

# Anakie Advocate

September  
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



There can be up to seven families, or as few as two, on **Mondays** at all-ages playgroup. In the photo, **Melissa** with **Zara** (left) are seen with **Maison** and **Lisa**, but they swapped children for this photo! And don't they all look pretty?

## Balliango no.4 Concert

**Saturday 26 October 7.30pm**

**Anakie Hall** (supper room) Staughton Vale Road

Featuring

- \* 'Counterpoint' a play reading with music by St Albans writer/musician M c
- \* Taylor (singer/song-writer/guitarist using loop pedal)
- \* Plus other musicians, artists and puppeteers

Cost \$5 pp supper provided

Enquiries: Greg Stebbing

**0448 908 523**



Not every bride chooses to get married in a bridal gown. This lovely couple were married last month (no, not really). If you know who they are and can maybe even pick the year and month of their marriage, send your answers to the community house. The winner will be the person with the nearest correct answer and there is a prize. Now turn to page 5 to read about a coming event - bridal and other gowns being held next month.



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 September**. 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**  
**September dates: 10 and 24.**

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

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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  
■ John Eren - State Member for Lara ■ @johnerenmp

#### Anakie Tae Kwon Do

**fun & fitness classes** for all the family & all ages, teaching **effective street defence**, using **kick bags, focus pads & other equipment.**  
**Monday and Thursday 6.30-8pm, 655 De Motts Rd. Private lessons available: 5284 1239**



**Captain David Walter**  
ph: **0401 956 683**

### Anakie Fire Brigade News

**Secretary Carole Brislane**  
ph: **0438 893 197**

Next training: **9am Sunday 1** after radio sched. New prospective members are welcome. **WORKING SMOKE DETECTORS SAVE LIVES; CHECK THAT YOURS ARE WORKING.** **Smoke alarms** are compulsory in every Victorian home. Each year CFA and MFB work with the Dept of Justice and Regulation and Australasian Fire and Emergency Service Authorities Council (AFAC) on a coordinated community safety campaign to raise awareness of the importance of smoke alarms in helping to save lives. This year, in addition to 'Only working smoke alarm saves lives', community messaging will focus on the **importance of having smoke alarms in all bedrooms and living areas.** Treasurer John Mangrum is at the Police & Fire Games in China, even after his doctor advised him not to go after a little mishap, but typically of John, he ignored against this advice. He has had success in swimming, gaining 4 gold and a silver medal at this stage - more next issue. Brigade officers have been going over assignment areas and as of next month you will see Lara staff supporting our brigade area. The brigade has welcomed

this move, as it guarantees a brigade response to emergencies. On occasions, the brigade has trouble responding trucks during the day, due to our members working out of area. The brigade is seeking new members, If you are interested in joining, contact our Captain on **0401 956 683**. Even if you do not wish to fight fires, we have a range of other activities to be involved in. You can follow the brigade on Facebook 'Anakie Fire Brigade' or fire activity on CFA & SES on website <https://emergency.vic.gov.au/respond/> If you see any suspicious activity in the area, whether fire or criminal, call **crime stoppers 1800 333 000** or the new police assistance line **131 444**. Victorians can now report non-urgent police matters on a new 24-hour helpline for non-emergencies such as theft, property damage, neighbourhood disputes, lost or located property and noise complaints. Ring **"000"** if it is an emergency.

**Fires can happen any time of year, in all environments, so be prepared, be safe and have a fire plan**

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

**Radio checks @ 8.30am** - all vehicles 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
1 Sep	M Primmer	G Hodges	J Primmer	J Mangrum	D Herholdt
8 Sep	D Walter	J Sanders	R Burns	S Hill	D Tobolov
15 Sep	I Macdonald	A Jones	K Couch	T Battle	B Herholdt
22 Sep	P Moore	P Carroll	C Brislane	R Hodges	S Macdonald
29 Sep	N Giacometti	M Primmer	L Hodges	J Primmer	C Ellery



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## Maude & District Landcare Group



The annual meeting was held on Thursday 15 August, with the annual report presented by outgoing president, Peter Stray, listing a number of activities in a successful year.

The first area of land covered under the serrated tussock eradication plan is mostly completed; these landholders should now have more awareness about this weed.

The annual rabbit poisoning campaign held in February/ March involved many landholders around Maude and adjoining landcare groups'. We gave relevant information to a number of landholders from further away as well as linking them to more local groups.

Tree planting and maintenance of two areas was an important activity. Major tree planting was carried out at Maude Recreation Reserve in conjunction with the Reserve

Committee of Management. Further planting and maintenance at the Spiller's Bridge site on Perdrisat Road shows pleasing results. This work was carried out with financial support from Golden Plains Shire and Vicroads, with mulch and rocks delivered to the site from duplication works on the Midland Highway and the supply of plants.

Annual elections were held. Incoming president is **Robert Lynch 0488 480 209** and secretary **Laura Hollingsworth 0402 042 572**. Peter Stray and Gill Gartlan were thanked for their time as office bearers. They will now devote more time to the Geelong Landcare Network as president and secretary.

Maude Landcare Group can be followed on Facebook at **Maude & District Landcare Group** and on Instagram at **Maude Landcare**.

**Thank  
You**

The **Shanley** family would like to thank everyone for the cards, sympathy and condolences, after **Steven Malone's** passing. It was much appreciated.



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Anakie

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**0425 731 295**

**Clinic** 380 O'Neils  
Lane Anakie Vic 3213



89 Mornington Street  
North Geelong Vic 3215  
Mobile: 0425 731 294  
Fax: 5272 3024  
Albert Hofflin

email: [sales@ahcs.com.au](mailto:sales@ahcs.com.au)  
website: [www.ahcsautomotive.com.au](http://www.ahcsautomotive.com.au)

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For an extensive product list go to our website

Ring Albert for more details;  
some order pick-ups available from Anakie

## Health News & More ...

**Cracked heels:** A common condition of the skin of the feet whereby the skin becomes dry then splits, sometimes leading to painful, deep fissures.

**Common Causes:** walking bare footed (especially on hard surfaces), ageing, some mineral deficiencies, poorly fitting footwear, deformities of the foot leading to abnormal pressure, abnormalities of the skin. Conditions of the foot are also more common amongst Diabetics.

**Treatment:** daily moisturising with highly emollient creams, paring of callus build-up around skin cracks (by a suitable foot care specialist) to allow for healing, correction of footwear with orthotics where necessary, supplements where advised by a health professional.

**Important:** never ignore cracked heels as they can be a portal for entry into the body of harmful bacteria. This is especially important for people with diseases like diabetes and heart disease and in conditions where the immune system is depressed.

E: [carole@anakienaturaltherapies.com.au](mailto:carole@anakienaturaltherapies.com.au)



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**FREE** checks  **Hearing Australia**  
15 minute  
appointments from **10.30am.**  
**Thursday 29 August.**  
**Bookings essential.** Some  
places still available **5284 359.**

get active  
don't wait



**National 'Get Active Week'**  
**Monday 9** at **1.30pm** - move  
as much or as little as you like  
with simple games - a bit of  
active fun. **Thursday 12** at  
**11am** meet at the community  
house for a walk with some  
simple exercises along the  
way. Both are **free** activities.



### Pizza Night

For locals aged  
36 and over.  
Starters, mains  
& sweets. This  
is a social event for adults, so  
no children please. Some crazy  
games to follow for anyone who  
wishes to join in. **Saturday 19  
October** at **6pm.**

**Free** tickets are printed and  
ready to collect. **Get yours -  
one lucky ticket holder will  
win a door prize.**



**Hey, ho,  
let's  
cook ...  
and eat!**

Two new 'Masterchefs'  
joined last month and nine  
people enjoyed a tasty two-  
course meal. The next  
cooking day is on **Monday  
16.** Anyone wishing to help  
prepare and join a meal is  
most welcome and anyone  
living alone who would like  
to attend, can call and be  
added to our list.

### Bridal and other gowns

**Saturday 12  
October  
10am - 3pm**

Display; sell; buy; view  
dresses from  
various eras.  
We hope to have  
one from the  
1940s and each  
decade thereafter.

Do you have one to show  
or sell? If so, call **5284  
1359.** If not, be sure to  
attend next month -  
every gold coin will  
support Sandi Murdoch's  
wildlife shelter.



## Mondays 9.15-noon Indoor Playgroup

A fun, welcoming place for littlies to learn to play & share and 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. Thanks to all helpers - more helpers always welcome. Monday 30 September @ 1pm.

## Yoga Tuesdays 9 - 10.30am

It's been around a long time and is popular world-wide.

There is currently **one vacancy**. \$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

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



Unfinished Finished Objects

get crafty!

**1st & 3rd Wednesday at 1.30pm** Sew, knit, paint, chat. \$2. **4 & 18 Sept.**

**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**

Trainer **Kevin** provides a variety of exercises using different equipment each week. A good work-out in a friendly group.



**last Wednesday of month @ 1.30pm**

**25 September.**

Caller: The BFG.



## Indoor bowls Anakie Hall

**first Thursdays @ 10am**

**\$5** with a cuppa. Come &

give it a go. Gals and guys

welcome. **5 September & 3 Oct.**

## 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**

## AIKI JUJUTSU

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**

Dicker Sensei 5<sup>th</sup> Dan, 25 Years experience

**0419 432 472**

Website: [aikiaustralia.com.au](http://aikiaustralia.com.au)

## 'Creators & Craft' markets

**Bannockburn**

**Sunday 24 November**

**cdbanno@bigpond.com**

**Noeline 0427 923 934**

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## Friends of Brisbane Ranges

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Everyone welcome - part or full day! [www.fobr.org.au](http://www.fobr.org.au)

for **events, park walks & info** and **newsletters**.



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

Total rainfall:  
59.6ml

Days of rain: 16

Rainfall to end of July: **420.6mls**



**First Aid?**  **National First Aid**  
busy saving lives™

Either a full  
Saturday or two weekday evenings can  
be arranged. Some workplaces and  
community organisations cover or  
subsidise staff & volunteers, so it may  
be worth asking. The cost is \$150 for  
the full course or \$70 for CPR only.  
Call **5284 1359** if interested.



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### Scrabble

**Last Thursday** of the month @  
**1pm** or start with BYO lunch  
at **noon**. *Keep your brain  
ticking over.* \$2 with afternoon  
tea. **Thursday 19** (a week  
early due to term holidays).



### book group

Discuss books,  
movies, current  
affairs. Men & women  
welcome.

**Thursday 19 September.**

### Fridays @ 9.15am

*Stretch without  
strain.* For more  
details call tutor

**Kevin on 0408 960 876.**



### Printing & facsimile



Affordable **printing** in **black**  
or **colour**. *Save on those  
bigger jobs, by not using  
your own expensive toners.*

### Computer sick?

One available at the  
community house.

No cost for use; but  
printing entails a small cost.



### Books and DVDs

*Five full bookcases to  
peruse. Drop off,  
borrow or keep.*



### Thursday lunches

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



### foot care



**Thursdays 6 weekly**

*A 30 minute clean,  
care & repair to your feet.*

**19 September 31 Oct.**

**5284 1359. Nurse: Carole.**

### Recycle/donate

Aluminium cans,  
batteries, egg cartons

(or pick up some egg cartons if you  
need them). For third world countries:  
used **mobile phones**, **medications**,  
and **spectacles**. Leave at the  
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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Terry Cleary

Licensed Estate Agent/Auctioneer

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

Peaches in brandy

125 butter 6 tbs brown sugar

4 tbs brandy ½ tsp cinnamon

2 large cans peaches

Heat butter and sugar in

double saucepan, add

brandy and cinnamon.



Mix in drained peaches, cover  
and simmer for 1 hour. Serve  
with dollop or whipped cream.

*I've had this recipe since the  
70s. It is very nice on a cold  
winter's day. Pauline Lorenz*

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**0418 515 200**

sue.jason@bigpond.com

Anakie Community Garden

gardening activities/visits

on last Friday of month 9.30

-11.30am @ Anakie

Community Depot Ballan Rd.

All welcome.

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

**Helena 5284 1363**



**Anakie Hall - for hire**

Full hall or supper room. Kitchen,  
round tables, trestles, chairs,  
crocery, cutlery to 150 places

**Equipment & utensils**

available for **off-site hire**

**community house 5284 1359**

**Ray 84 1212 or 0408 528 412**

**Anakie Football & Netball Club**

**Friday night dinners**

**first Friday of month from 6pm**

**Great home-style meals & prices**

**6 September & 4 October**

**More information**

**5284 1414 club**

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**4214 or 0429 484 644**

