

TRENTHAM

Trentham & Districts Community Newsletter Auspiced by Trentham Neighbourhood Centre No. 119, June 2012

A Spud Digger's Heart

by Reg

I've dug the spuds round Kooweerup before the swamp was drained When we were ankle deep in mud near every time it rained. I've dug down West around Koroit, at ninepence to the bag Me boots were shot, me pants had holes, me shirt had turned to rag.

I've had me share of freezing nights beside me spud hut's fire Me socks pegged up beside the hearth, but never getting drier. The black wind rattling window panes and howling round the door While little bush rats stared at me from holes right through the floor.

I've known me lantern's lonely light from night fall through to morning When I was crook with plurisy, that hit me without warning. Three days and nights I spent that time, near frozen in me bed 'til old George Hodge knocked on me door, he'd thought I might be dead!

There's times I haven't had the coin to buy a single beer But when I'm flush, the boys all say, I grin from ear to ear. And now I've almost kicked the grog, through Sister Mary's prayer It's months since I was seeing things that wasn't really there!

With Bill O'Connell's steady work, I've saved near eighteen pound By digging spuds for other men who own the farms around. From good red dirt, I've bagged them up, for no more than a shilling But now I'd like to dig me own, and so I shall, God willing!

The Dwyer's house block's up for sale. Five acres with a shack. Bill said he'd lend me fifty quid, I'd have to pay him back! A spud hut isn't much, I know, to start off married life But it might do, for a year or two, for a digger and his wife.

Sweet lady dear, I fell for you, when you were washing plates You, with your arms in the kitchen sink. Me, drinking with me mates. You smiled at me, though we'd not met. You said your name was Betty. You stopped me in me tracks, you did! By Jeez, you looked so pretty.

I've thought about you ever since, and I'm not known for thinking. If truth be told, I'd have to say, I'm known more for me drinking! I'm not a bloke who's good with words or fancy conversation And I admit, though I can read, I've got no education.

I've dug the soil and chopped the wood, I've never been a shirker! I've never bludged off other's dough. I've always been a worker. I'm not much of a catch, I know. I have a reputation, As Sergeant Burke's best customer, in the cells behind his station.

I'm not a handsome man, I know. Me whiskers get quite coarse.

And Harry says me face looks like the back end of his horse!

Nor can I offer gold or pearls, Only hugs and kisses.

But, You'd have my heart, forever true, if you would be my missus!

ANZAC Day 2012

Cold and windy conditions failed to deter the crowds turning out for the ANZAC Day march and ceremony in Trentham on 25th April.

A two to three hundred strong crowd gathered to watch the veterans march from the Town Square to the Cenotaph led by immaculately turned out troops from the 4th/19th Light Horse Regiment who then formed the Catafalque Party for the ceremony.

The Mayor of the Hepburn Shire Council and local council member, Sebastian Klein, gave a short but heartfelt address about the sacrifices of Australian servicemen and women had made over many decades. Wing Commander Marcelle Mitting, Headquarters Training Group in Melbourne, then spoke of the bonds that exist between Australia and New Zealand. All readings were done by students from the Trentham District Primary School and were a credit to the school and their teachers. Trentham Cool Harmony Choir were on hand to provide a rendition of the hymn "And Let There be Peace on Earth" during the wreath-laying part of the ceremony and then led the crowd in a stirring version of the National Anthem to bring the ceremony to a conclusion.

The Trentham Lions Club would like to thank all those who contributed to the success of the day.

 $Photo\ page\ 2$



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

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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







Due to a fantastic fundraising effort last year, students were able to purchase a donkey, 4 childhood immunisations and 1 'Food for Life' pack through World Vision for communities in need. This was in addition to our normal donation to 'Water for Life'.

WELL DONE!!!!!!!



ABOUT THE TRENTHAM TRUMPET

Submissions to the **Trentham Trump**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 Trump**t 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



Trentham Community Library update - on track to commence early July!

What's happened so far?

Council has secured the planning and building permits for the library and made significant progress on other aspects of this exciting new public space, including a visit from a library design expert. Their report provided clear direction on the look and feel, with an aim to create a contemporary and dynamic library service.

Construction of the library is also well underway, with walls demolished and other fixtures removed and painting commence soon. Council has placed orders for shelving, the circulation desk, carpets and blinds as well as new collection items. Landscaping for the library, including new steps leading to the door is also underway. Much of this progress is a result of the amazing efforts of Trentham community members who have volunteered so much time and labour to the project. Thanks to the Trentham Community Library Group especially to Andy

Robertson, David, Jill and John McCallum.

When it opens in July the library will provide some fantastic features for the community, including new book stock including art, craft and design books (donated by the Trentham Art & Craft Show), access to over 3 million books held in public libraries across Victoria, computer and Wifi access, regular storytime sessions – all at no cost!

Other features sure to be welcomed include photocopying, printing and fax facilities, a meeting area for community groups and importantly, a venue for Words in Winter and Clever Town Challenge!



The cool moist days of autumn have brought the bushfire danger period to an end with no significant threats to Trentham and surrounding districts this summer. Fuel reduction burns have been carried out by DSE on public

land and private landholders have been taking the opportunity to clean up those fuel hazards that were too damp to light last year. The brigade has been called to several minor incidents involving domestic burning off in April and May but none required significant action.

However, chilly winter nights bring on the need for people to take special care at home with open fires, particularly with older brick chimneys where mortar may have deteriorated to the point that sparks can escape into the ceiling cavity beneath the roof. Soot accumulation within the chimney, even in enclosed metal flues, can also build up to the point where it becomes a hazard. The electric clothes dryer that is so useful during months of wet weather needs to have its lint filter cleaned frequently, especially when the dryer is set to higher temperatures for long periods of time. And small electric room heaters can be easily forgotten and covered accidentally with a sock or an old book in a child's bedroom during the night, with serious results.

CFA WINTER FUNDRAISER

Keep your diaries open for our "Music Trivia Night" to be held July 21st at the Mechanics, as a fundraiser toward the fire station extension.

JOIN UP IN JULY

The Trentham Fire Brigade is composed entirely of volunteers. If you would like to become involved in an inclusive, vigorous, practical team, either as a fire fighter, or to assist in other ways, please come along to one of our meetings on the first Monday night of each month at 7:30.

John McLaren Brigade Secretary

FORUM Report: Council Budget Submission

While this year's draft Budget includes some projects for Trentham it does not address the underlying structural and process causes of the on-going inequities suffered by our community. This is the central issue in the FORUM's 8-page submission which also reviews the 'rate equity – a fair go for Trentham' campaign and concludes:

- Council's failure to provide fair and equitable facilities and support to the Trentham community is wrong.
- That Council knows Trentham does not get a fair go and refuses to act is wrong.
- That this budget offers no substantial measures to address these inequalities is wrong.
- Equity delayed is equity denied.

The submission also calls on Council to seriously review its viability, capacity to provide optimal facilities and services and act in the best interests of all residents and ratepayers.

We have also asked Council to bring forward the Trentham Town Plan to take account of rapid growth in our part of the Shire and the influence of the Calder corridor, which was not addressed in the initial Municipal Strategic Statement Review.

To read the full submission go to www.trentham.org.au or consult a hard copy at the Neighbourhood Centre or request an e-mail copy from any of the FORUM members listed below.

Sue Bruton, Chris Carr, John Cook, Barry Elliott, Michael Keaney, Ian MacBean (Secretary 5424 1727), David McCallum, Georgie Patterson, Andy Robertson, Corina Sabo, Cynthia Williams, Ian Williams

Rail Trail Passes Inspection

Members of the Trentham based Daylesford-Macedon Ranges Rail Trail Working Group recently hosted a tour of inspection of the proposed Rail Trail route by representatives from Bicycle Network Victoria. BNV's Jason

den Hollander, Team Leader-Facilities Development and Kate Butler, Recreation Trail Development Officer visited sections of the disused railway corridor through the picturesque Wombat State Forest as part of the tour.

Coordinator David Wilson

said that the group has been working closely on the proposal with Bicycle Network Victoria for around two years. "The inspection with Jason and Kate will assist their role In the W with us in an upcoming feasibility study to be conducted by Hepburn and Macedon Ranges Shire Councils" David said.

"I'm looking forward to the feasibility study and working with local groups to smooth the way for the Baillieu government to fund the Rail Trail" Jason said.

Bicycle Network Victoria's website includes a number of articles on what has also been named the



Kate will assist their role In the Wombat State Forest; left to right: Jason den Hollander, Kate expertise will be keenly with us in an upcoming Butler, Michael Keaney, Andy Robertson.

Daylesford-Woodend Rail Trail, including a brochure produced in April 2011 with the assistance of the working group. Go to www.bicyclenetwork.com.au/

general/change-the-world/91760/ for more information, with a brochure download available.

"The feasibility study is the first step in developing a way forward for the State government to deliver

the Daylesford-Macedon Ranges Rail Trail. We are excited to support those in the region to provide a clear direction for the trail" Kate said.

The working group has also been greatly assisted in its activities by Railtrails Australia, which has coverage on its website at www.railtrails.org.au/news.

"Both organisations have played key roles in the development of rail trails around Victoria and in other States and their r, Kate expertise will be keenly sought for the feasibility study. The Rail Trail will result in significant recreational and economic benefits for local communities and the region"

David Wilson - 5424 1882

David Wilson said.

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Trentham & Districts **Community Bank®** Branch

Bendigo Bank

Since opening on 19 August 2010, Trentham & Districts Community Bank® Branch has invested more than \$13,000 into our community thanks to YOU!

We're proud to support the following groups that offer opportunities and services to our community;

2nd Woodend Scout Group Local CFA Brigades Trentham Adult Riding Club Trentham Bowling Club

Trentham CFA

Trentham District Football Netball Club

Trentham District Primary School Trentham Easter Art & Craft Show

Trentham Historical Society Trentham Junior Cricket Club

Trentham Kindergarten

Trentham Neighbourhood Centre Trentham Nursing Home & Hostel Trentham Sportsground Reserve

Trentham Spudfest

Tylden Primary School Annual Fair and Vintage Tractor Pull

When you choose to be a customer of Trentham & Districts **Community Bank**® Branch, you make a decision that benefits you, as well as your community.

That's because with every savings or investment account, every home or personal loan, every insurance policy, and every product or service we offer, money goes back into our community to support local projects, groups and organisations.

So make a difference – to your own banking and your community. Drop in and see Branch Manager, David Lawrence and the team today, phone 5424 1608 or email trenthammailbox@bendigoadelaide.com.au.

Branch hours: Monday – Thursday 10am-4pm Friday 10am – 5pm Saturday 9.30am – 12noon 24 hour ATM

No One Left Behind Project—Community Consultation

This community safety project is funded by the Department of Planning and Community Development to assist the township of Trentham to become more prepared for the event of a town emergency such as bush fire.

Currently the Project is in a consultation phase, seeking information from community members about their views on town safety concerns along with ideas about connecting residents and working together to protect the township.

Mary Hogarth, the Project Worker, has been out meeting with as many community groups as possible to capture their views, concerns and ideas about what could assist residents in the event of a widespread emergency event.

A snapshot community/fire safety survey was conducted recently by the NOLB Project at the Trentham Spudfest, at a shared display table with the Trentham Fire Brigade.

How to be involved:

Register your group, businesses
or organisation for the Project
Worker to meet with you at a
convenient time eg at a regular
group meeting. This will
enable your concerns, views or
ideas to be represented in the

survey.

- Alternatively you can attend a small focus group about town safety to have your views represented.
- Provide your contact details to the Project Worker to gain information such as the survey results and other project news such as fire safety workshops and communication systems.

Contact Mary Hogarth, Project Worker on 0437 707 835, Trentham Neighbourhood Centre 5424 1354 (leave a message) or email: trenthamnc3t@gmail.com

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a small centre with a warm welcome

Do you have a printer?

Do you know where to put your old cartridges?

Most of us have computers at home these days, and most of us have printers, to keep hard copy records of the important documents in life. (So much for the paperless office) Once we have used the ink from the cartridge the big question is just what do you do with the cartridge? I know I have been guilty of throwing them away

when the saved ones start to take up too much room on the shelf. But did you know they can be refilled? This can be a complicated and messy business; a better solution might be to recycle the remains. Planet Ark offer any business and community organisations a box that can be filled with emptied cartridges and then collected by them to be recycled and made into other things; plastic cutlery, park benches, garden stakes etc.

TNC now has one of these recycling boxes located in the foyer area near the computer room. If you have any old cartridges you have been saving for the right place to put them, come in to the

Centre and give them to us.

You may have many empty cartridges because you print off all the work you do as a writer. TNC, as part of Words in Winter are organising the inaugural Ellen Kemp Memorial Writers' Prize. Ellie Kemp was dedicated to her local community, this prize is being offered in her name, to recognise the work she did and the commitment she had to Trentham. If you are a budding writer, or even if not, and would like to be part of this competition, contact us for an entry form. We are open Mondays to Thursdays 9:30-4pm and most Friday mornings.

Submitted by Victoria Wells Coordinator

Trentham—helping stop a serial killer?

Lancefield and Bacchus Marsh have joined a growing number of towns committed to ending the spree of a serial-killer each of us knows well – the plastic shopping

"But it's only a plastic bag," shoppers say. If only they knew the research cataloguing the millions of animals that have died after consuming plastic bags, mistaking them for food. They also trap birds, block drains and kill even large animals such as whales.

Australians are using fewer plastic shopping bags: bags given away at check-outs dropped from 6 to 4 billion between 2002 and 2007. These aren't free – grocery chains pay substantial sums to provide them, adding to the cost of your bill. Each plastic bag is made from

non-renewable fossil fuels – enough petrol to drive a car.

"Many people use plastic shopping bags to line their kitchen bins," notes Peter Chudek, of the Calder Regional Waste Management Group. "This is a real problem . . . at the landfill: as the bags are light they become airborne and litter the site. We recommend that people wrap their food scraps in newspaper to place in the bin — paper absorbs odours and decomposes."

What can we do about this serial killer?

- when buying 1-2 items, just carry them away
- use a string bag for more items:
 Trentham traders including
 IGA stock orange-coloured

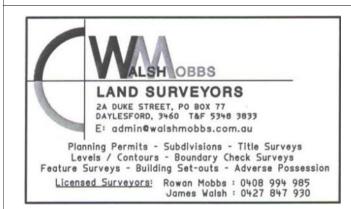
bags provided by Trentham Sustainability Group (TSG)

• bring a box or your own reusable bags for a big shop

We need everyone on side if Trentham is to become a plastic-bag free town. TSG will be contacting Trentham businesses over winter, asking them to agree to stop providing plastic shopping bags. We can all help businesses make the change by encouraging and supporting them to take action.

Want to know more? Contact: Charles Sherlock 0423-020-699 or Judy Weatherhead 5424-1575

Check out: http://www.environment.gov.au/settlements/waste/plastic-bags/ index.html.





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samantha.redlich@vlinder.com.au

Words in Winter 2012

Of particular interest to Trentham residents will be an afternoon session with a relative of Dr Gwen Wisewould in which she will detail how, from when she gained copyright to the book Outpost, written by Dr Wisewould, she re-printed it as an e-book on the internet. This should be a very interesting talk for those interested.

We welcome input from residents regarding Words in Winter in general and you would be most welcome to attend our meetings with your suggestions. For further information please contact one of the committee:

Di Parsons – 54241227 Saskia Post – 0418257156 Gael Elliot – 44048155 Natalie Gretton – 54241897

Trentham Station Market

The Station Market continues to evolve with more and varied Stallholders attending our unique site and commenting on how special the market feels in and around the Station precinct, and in particular with using some of the carriages as stalls which makes it very different to other sites. Advertising is also making a big difference the more we source different outlets for this.

The past weekend saw the Station used for a market on the Saturday as part of the Spudfest festivities in town. Whilst we would not normally put an extra market on a Saturday, we did so at the specific request of the Trentham Makers Market whose normal site outside the Cosmo Hotel was unavailable and

they had difficulty securing another area, hence the request to utilize the Station, and we were happy that we could help them out on this occasion, after all that's what community spirit is all about.

The veranda covers have now been painted ready for the next phase of this task. We have been lucky enough to receive a community grant from the Shire which will be put to installing some permanent seating around the Station so that people have somewhere other than the platforms to sit.

Special mention must be made to Rodney Cohen, Bill Brown and Mary for their assistance in helping us with advertising drops and with jobs on market days. Your assistance is greatly appreciated by the small but dedicated group of committee members who work tirelessly for the Station thus ensuring the Station remains in community hands. We do ask however if there are any other people out there that can spare some time on Market days to help cook a sausage or two, just to give our workers a small break during the course of the market. And as always we do encourage other community groups to come down and promote your own activities.

Next few Market dates are June 24th, July 22nd & 29th & August 26th.

Happy Marketing



Email: geoff.howard@parliament.vic.gov.au

Wombat Forestcare

Friday 15th June, 7.00 - 9.00pm Explore the Froggy World

Ever wondered what all the croaking was in the gully or the local wetland? Have you heard calls after the floods that you have never heard before?

Come along and learn about your local frogs, what they look like, sound like and where they live. Open your eyes and ears to the beautiful wet world around you. Elaine Bayes and Damien Cook, local ecologists will explore the froggy world with you and share their ecological experiences. I hour lecture, I hour frog walk.

Dress warmly for the night-time walk.

Where: Trentham Neighbourhood Centre, High St, Trentham

Cost: Gold coin donation on the night

Bookings:

Trentham Neighbourhood Centre 5424 1354 or gayle.osborne@bigpond.com



Cool Country Classics

This month we are getting ready to celebrate our first year anniversary and our first Annual General Meeting.

With what started out as a meeting of half a dozen in the pub CCC now has a membership of over thirty with new membership requests coming almost weekly. In just 12 months the growth of the club has been truly amazing and it shows no signs of easing. This has created a few problems with administration, but we believe that these will be resolved at our AGM.

The club has been accepted as a VicRoads club for the issuing of historic registration, and as a result we have already over a dozen members enjoying this facility, thus enabling them to use their classic car or bike on limited use registration at a much reduced cost.

The aim of the club as first envisaged, to enable people with similar likes in classic cars, bikes, trucks etc, to enjoy their pride and joys, has certainly been extremely well received and the acceptance of this ideal has been wonderful.

If you have an interest in or own, a classic vehicle you are more than welcome to attend our monthly meeting at the Trentham Hotel on the second Tuesday of each month at 7.30pm.

We would like to thank Tom and Pauline at the pub for their great support in providing the facilities of the hotel for our meetings and anyone attending the meeting is invited to join other members for a meal beforehand.

The club would also like to thank the Trentham Newsagency for their support in the production of our club badge which is now in stock and issued to each new member upon joining. Once again thanks to all who have contributed to the success of CCC in its first year and we look forward to our continued growth.

Free Health Checks for Hepburn Residents



Residents of Hepburn Shire will have the exclusive opportunity to receive a free health check on June 20th and June 21st, 2012 as part

of a Kidney Health Australia program in partnership with Hepburn Health Services.

The **KEY** Health Check is a free comprehensive assessment of kidney disease, cardiovascular health and diabetes risk with precise results delivered on-site by a qualified health professional.

KEY checks are available to:

- Anyone aged over 50 years (or age >35 yrs if Aboriginal or Torres St Islander heritage)
- Anyone over 18 with diabetes
- Anyone over 18 with high blood pressure (on or not on treatment)
- Anyone over 18 with a first degree relative (mother, father, brother or sister) with kidney disease
- Anyone over 18 who is a smoker

The testing will be held at: **Hepburn Health Services** – **Community Health** Creswick, Wednesday 20^{th} June (Hill St)

Daylesford, Thursday 21st June (Cnr of Hospital & Jamieson St)

Bookings, call Vicki on 5345 7500 **Evening appointments** available.

For more information on how to keep your kidneys healthy, visit the website

www.kidney.org.au or call 1800 4KIDNEY.

Hepburn Health Service

Is Your Business Really Customer Focussed?

Many businesses claim that they are customer focussed without there being much evidence to support the rhetoric.

Here is a definitive test to determine whether your business is, in fact, customer centred. Ask yourself these two questions:

- 1. What do people in your business tend to get really excited about?
- 2. What sort of events causes your people to become deeply upset and angry?

If the answer to the first question tends to have something about finding better ways to give customers what they want and if the answer to the second question tends to have something to do with "not doing the right thing" by the customer then your business is likely to be customer centred.

It's time to be a little bit honest here. If you own a business, make a point of listening to the way your employees talk about customers. If they are seen as no more than "a necessary evil" then you really do have a customer service problem ...

Bill Radcliffe 0402960857 OnTrack Business Diagnostics 16 High Street, TRENTHAM bill@ontrackbusiness.com.au



Holly Armstrong from Wheatsheaf was the big winner in the Trentham & Districts Community Bank® Branch competition run at Spudfest recently. Everyone tried their hand at guessing how much the giant spud weighed in \$1 coins. Holly's guess of \$115 was the closest, out of 109 entries. Weighing in at \$112 worth of \$1 coins, guesses ranged from \$20 up to \$220. Thanks to her lucky guess, Holly received a voucher to start her own bank account with Trentham & Districts Community Bank® Branch valued at \$112.

The Branch would like to thank everyone who participated in the competition. Thanks also go to Bernie White who grew the giant spud and the Wooden Duck which kindly lent the Branch the beautiful old scales used to display the giant spud.

Trentham's Biggest Morning Tea

As most people know from the television, May is the month for one of the Cancer Council's largest fundraisers. For the second year running a Biggest Morning Tea was held in Trentham ... this year it was in the Neighbourhood House. We had double the attendance and raised double the amount of money (just under \$450). We hope that all those who came had an enjoyable time and thank them for their support. A big thank you also to the people and local businesses who donated vouchers and gifts used as prizes on the day —

Trentham Hardware, Trentham Hotel, Mrs Marples Tearooms, Red Beard Bakery, Trentham IGA, Trentham Pharmacy and Cyrils of Trentham.

2013 Biggest Morning Tea will be even bigger and better!!



Trentham Sustainability Group

auspiced by Trentham Neighbourhood Centre

presents

NICOLE FOSS
"A COMPASS FOR TURBULENT
TIMES"

Tuesday 19 June, 7.30 pm Trentham Neighbourhood Centre EVERYONE WELCOME

A must-see film of Nicole's lecture that raised hairs at the 2010 Transition Network Conference.

More info:

Glenda Holmes-5424-1727 Russell Fisher-0422-006-989 or E: tsg@trentham.org.au

Trentham Historical Society

Dates for your diary

Story Behind the Photo will be the topic for the next General meeting. This theme returns following a most successful evening at which stories from the photos as diverse as truffle hunting and working horses on farms were told.

Come along to hear stories from locals, about our history.

Monday 18 June at 8.00pm at Trentham Bowling Club

Contact:

Susie Spence 5424 1272



Nurse Pap Clinic

<u>Trentham Surgery (22 Victoria St)</u> 5424 1602

Friday 1st June 2pn-7pm

Please phone for an appointment

WeedFree Trentham

Holy holly

Holly is the first of our BIG FOUR environmental weeds to be discussed by WeedFree Trentham over four issues of the Trumpet.

Just about everyone will be familiar with holly. It's one of

those iconic Northern Hemisphere trees and is affectionately associated with Christmas. In this "neck of the woods", its beautiful red berries, borne only on female plants, have been looking pretty over the month. last Birds. especially blackbirds. distribute the seed far

and wide in bushland and in your garden.

Holly is considered a noxious weed in NSW, Victoria, Tasmania and South Australia. It naturalises and thrives in cool, higher rainfall areas. Little wonder it loves Trentham! In bushland its large dense stature shades out places where native plants would otherwise germinate and grown in gardens it compromises the integrity of a good garden design, germinating randomly.

If the ground is moist, small holly plants can be hand pulled quite easily. Getting a garden knife or trowel under the plants will help or, if larger, a spade. Bigger plants or small trees may require a method involving herbicide, remembering Roundup is most effective when

plants are actively growing. The most efficient practice is "cut and swab". The plant is cut off as low to the ground as possible and neat Roundup (preferably Biactive) is applied immediately to the cut stem before the sap has a chance to dry. It is imperative to be

familiar with and follow the instructions provided with Roundup which is



recommended only where other methods are impracticable.

Speak to your favourite nurseryman, or give us a call if you'd like a recommendation for better planting options for your garden or methods of dealing with mature holly trees.

WeedFree Trentham gathers monthly, on the third Saturday afternoon (after the Farmer's Market), to counter the woody weed incursion into the area. Contact Brad on 126 or Jan on 100 if you're interested in joining in the monthly sessions. We can also assist you on your own verge if it is slightly overwhelming. Just give us a "Hoy".

Brad

Trentham Fitness

We talk about getting fit, feeling fit and improving our fitness but what does it really mean? We use the term 'fitness' broadly, however many components contribute to it. All of these components need to be considered when training to meet your sport, health or exercise goals.

The components of fitness are as follows:

Cardiovascular endurance – The cardiorespiratory system's ability to provide oxygen and nutrients to the muscles and eliminate toxins during prolonged exercise.

Muscular endurance – The muscle's ability to apply force over many repetitions or for a period of time eg running, cycling, swimming.

Flexibility –Range of motion of the joints eg yoga, stretching.

Strength – The muscle's ability to apply force over a single contraction eg holding/restraining object or person.

Body composition – The percentage of total body weight fat.

Agility – The ability for the body to quickly change direction with speed and accuracy eg running in

zigzags or quick direction changes on the footy field.

Balance – Keeping balance whilst standing still or moving.

Coordination – The smooth performance of body parts and senses in performing motor tasks.

Power – The ability to use energy to transfer force with speed eg jumping or sprint start.

Reaction time – The amount of time taken between stimulus and starting the reaction to that stimulus.

Speed – The ability to execute movement in a short period of time eg sprinting.

If the focus of your training is only on some of these fitness components, you may be risking your overall effectiveness in your sport, exercise or physical activities. For a balanced approach to fitness try to incorporate all of the components into your exercise plan and by doing so you may find yourself performing better, feeling stronger and on top of your game!

Yours in health and wellbeing Samantha Redlich



Trentham Lions Club News

Monthly Old Time Dance.

Old Time Dancing is held on 2nd Friday each month in the Trentham Mechanics Hall.

The May dance was attended by approx. 90 dancers - lots of swirling, singing and happy laughter throughout the evening. One and all enjoyed the dance program by John Cook. Supper was served with many thanks to the guys serving tea and coffee as well as the ladies preparing the delicious spread. Entry including supper and door prize is only \$8 pp. Dances start at 8pm. Music is by Family Rhythm - a happy evening is assured for all. Be on the 'Spot' to win a spot prize.

Enquiries: Dorothy 5424 1813. Dates for the next few dances are: Friday June 8th, Friday July 13th.

Farmer's Market Saturday 16th June

Don't miss it - every third

Saturday of each month Trentham Town Square. 9 am -1pm. STUFF YOUR PANTRY with fresh eggs, cheese, fruit and vegetables, dips, preserves, wine, sourdough & yummy sweet treats, local entertainment throughout the morning. Try a tasty snack from the BBQ tent and support your local community groups.

A Great Pantry Raffle each month. Enquiries for stalls contact Bette – 5424 1127.

Winter Wood Raffle

Our first winter wood raffle has been sold and drawn, the lucky winner was Val Watson.

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. Tickets sold in the main street every Saturday for 3 weeks then drawn, and will be delivered locally. Probably there will be 6-7 raffles running following each other - so keep coming back for your chance in a draw. All tickets \$1 each.

Trentham Lions Club have their business meetings on the third Wednesday of each month; new members always welcome - for information please contact the John Marion President. 54241460.

Birthday Cakes

One of the Trentham Lions favourite programs is to supply and deliver a birthday cake to persons in our district who are 80 yrs and over. However we need to be informed. If you are aware of anyone in the area who does not receive a cake, please advise Dorothy 5424 1813, of their details (name, address, phone number and date of birth), and we will endeavour to deliver them a delicious birthday cake on their birthday.



Bush Poetry Details

(Sponsored by Trentham and District Historical Society)

Venue: Trentham Neighbourhood Centre, High Street, Trentham, Saturday August 18, 2.00pm-4.30pm

An invitation to all the wonderful poets and reciters of bush poetry who have come in the past, (and some new ones), to our bush poetry sessions in Trentham for "Words in Winter". It is a great occasion when performers and audience all thoroughly enjoy the proceedings.

This year we hope you take the challenge of the theme "From Little Things" which will inspire you to write a piece or take one from bush poetry you know.

Entrance: \$5.00 includes program and afternoon tea.

Only one poem can be presented in each section. Time limit 4.00 minutes (no pre-amble please).

Best Original Poem followed by afternoon tea. Presentation of the Bruce McKenzie Award will follow afternoon tea.

Part II:

Best Performance of a Bush Poem (not the readers own work) published or unpublished. This will be followed by the award and presentation.

Conclusion 4.30pm. Note: the winner of the first section will be asked to either repeat his/her winning poem or another of their choice while the judge is summing up.

Entry forms are available from the Trentham Neighbourhood Centre or at www.trentham.org.au. Return entry forms to Gael Elliott, PO Box 145, Trentham 3458 or email dindelong@optusnet.com.au by 31 July 2012. Enquiries Gael at 44048155.

Best wishes Gael Elliott, Facilitator

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THANK YOU FOR 2nd June **SMOKING** (Replaces "The Cup" as previously advertised.)

(USA, 2005, 92Min, Comedy/Drama) Dir. Jason Reitman Lang: English

Nick is a spokesperson for the American tobacco industry and a clever lobbyist. When his twelve year old son has the opportunity to accompany him on a business trip, Nick is torn between his commitment to his work and being a role model for his son. Starring Aaron Eckhart, Cameron Bright and Maria Bello

THE HURT LOCKER 7th July (USA, 2008, 131Min, Drama/Thriller/War) Dir. Kathryn Bigelow Lang: English

Forced to play a dangerous game of cat-and-mouse in the chaos of war, an elite Army bomb squad unit must come together in a city where everyone is a potential enemy and every object could be a deadly bomb. This film won an Academy Award for Best Film in 2009.

Starring Jeremy Renner, Anthony Mackie and Brian



Geraghty.

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.

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).

Be our guest at your first screening ie. come to your first screening in June and join 'til the end of the year for \$25. Programmes available at the

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

THE 2012/2013 FEDERAL

The Federal Government announced a number of proposed changes to the income tax regime in the 2012/2013 budget that may affect you.

The most significant changes are:

- Introduction of loss "carry back" for companies, offsetting profits in a prior year
- Tightening of employment termination payment tax offset
- Means testing for net medical expenses tax offset
- Doubling of tax (to 30%) on superannuation contributions for those with adjusted taxable income above \$300,000 p.a.
- Concessional superannuation contributions cap set to \$25,000 for all individuals for the 2013 and 2014 financial years
- Restrictions to Living Away From Home Allowances
- Schoolkids Bonus to replace Education Tax Offset

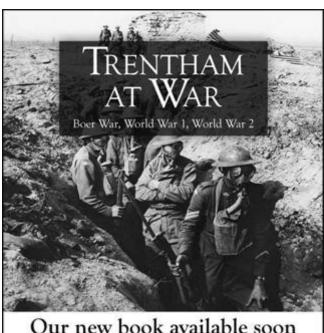
There have also been increases in Family Tax Benefit A. In-order to receive these benefits you need to ensure your personal income tax return lodgements are up to date.

Please note the 2012/13 budget initiatives have not been passed through parliament at the time of printing and are subject to change.

To discuss further please contact Andrew Marshall or Janine Orpwood -54273790 (85 High St, Woodend)

Langley McKimmie

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



\$12 - watch for more details

TRENTHAM & DISTRICT HISTORICAL SOCIETY INC.

Landcare

Our group organised a release of a biological control agent on Cape Broom. All indications are that the sap sucking insect has become well established and is spreading to nearby infestations.

In order to help it spread across the district we have applied for a grant so that insects can be collected from the "nursery plot" and distributed to other areas. Places where they are released will be photographed and mapped by GPS so that they can be monitored.

Reserves Report

Weed control work has continued at the Bath Street Reserve and at the Racecourse. Blackberry and gorse have been targeted and this work is expected to be completed prior to winter.

At Stoney Creek Reserve the walking trail has been extended to meet Camp Street. Repairs to the original path, including lifting the level and installing additional culverts, is to be carried out by Hepburn Shire using flood recovery funds.

A planting day is being planned with plants made available through the North Central Catchment Management Authority.

Trentham Sportsground Reserve

By now I hope that most of you have enjoyed the new entrance into the Reserve. This change was necessary because of the dangerous access to the Reserve from Falls Road. On game days the delays encountered entering and paying meant that on occasions we had several cars stopped on the main road and this was an accident waiting to happen. We now have a storage tank and can accommodate several cars that are entering the Reserve at the same time. Special thanks must go to Brian Adams for his diligence in

cleaning up and forming of the road. A lot of this was completed in his own time and was invaluable to getting the new entrance open in time for the first home game.

We are still in the process of grant applications for an upgrade to the lighting of the oval. I do hope that the residents of Trentham appreciate what a great asset this is to the town. Not only would we be able to host night games of football and netball, it will be invaluable to the CFA in the case of a bush fire, the Reserve is the staging area for the CFA. It is also

the pick-up point for the air ambulance and an emergency evacuation point for the local chemical plant in an emergency. I have also applied for funding to include 5 KW of solar power for the main building so that we can be a little bit more sustainable. This will have no affect on the oval lighting but it may well provide the kitchen and change rooms with free energy from the sun, this can only be a positive and sustainable inclusion for the Reserve.

Georgie Patterson Hon Secretary

Scouts celebrate World-wide "Jamboree on the Trail" in Trentham

Cubs, Scouts, Leaders and parents celebrated Jamboree On The Trail (JOTT) on Saturday 12 May by hiking along the Domino Trail in Trentham. After an interesting presentation by Michael Keaney on the part that the railway played in developing Trentham, the cubs and scouts hiked along the disused railway track bed from the old Trentham Railway Station towards Daylesford. They passed over a wooden trestle bridge and climbed a long embankment originally constructed with picks and shovels. After completing the 9km outand-back hike, everyone enjoyed the sausage sizzle on their return to the station! Representatives from Bicycle Victoria were also present, describing their efforts to develop a Rail Trail from Woodend to Daylesford for all to enjoy in future. Jamboree on the Trail (JOTT) is an annual day for the World Scout Movement to hike together, and is held on the second Saturday of May each year.

Scouts is the world's largest youth organization for children from 6 years onwards. Cubs and Scouts offer many other outdoor activities - including camping, abseiling, rock climbing, canoeing, sailing, hiking, caving, scuba diving and more! For information about scouts, call Andrew Johnson on 0400 616393.



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

Line Dancing

(except school holidays)
7pm-9pm at Trentham Sportsground \$10
Enq: Chris/Lee 5424 1571

1st MONDAY (monthly) CWA

11am-1pm at Mechanics Hall Subject to change depending on activities Enq: Lyn 5438 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 Eng: President, Nancy Walsh 5424 1398

Free Bus to Wendouree

Departs Trentham 9am. Bookings essential. Enq: 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 Enq: John 5424 1166

WEDNESDAY (weekly)

Table Tennis (April—September)
7pm at Mechanics Hall
Eng: 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 Enq: 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 Enq: 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 Eng: 5427 2460

1st SUNDAY (monthly)

Trentham Pony Club

Newbury Reserve Enq: Kathryn Clark 0437 073 713 / 5424 1804

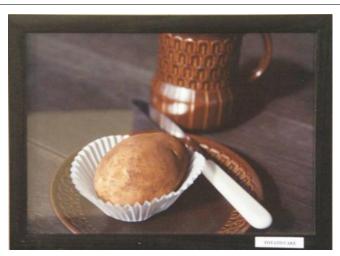
4th SUNDAY (monthly)

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



The winning entry for the Spudfest Photo Competition taken by Graeme Bertrand who received a \$100 voucher donated by Zoran, the picture framer. The People's Choice award went to Sue McBratney.



Are you considering running for council later this year?

Municipal Association for Victoria (MAV) and the Victorian Electoral Commission (VEC) will host a *Stand for Council* community and candidate information session in Daylesford on Tuesday 31 July 2012 from 6:30pm – 9:00pm at the Daylesford Town Hall. Lock in the date – for more information contact Andrew Rowe from MAV on 9667 5549 or arowe@mav.asn.au

LOCAL BUSINESS GUIDE

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

A Good Swashbuckling

Lots of chuckles were heard at the May meeting of the Macedon Ranges Film Society for the screening of "The Princess Bride". This cheery film contained all the elements of a well-told fairytale - fantasy, drama, suspense, humour, romance and a good dose of swashbuckling.

There is no swashbuckling per se in the film chosen for June but "Goodbye Lenin" promises, in quite a different way, to be just as interesting. This 1990 film, directed by Wolfgang Becker and starring Daniel Bruhl, Katrin Sass and Chulpan Khamatora, is the story of a young man who aims to protect his fragile mother from learning that her beloved nation East Germany, as she knew it, has disappeared.

This film will screen on Wednesday, 13th June at 7.15 pm sharp. The Macedon Ranges Film Society which only screens non-mainstream films, meets on the second Wednesday of each month in the Woodend Community Hub. For those who wish, there is discussion about the film after the screening and a chance for film buffs to meet each other and enjoy the refreshments provided by our members.

Email <u>mrfilmsociety@gmail.com</u> or call Vicki on 54272323 or Christine on 54295452.



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TRENTHAM

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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

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\$370,000

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