproperty.com.au

54241866

45 High St Trentham