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### One of Anakie's longest running groups

What began as a patchwork group has morphed into UFOs. No, it's not about unidentified flying objects. It's **Unfinished Objects**. It can be sewing, craft, art or anything you wish to work on. Getting away from home, where there is always so much else to do, gives you a chance to devote some time to fun stuff. It also provides companionship and you may even learn some new crafts. Sandra, Pauline, Carolyn, Janice and Judy will make you very welcome.



### Have you lost a cap?

A lovely woollen *Heat Max* cap was left at the community house recently. Is it yours? If so, come in and collect it.



# Anakie Advocate

July  
2019

Anakie Community House 2115 Ballan Rd Anakie 3213  
**Mondays and Thursdays 9am to 5pm; Tuesdays 1 to 5pm;**  
**Wednesdays 12 to 5pm during terms**  
phone/fax 5284 1359 email anakiehouse@ncable.net.au

## Lovely lanterns!



These beautiful lanterns were designed and completed at a recent short course. At rear, from left: **Judy, Yan** (tutor) **Di** and **Olga** (absent) and Anakie Primary School students: **Holly, Polly, Shanaed, Alex, Tilly** and **Electra**. A similar 2½ hour workshop on a coming Saturday will be held this month - don't miss it!

For more details, see page 5.

The **Anakie Advocate** is proudly printed by **John Eren, MP**.



Distribution: **Anakie, Balliang, Maude, She Oaks, Staughton Vale** and **Steiglitz**. Submissions for next issue must be submitted by **18 July**. Anakie & District Community Group has no affiliation with any political party.

### Anakie and district church services



**St Bridgid's Catholic Church:** Ballan Rd Anakie. Mass times 11am **Sundays fortnightly.** ☎ 5286 1230

**Anglican Church: St Georges, Balliang.** Vicar: **Revd Richard Litjens.** Services: **2nd Sunday 10.30. Communion, 4th Sunday 9am morning prayer.** ☎ 5367 5362.

**Uniting Church:** Thelma Ross Memorial, Parwan Sth. **Diane** ☎ 5367 3097. Services suspended.

**Lara Uniting Church:** Cnr Flinders Avenue/Forrest Rd. Lutheran public divine service 3rd Sundays **1.30am.** ☎ 5278 2443.



**wildlife shelter**  
**Sandi Murdoch**

CARE OF INJURED &  
ORPHANED ANIMALS  
**5284 1380 all hours**



**Cubs for boys & girls aged 7-11 Scouts 11 - 15 years**  
meet **Wednesdays at**  
**Anakie Hall, Staughton Vale Rd**  
**Ruth 0438 322 278**



The **Geelong regional mobile library bus** visits Anakie fortnightly on **Tuesdays** from **2 - 4pm**  
**July dates: 2, 16 and 30.**

The *Anakie Advocate* is published monthly by **Anakie & District Community Group** (ABN 59 938 073 014; Inc. # A1477P).

Letters and articles must include names and addressed (these will be withheld upon request). Submissions will be published in the next issue, space permitting.

#### advertising costs

(GST inclusive): full page \$35; ½ page \$20.00; ¼ page \$12; 1/8th page \$6.00. Minimum fee \$6.00. Discount for advance payments of 12 or more: 12 x 1/8th page \$60; 12 x ¼ page \$120, 12 x ½ \$220; 12 x full \$360. Advertising assist with publication costs.

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STATE MEMBER FOR LARA

Supporting local  
community  
groups



■ Level 1, Corio Shopping Centre, Bacchus Marsh Road, Corio 3214.  
■ p: (03) 5275 3898 f: (03) 5275 3472 ■ e: john.eren@parliament.vic.gov.au  
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#### Anakie Tae Kwon Do

**fun & fitness classes** for all the family & all ages, teaching **effective street defence**, using **kick bags, focus pads & other equipment.**  
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**Captain David Walter**  
ph: **0401 956 149**

### Anakie Fire Brigade News

**Next training: Sunday 7 July at 9am.** New prospective members are welcome to come along and see what we do. If you are interested in joining the brigade, contact the brigade on any Sunday morning and have a chat; even if you do not wish to be a fire fighter there are plenty of things for people to be involved in helping the brigade. The brigade had a quiet month with only three callouts - two cars producing smoke after an accident and flames sighted in a paddock. You must get permits from the City of Greater Geelong to be able burn piles of rubbish and register all burn off's with Vicfire - **1800 668 511**. Some property owners are burning piles of rubbish without registering them and the brigade is being called out for these at all hours. The new brigade officers have taken up their positions, and as

stated has a new Captain, being David Walter. David is the new Brigade contact for information about fire activity or issues, his mobile number is 0401 956 683. The brigade held its annual wood raffle. It has being drawn and the results will be in the next Anakie Advocate.

If you see any suspicious activity, whether fire or criminal, call triple zero - (000) or crime stoppers on 1800 333 000. **Smoke detectors save lives - check your smoke detectors are in working order.** You can follow the brigade on Facebook "Anakie Fire Brigade". You can also follow CFA & SES activity on <https://emergency.vic.gov.au/>

**Fires can happen at ALL times of year, in all environments, so be prepared, be safe, have a fire plan**

**Paul Moore**  
2nd Lieutenant  
Anakie Fire Brigade

**July radio checks @ 8.30am** - all vehicles are to be functionally checked and run approx. 30 klms per week. If you cannot fulfill the roster, please find a replacement.

	Tanker 1	Tanker 2	FCV	Ultra Light	Station
7 July	P Moore	A Jones	R Hodges	T Battle	C Ellery
14 July	M Lawrence	P Carroll	L Hodges	S Hill	E Goedegebuur
21 July	N Giacometti	M Primmer	J Primmer	S Macdonald	A Tucker
28 July	G Hodges	I Macdonald	C Brislane	J Mangrum	D Herholdt
August	J Sanders	D Walter	K Couch	R Burns	S Downton

Lara District CommunityBank® Branch

## See the change your banking can make.

Our customers create change every day, a change for the good, a change for the better. You may not think who you bank with matters, at Bendigo Bank we disagree.

With the support of our customers we have invested a further **\$125,000** into the community through way of grants and sponsorship, with 15 different community groups receiving funds in round one of the 2019 Community Investment program.

Lara Golf Club  
Lara Food Bank  
Lara Giants Basketball  
Lara Swimming Club  
Nth Geelong Warriors

Junior Quarter Midgets Victoria  
Lara Sporting Club – Cricket  
Anakie & District Community Group  
Lara Heritage & Historical Inc.  
Lara United Football Club

Serendip  
Lara Chamber of Commerce  
TLC Group of Lara  
Lara Tennis Club  
Lara Primary School

Banking is our business, Community is our purpose



Lara District Community Bank® Branch

### Anakie Community House - we are here for you

It's winter (in case you hadn't noticed)! Don't sit at home, alone by the fire. Come and join an activity or a class or just pop in with your lunch on a Wednesday or Thursday from 12.15pm to enjoy some company in a warm, welcoming place.

You may just need a chat. We all feel sad or lonely at times. Just talking to someone can make all the difference. Need a ride? Call us!

Anakie is lucky to have this facility - make the most of it!



**Term holidays commence on Friday 28 June.**

Normal open hours resume at the community house on **Monday 15 July**. Meanwhile, these

activities will be held: **UnFinishedObjects Wednesday 3; Indoor bowls Thursday 4; Lantern making class Saturday 6; Massages (bookings) Wednesday 10; Community lunch Wednesday 10**. An answering service will be available on 5284 1359 and messages checked regularly and return calls made where necessary. .

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Coming on Saturday 12 October  
10am to 3pm

**Wedding, Bridesmaid,  
Debutant dresses**

Display; Sell; Buy;  
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Get them out of storage and  
contact the community house to  
be part of this event.

We hope to have dresses  
from various eras.

*Meanwhile, do you  
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Dip. R, Cert III Foot &amp; Hand Care, RN

**Member:** RAoA, IICT

By appointment:

**0425 731 295****Clinic:**380 O'Neils Lane, Anakie,  
Vic, 3213**Health News & More...****Fungal Nail Infections:** (Onychomycosis ) a common dermatological condition of the nail plate.**Symptoms:** white or yellow spots under the tip of the nail, nail thickening & roughness, brittle, crumbling nail edges, nail discoloration, separation of the nail from the nail bed with some pain and tenderness.**Cause:** may infect via a broken or injured nail, or may spread to the nail from a nearby skin infection, such as Athlete's Foot. Infections can be picked up by walking barefoot in public changing rooms, pools and showers. Anywhere warm and moist where the public walk barefoot is an ideal environment for the fungus to spread from person to person.**Treatments:** there are a number of very expensive and powerful medications that are painted directly onto the nail but they are not guaranteed to work for everyone. Laser treatments or removal of the nail in extreme circumstances may be an option. However if you are prepared to be patient, soaking your feet daily in warm water with a few drops of Tea tree Oil may also be effective. But remember, whatever treatment you choose the toenails take around 12 months to completely grow out so you will not see a significant change in the nail in less time.**E: [carole@anakienaturaltherapies.com.au](mailto:carole@anakienaturaltherapies.com.au)***Be well and create your happiness..!!*89 Mornington Street  
North Geelong Vic 3215**Mobile: 0425 731 294**

Fax: 5272 3024

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### Make a lantern

Bring out your creativeness! Design and create a lovely lantern, led by **Yan** of **Yandesign**. The class is suitable for ages from 10 years to adult. Collect a materials list upon booking. Cost: \$30 plus \$5 per lantern. **Saturday 6 July** 1 to 3.30pm.

*Ideal for working people who don't usually get a chance to participate.*



### Let's cook!

These fun afternoons with group-cooking are followed by a relaxing meal with guests; locals who live alone. Prepare a dish from 3pm, then sit down at 5.30pm for good food and good company. More cooks welcome! If you know of someone living alone, contact the community house and their name will be added to our list. **Monday 15 July.**



### Lunch & music

Friends from Kalkee Comm-unity Services will join locals on **10 July @ 12.15pm** for lunch over a musical DVD. BYO or buy lunch from Anakie General Store. Need a ride? Call us - **5284 1359.**



### Rose pruning



Help **Pauline** to with this annual garden-ing chore at the community house. BYO secateurs - most of the roses are old varieties, so it is quite easy to take cuttings if so desired. Enjoy afternoon tea afterwards. **Monday 22 July at 2pm.**

### Pizza Night



For locals aged 36 and over. Starters, mains and sweets, all in the form of pizzas! This is a social evening for adults, so no children please. Some crazy games to follow for anyone who wishes to join in. **Saturday 19 October at 6pm. Book early.**

This is a **free event**.

### Cancer Aids

Yep, another day of cutting, sewing, ironing & preparing pamper packs for people who are being treated for breast cancer. **Wednesday 24 from 10am.**



# Indoor Playgroup

**Mondays 9.15-noon**

A fun, welcoming place for littlies to learn to socialise & share and a catch-up time for parents. Perfect lead-in to 3 & 4 year old group. Babies, toddlers, pre-schoolers welcome.

## Anakie Advocate

Last Monday of month **Monday**. Thanks to all for recent help - can **you** assist? **29 July @ 1pm**.



## Yoga - Tuesdays 9 - 10.30am

Term 4 class starts on 16 July for 9 weeks (concludes 10 September). Cost: \$100 or \$15 casual attendance. **\$15** per class. Tutor: **Glenda**.

## A(nakie) A(rt) A(cademy) Tuesdays @ 1.30pm.

Bring materials and be inspired and encouraged by fellow artists. \$2 weekly.

## Remedial myotherapy massage

**12 June**. Book early to get in! Free childminding is available, if **pre-booked**.

**Unfinished/Finished Objects**  
**1st & 3rd Wednesday** at **1.30pm** Sew, knit, paint, chat. \$2. **3 & 17 July**.

get crafty!



**Community lunches Wednesdays** at **12.30pm**. BYO or buy from Anakie shop. *Cuppa and chin-wag provided!*

## Hello Mondays 10.30 to 11.30am



Call in and have a chat; meet new people and find out what is going on in your local community.

## Hairdressing - Tuesdays

Ladies **cut/blow-dry** or **shampoo/set** \$30, **foils & perms** available; men: \$20; students \$15; toddlers: \$10. Send the kids to **Darlene** at recess or lunchtime! Book early **5284 1359**.



## 3 & 4 year-old activity group



**Tuesdays 11am - 1pm**

Great opportunity for children to mix with future peers at Anakie school.

## group fitness classes

**Wednesdays @ 6pm**

Have a laugh as you work out! Trainer **Kevin** will help you find muscles you didn't know you had!



BINGO									
4	27	32	55	73					
15	25	41	58	75					
8	26	0	59	70					
7	22	33	54	62					
13	17	43	48	67					

**last Wednesday of  
month @ 1.30pm  
31 July.**

Caller: Lawrence of Arabia

## Indoor bowls - Anakie Hall

**first Thursdays @ 10am**

**\$5** with a cuppa. Come & give it a go. Gals and guys welcome. **4 July** and **1 August**.



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**Anakie rainfall for  
May  
as recorded by  
Cambria  
Parkinson**

Total rainfall:  
**180 ml**

Days of rain: 16

Rainfall to end of May: **250 mls**



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Terry and his team are known locally as "The Anakie Experts", which is certainly true. Our house was only open for inspection on the one occasion, multiple offers were made and one accepted in one week, which was a great result for us.

Mario & Jean



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A not-for-profit organisation established in order to practice this traditional Japanese martial art.

Dojo location: 2310 Ballan Rd.  
Classes every Thursday  
excluding public & school holidays  
Junior classes: 5:30 - 6:30pm  
Adult classes: 7:00 - 8:30pm  
*Free trial classes available*  
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### Local organisations contact details


**Anakie CFA contact person**  
**Anakie Football & Netball Club**  
**Anakie Community House**  
**Anakie General Store/Post Office**  
**Anakie Primary School**  
**Balliang District Rural Fire Brigade**  
**Balliang Memorial Hall**

**David Walter 0401 956 683**  
**President: Heath 0418 138 112**  
**coordinator Heather 5284 1359**  
**Prop Ruby/Andrew 52841 177**  
**Secretary: Karen 5284 1291**  
**Captain Andrew 0419 186 955**  
**Chairman Steve 0400 419 024**


**Scrabble**  
**Last Thursday** of the month @ **1pm** or start with BYO lunch at **noon**.  
*Keep your brain ticking over.*  
\$2 with afternoon tea.  
**Thursday 25 July.**



**book group**  
Discuss books, movies, current affairs. Men & women welcome.  
**Thursday 18 July.**  
Facilitator: **Olga.**




**Fridays @ 9.15am**  
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**Kevin on 0408 960 876.**




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### Thursday lunches


Join Roneta & Heather at **noon**. BYO lunch & enjoy tea/coffee or a free bottle to fill with natural spring water from our newly-installed dispenser.




**foot care**  
**Thursdays 6 weekly**  
*A 30 minute clean, care & repair to your feet.*  
**8 August/19 September.**  
**5284 1359. Nurse: Carole.**




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**Aluminium cans, batteries, egg cartons**  
(or if you are looking for egg cartons, call in and pick some up).  
For third world countries: used **mobile phones, & spectacles.**  
Leave at community house.




Get a **free** water bottle and top up whenever you visit **Anakie Community House**



**Free lending library**  
Legacy of **Diane Guger**  
Open during House hours.



**Free loan** wheelchair, walker, toilet, shower seats, crutches, moonboot, commode, wheelchairs and a mobility scooter. Ph: **5284 1359.**





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**Anakie Football & Netball Club**  
**Friday night dinners**  
first Friday of month from 6pm

**5 July & 2 August**

**Great home-style meals & prices**  
More information  
5284 1414 club

Hi, everybody. Winter is here - hope you like my

### Pea & Ham Soup

- 1 large smoked hock
- 1 cup green split peas
- 2 large carrots, grated
- 2 bay leaves

- 1 cup yellow split peas
- 1 large potato, grated
- 1 large onion, diced finely
- 6 peppercorns



Soak peas overnight.

Put hock in pressure cooker or large saucepan, cover with water and bring to boil, simmer until meat comes away from bones. Remove hock from pot, take meat from bones, allow to cool. Pour water which meat was in (stock) into a container after cooling and put this and meat in fridge, covered. Next day remove set fat from stock before putting into large pot with meat, drained split peas with the rest of ingredients. Bring to boil and simmer for two hours, adding more liquid if required.

Soup can also be cooked in slow cooker. Serve with toast or crusty rolls. Left-over soup can be frozen.

*Pauline Lorenz*

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Community Depot Ballan Rd.

All welcome.

[anakiecommunitygarden.wordpress.com](http://anakiecommunitygarden.wordpress.com)

**Helena 5284 1363**



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