



## Trentham Residents and Traders Association Inc. (TRATA)

Registration Number A0033785J

"For the promotion and improvement of Trentham by encouraging Community involvement in decisions affecting all Residents and Traders and to establish effective communication and representation of the Town within and outside the Shire."

Visit us at [www.trentham.org.au](http://www.trentham.org.au)

# TRENTHAM COMMUNITY NEWSLETTER

Issue No. 76, July 2008

\*The closing date for submissions for the July issue of the Trentham Community Newsletter is 20<sup>th</sup> July, and they can be sent preferably by email to [ianw@kyldaraherb.com.au](mailto:ianw@kyldaraherb.com.au) or mail to 108 Mulcahy's Road Trentham 3458.

TRATA Committee: President Bob White, Kirk Bradbury, Rena Cluney, Gwenda Dickens, Ian MacBean, Kaye Matheson, Tony Meehan, Ross Urquhart. TRATA Mail address, PO Box 166, Trentham 3458.

### Coming Events

#### July

14<sup>th</sup> TRATA monthly meeting, 7.30  
Railway Station, all welcome  
27<sup>th</sup>, TRATA Sunday Market

**Your event here next month!**

### Weather Report

Dr. J. Hollis

#### TRENTHAM IN MAY

Rainfall 49.4mm Av 108.2

Mean max temp. 10.9°C Av 10.9

#### DRY & FROSTY

This was the 5<sup>th</sup> dry month, with 45% of average rain, 26mm on 17/18<sup>th</sup> provided pools in major rivers but no flows. Air frost on 9 nights contributed to a mean min. 1.5° below average. A thunderstorm to the North on 2<sup>nd</sup> produced a narrow strip of heavy hailfall near Spring Hill. Light snow fell for 2 hours on morn. Of 17<sup>th</sup> but did not settle. The lack of a decisive "autumn break" rainfall event saw a dry water table to the month's end.

### Miss Tiny Tato 2008

Bridie Sutton (2 yr old) won this inaugural event and received the cute teddie, sash and lovely headband for her efforts. Bridie would like to thank the Guides for her lovely presents and Bridie's family really loved the fun spud games the guides had set up at the spudfest.



### Trentham Community Plan

The TCP Group will meet at 7.30 pm, Thursday 17 July at the Railway Station to consider the following agenda:

- finalisation of survey forms, launch and distribution arrangements
- Business Enhancement and Retention program
- Hepburn Community Economic Development initiative
- the proposal for a Daylesford & District Community Bank

Many communities are developing community plans.

Government funding agencies (at all levels) are increasingly demanding that project applications should relate to the priorities of a town's community plan.

The really important reasons for having a community plan are for the sense of shaping our own future and the community strengthening that happens through the process.

Trentham has lots of good things going for it and people will have ideas for how it can be better. Our plan should identify what we want to keep and what we want our community to be in the future.

We want to involve as many of our community as possible in developing the plan. If you'd like to be part of steering the process, it would be great to have you join our group – the project will run over the next few

months so it's not a long-term commitment. For further information: Ian MacBean 5424 1727 or 0438 529 481 or just come along to the meeting 17 July. All welcome. Remember . . . *if you don't plan your own future, someone else will*

## Words in Winter 2008

Coming up in August.

The Clever Town Challenge will be held on August 2<sup>nd</sup> at the Neighbourhood Centre, 9.45am - 12noon. More details last (June) Newsletter.

Ross Gillett will be conducting a poetry writing workshop in Trentham on Saturday August 9 during the Trentham Words in Winter weekend. The cost is \$10 and the workshop will be held at the Neighbourhood Centre from 10.30am til 12.30.

BUSH POETRY at SHIRLEY'S  
CAFÉ

SATURDAY, 9<sup>th</sup> AUGUST 2008

1:00 pm – 3:00 pm

Gold Coin Donation

Shirley's great coffee, tea, lunches & snacks can be purchased before we start, during interval and after our program.

For more information phone 54 241227 or email

[parsonsdianne@bigpond.com](mailto:parsonsdianne@bigpond.com)

## Domino Trail Repairs

The first bridge on the actual rail-bed of our Domino Trail in the forest was condemned as a safety hazard last year by DSE. Work will begin soon on a trail deviation with a small low-level footbridge situated between the rail bridge and the old forest road immediately to the north. The bonus is we get to see the bridge structure from below.

DSE's initial request for local input into how this safety project should proceed failed to get any positive response, and now, almost too late, a small group has heard their renewal call.

DSE has already had to make decisions and get the bridge & barrier materials bought before the

end of the financial year, but our late arriving proposals will be considered and incorporated wherever possible.

I would urge all residents to respond to the olive branch being extended by DSE to listen & act upon local input to their work. Many local people have worked for a long time to have a voice heard. Now it's up to us to respond! Thank you to all those who gave thought to this project. For any further information, contact Cath Pye (5424 1725).

## Trentham Spudfest 2009

Two meetings have been held in Trentham to discuss and evaluate the Spudfest 08 held in May. The overwhelming consensus was that it was most successful and that we ought to have a Spudfest 09 and that we look to it becoming an annual event. We have decided on the weekend of May 23 – 25 for 2009. It was felt Spudfest was a good community function and the intention had been to involve as many groups as possible. Because of the limited time in organizing this year's event a number of Trentham organizations did not participate. We are having a meeting on Tuesday July 1<sup>st</sup> at the Railway Station at 5.30 p.m. and invite a representative of every Trentham group to come and tell us how you would like to join in next year. We would like you to bring some "finger food" (the Station now has a working oven) to share with others. One suggestion for next year is a musical component – Irish, folk, classical, rock or whatever. Ideas of groups, style or venues would be useful. A parade has been suggested and we would like to hear people's views as well as any other ideas. It would be good to have school children more involved as well as teenagers. Some type of sporting contest would also be good. So, come to the meeting on July 1<sup>st</sup>. and help make Spudfest 09 even better than 08.

## Men's Health Matters

*There has been a lot of media attention on prostate cancer lately. Prostate disease is a term used to*

*describe any medical problem involving the prostate gland. The prostate gland is located underneath the bladder and is about the size of a walnut. Not all prostate disease is cancer. If you are over 50 years of age your risk of prostate cancer increases. However, the good news is that if prostate cancer is discovered early then its treatment can be very successful. Therefore, if you are over 50 a prostate cancer test (PSA test) is recommended as part of your yearly checkup. If you have any concerns about prostate disease then please talk to a doctor.*

Dr Robert Watson

Program Officer

Hepburn Men's Program

Hepburn Health Service

1 Hill St, Creswick, VIC, 3363

(03) 5345 8165

Mob 0419 548406

## Hairy Arch Art Comp. 2008

Held on 31<sup>st</sup> May at 14 Market St Trentham.

With this year being the 6<sup>th</sup> year for the Hairy Arch, we have seen yet another fun and successful day had by all.

Approximately \$2000 was raised for the Trentham Lions Club which we are sure will be put to good use around town.

Special thankyou goes to The Autograph Shop, Pig and Whistle Hotel, Trentham Hotel, Bins Direct, Mario Sartori, Louise Otten, Dan Flynn and David Bryant.

The Hairy Arch is a fun art competition for amateur artists, particularly for those who haven't painted before.

Paintings are judged by professional artists, prizes are awarded and a fun auction of the paintings takes place on the day, with all proceeds going towards a chosen local organization. For more information contact Madelene on 54248480

## Trentham Neighbourhood Centre

Exciting new programs on offer for the Winter Term **July to September**. Our new brochure will be distributed around the 8th of July so keep an eye on your letterbox, community noticeboards or pick one up at the centre.

NEW courses and activities include the very popular Community Choir held every Thursday evening at 7.30pm, half day and one day certificated courses that may help you gain employment "Responsible Serving of Alcohol and "Safe Food Handling" (Dates will be in our brochure or contact the Centre directly as spaces may be limited.)

Our focus on Youth continues with Drama classes Fridays 4.30 - 6.00 pm and Hepburn Freeza a program where young people have the opportunity to create their own cultural events in their community, this program runs every second Thursday at the Trentham Centre 3-6pm contact Jane Barclay 5345 8399 for dates or visit us here.

Peace meditation at the Trentham Neighbourhood House.

There are many ways of meditating: eastern, western, traditional, contemporary, to taken time put to be fully present to some central concern, theme, thought, image, text. One meditates to relax, to be healed, to gain insight, to make a difference... Inspired by Cr Mutimer's initiative in the Shire Town Hall last year and trained in a contemporary way of meditating in a western tradition, I suggest a weekly session with a brief introduction and a meditative focus on peace: in ourselves, in our family, community and beyond. It is an excellent way of finding one's own way which I would like to share.

Monday mornings from 9 - 9.30 am in the Trentham Neighbourhood House. First session on Monday the 14<sup>th</sup> of July. Gold coin contribution. For further information contact the Neighbourhood Centre 54241354 or Henk Bak 54241702

I want to concentrate on doing the meditation, but if participants are interested in some of the background or in giving some feedback, we could

have a conversation afterwards, say till 10 o'clock.

Henk Bak

**Music with Candle Light.**

As part of this years "Words in Winter", we have our 'traditional' music and poetry night on Sunday evening, 10th of August, (7'30) 8 - 10.30pm, in the Trentham Neighbourhood House. As usual local musicians and poets will be performing, and the Trentham Community Group has the open fire going and serves a light supper with cheese, wine, coffee, tea and sweets. Contributions to expenses and the Trentham Neighbourhood Centre's building fund: Adults \$25.-, families \$40.-, children \$10.-, members of the TCG \$5.- discount, concessions available.

Bookings and information: Henk Bak 54241702 and Yolande McInness 5424784.



## LIONS CLUB NEWS

### Monthly Dance Program

Old Time Dancing is held on 2nd Friday each month in the Trentham Mechanics Hall. Dances start at 7.30pm. Admission is \$8 per person, including supper and a door prize draw. Music is provided by the "Rythmaires". Each alternate dance is held in aid of the Trentham Historical Society. Dates for the next few dances 2008 are:

- July 11th
- Aug 8th
- Sept 12th
- Oct 10th

Winter Wood Raffle is well under way with the two raffles already completed the first winner was A. Moore and for the 2<sup>nd</sup> was S. McBratney, both of Trentham. Tickets \$1 for 1mt very good RED GUM. Each raffle sells for 3 weeks - number 4 in progress now. 4 to go!! Be in it to win it!!!!

Trentham Spring Festival will be held again this year on the first weekend of October (Sun 5<sup>th</sup>) at Feldspar in Falls

Road – Stalls, entertainment, Produce market, food and wine & beer tasting and more – no doubt it will be a great day of entertainment – more information later.

Cool Country Classic Fun Run on Sat 16<sup>th</sup> November. from Pig & Whistle Hotel to quarry Street Reserve.

Further details and contact numbers TBA.

Lions Jumble Sale Saturday 22<sup>nd</sup> @ Town Square. Enquiries: Elizabeth 5424 1254.

Carols in the Park, Friday 5<sup>th</sup> December. Hot food from 6.30pm, entertainment starts at 7.30 pm. Enquiries: Pat or Madelene 5424 8480.

Elderley Citizens Xmas Dinner on Friday 12<sup>th</sup> December for Lunch at Trentham Golf Club. Thanks to CWA volunteers.

## Rena's Recipe Corner

The following three recipes were all prize winners at the Spudfest cooking competition last month.

### SCOTTISH POTATO SCONES

If you would like to have the standard recipe for this go to

[www.scotveg.com/recipes/potato-scones.htm](http://www.scotveg.com/recipes/potato-scones.htm) or make them the way I do which is not always consistent as I tend to go by what looks right.

However, here is what I did for the "Spudfest". Having prepared the Spuds, what ever kind is at hand, I steam them well otherwise small nodules will appear when they are mashed. For every 100 g. add 9g of butter and 9g. of milk. Add the butter first then the milk but if the potatoes are soft cut back on the milk so that the mixture is not too sloppy. Add to this 18g [per 100g of spuds] of s/r flour, into which you have stirred ¼ Teaspoon of baking powder and a pinch of salt, to give a firm to soft dough Roll the dough out into a round 150 to 200 mm. in diameter and about 4 to 5mm. thick and divide into quarters. Lightly grease a pan {preferably with a heavy base} and cook each side until it is golden brown. It should take about 3mins. each side.

Serve this as is or with butter and Jam or whatever takes your fancy. Roll 100mm diameter, cook both sides, cover with grated cheese and tomato



and grill, makes a nice snack. Roll slightly thinner and cut into shapes to use as a base for finger food. Use as you would pastry to make a sausage roll, it will not go soft when reheated in the micro-wave.

A note of **warning**, I have noticed that after 3-4 days there is a tendency for mould to develop, this seems to be accentuated if you use wholemeal flour. Keep in an air tight container but I am not sure that putting them in the fridge is a good idea.

Enjoy. Bill Darling.

#### BETTY'S DATE AND TATER CAKE

1 Cup Dates, finely sliced

1 tsp Bi'carb

Cover with 1 cup boiling water and stand to cool

(overnight - better still)

Cream together 80 grms Butter and 3/4 cup Sugar

Add 1 Egg, Date mixture and 3/4 cup

Mashed Potato

Mix well

Sift together 1.1/2 cups Self Raising Flour, 1 tsp Nutmeg, 1/4 tsp Cinnamon

and 1/4 tsp ginger

and gradually add to mixture.

Bake for 45 minutes at 350°F (or 170C fan forced) or until skewer comes out clean.

#### BETTY'S POTATO PASTRY (Short and sweet)

1 Cup mashed Potato

60 grms Butter

1 Egg - YOLK only

1/2 Cup Sugar

3/4 cup each of Plain and Self Raising flour

Mix and roll out like any other pie or tart case.

Cook at normal temperature for pastry.

To all good cooks who read this newsletter - I am still keen to put together a cookbook of your favourite recipes in time for the next "Spudfest" which we hope will be bigger and better next year. Men, women, adolescents or children are all welcome to contribute. Send your recipes and a brief history of their origin to me - Rena Cluney, 14 High Street, Trentham or to P.O. Box 166, Trentham.

More recipes next month.

### About this Newsletter

The Trentham community Newsletter is published the first week of every month. Deadline date for all submissions is strictly the 20th of the previous month. Word limit for contributed articles is 200 words.

We also wish to acknowledge Catherine King MHR and her staff for donating the time and resources to print this newsletter.

If you would like to receive this newsletter via email, please send a message to <trata\_newsletter-subscribe@trentham.org.au> or visit the TRATA website at <www.trentham.org.au> and go to the 'News' section. It will be delivered to town residents and is available for collection from the Trentham Newsagency, Trentham Supermarket, the Neighbourhood House and the V.I.C.

## Raoul Kent

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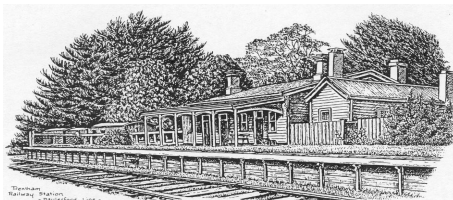
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### Trentham Market



#### Vendors and Visitors Wanted

**Every 4<sup>th</sup> Sunday of the month at the  
old Railway Station - next market  
Sunday 22<sup>nd</sup> June**

**Please support your local  
market**

**Operated by the Trentham Residents &  
Traders Association Inc.  
A Trentham Community initiative**

*"Surround yourself with people who have  
skills you haven't got", Peter Cox*

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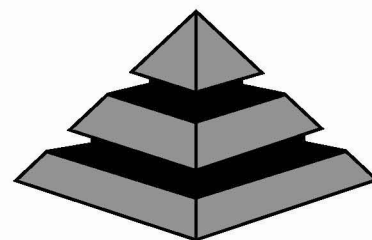
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**for those living or**  
**working in rural areas**

The Rural Community Counselling Program is offered by Child & Family Services Ballarat Inc. to assist individuals & families in rural areas cope with stress & hardship.

We offer information and referral, advocacy, practical assistance, cup-of-tea therapy, back of the ute chat and counselling. The program aims to strengthen the capacity of individuals and families to function effectively in daily life.

The professionally trained family/generalist counsellors work within the program across the Ballarat, Hepburn, Moorabool and Golden Plains local government areas.

**If you're interested in finding out more,  
either for yourself, a friend, or loved one,  
call a rural counsellor for a chat on 5337 3333.**



### **Good Communication; Better Relationships – By Bonnie Tyas**

Drought doesn't just affect those who live on the land, but it's environmental, economic and social consequences affect most members of rural communities and can leave you feeling trapped in a situation which is not of your making and beyond your capacity to resolve.

This leaves you in a space where your communication to other's starts to deteriorate. You cannot just ignore the situation and say nothing! We must break through the barriers of past hurts and focus on the present situation at hand.

Communication is the method by which people share their ideas, information, opinions and feelings. It is important to observe and try to understand what is being communicated. In many situations people say what they think intellectually rather than what they feel emotionally. There is some truth in the old cliché "actions speak louder than words." Only one third of a message is sent in a person-to-person exchange in words alone. People have the ability to read non-verbal cues. Body language, carefully observed and interpreted, can tell a lot about what others are feeling. We need to also be aware that silence can be a type of non-verbal communication.

Through communicating we try to eliminate misunderstanding, but sometimes this is hard to do. Just as we assume that our messages are clearly received, so we assume that because something is important to us, it is important to others. As time has proven this is not at all true. Many problems can arise in speaking and the only way to solve these problems is through experience.

To be an effective communicator one must speak in a manner that is not offending to the receiver. Communication breakdown occurs when the sender's message does not get through to the receiver or the receiver misunderstands the sender's message.

Steps to overcome communication barriers should be put in place.

Here are some useful tips:

Listen carefully: value the person you are talking to and demonstrate interest for the conversation.

Observe: observe body language, voice tone and emotive expressions.

Acknowledge: recognize the person's initiative to state his/her issues.

Think: reason about what is and what is not appropriate input to the process.

Use verbal expressions: ensure the use of the appropriate tone, rhythm and volume of voice.

Reflect: clarify and verify what the person has expressed to you during the communication process.

If you or a loved one is having communication problems due to the impact of the drought then; Child and Family Services through their Rural Community Counselling Program may be able to help you get communication back on track. The service has been established to assist the community, families and individuals in providing information, referral, and generalist counselling. Kevin Luttrell and Bonnie Tyas are professionally trained counsellors working within the program across the Ballarat, Hepburn, Moorabool and Golden Plains local government areas. The service is free and confidential, no referrals are necessary. Give us a call today on 5337 3333, to have a chat. Home visits or other venues can be arranged.



## Trentham Talking . . .

This column has been suggested as a forum for local residents to address issues of general interest or offer ideas for our town and community.

The first contribution to *Trentham Talking* is by that well-known poet ‘Anon’, who describes the piece as “doggerel in the tradition that owes much to the great William McGonigal”.

*(As Editor, I won’t offer an opinion but it seems that the ‘poem’ does raise some interesting perspectives.)*

Future contributions to Trentham Talking (in whatever style) are invited.

### Community Centre

Where is our hub – our community centre?  
The Mechanics, the Station and Neighbourhood House  
Are all busy, their committees are too.  
The library bus stops in the street.

We could go for a coffee, talk it over  
At Shirley’s, the Red Beard or Mrs Marples,  
And there’s always folk there  
When you’re buying the bread.

Our Town Square is special (ex the carpark)  
Historic panorama and a splendid rotunda,  
It’s empty for most of the year . . . except  
When we gather under the flag, Jan 26

The Cosmo is closed but still a great focus  
As we swap speculation and rumours of action,  
And wasn’t it great when we still had the Thai?  
Will the Fir Tree blossom as the Commercial?

But the Trentham pub is still here,  
We can call in for a beer with the blokes in the bar  
Or turn up last Friday for the luck of the Irish,  
And the Lions go about their good works.

Cricketers, footballers, bowlers congregate  
In their seasons, and golfers make year-round observance,  
Three churches each week are true, if the heaters ’re not  
on,  
Meeting as ‘God’s frozen people’.

Raffle tickets most Saturdays in a good cause,  
Outside the News, Hardware or Bakery  
Give a donation – you don’t hope to win.  
It’s a local convention, just like saying g’day.

Up and down the street, check out Helen’s windows  
Have a few words with Peter or Ian . . . get the mail,  
Or a chat with one of our ‘ambassadors-at-large’;  
And it takes over an hour to get there and back.

Down at the grocer you’ll get most that you need,  
And new business is a vote for the future.  
Blocks are for sale, sold and they’re building  
Their dreams – and our town’s ever changing.

It seems there are lots of young people (or maybe, it’s my  
age)  
Teenagers pour from the bus, hang-out at the milkbar,  
disperse.  
Mums and young children meet every Tuesday  
And the school is as noisy as good schools should be.

The committees are busy, supporting the hospital,  
Promoting and managing activities, buildings, reserves.  
Running dances and the market under the trees  
There’s always more to be done and more helpers needed.

In the early chill morning out in the street,  
Corner of Market and High – ANZAC day  
Our community’s heart connected in numbers,  
Then on to the CFA for breakfast together.

So where is our hub? It is in our town,  
The easy hello, time to stop for a yarn,  
The seasons we share – hopes and concerns that  
We know together . . . that makes Trentham our home.

Anon.