ANAKIE PRIMARY SCHOOL

Principal: Louise Kahle
Business Manager: Karen Popple
Email: anakie.ps@education.vic.gov.au
Phone: 03 52841291

WELCOME TO 2023

At Anakie Primary School we are very excited about the year ahead. There have been some significant changes to our staffing. We welcome Janine Bye (F/1/2), Tessa Kelly (Wellbeing), Grace Weber (OSHC & tutoring), Jody Coridas (Education Support), Rachael Baker (Education Support), Kat Shearsby (Education Support & AUSLAN) and Lauren Salajan (Wellbeing) to the team. Continuing on from 2022, we also have Alissa Cavanagh (5/6), Simon King (3/4), Christy Thompson (PE, Art & AUSLAN) Karen Popple (Business Manager), Foxy (Wellbeing Dog), Brendan Walsh (Casual Education Support) and Imran Mushtaq (Computer Technician).

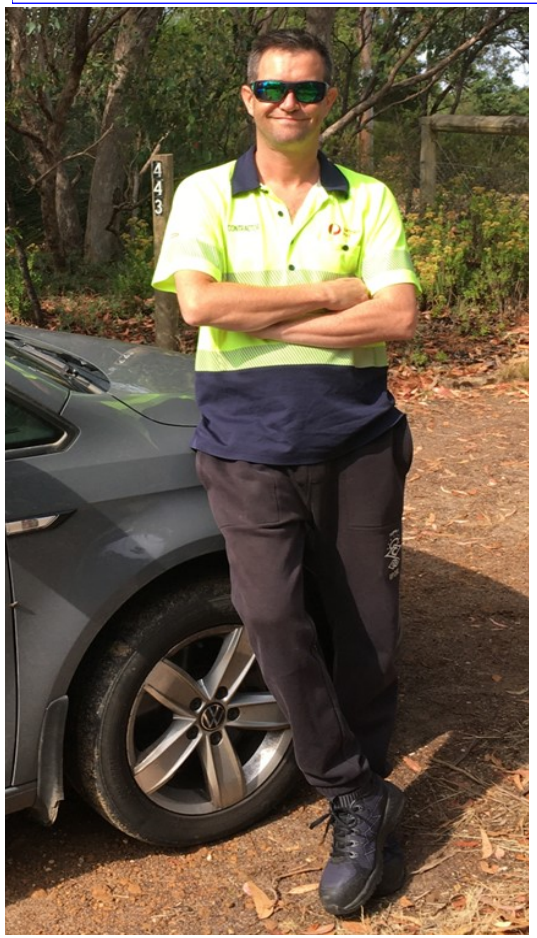
In addition to our new staff, we also have 20 new students starting at Anakie PS this year, with 10 Foundation students embarking on their primary school journey. We are looking forward to supporting the academic needs of our students, as well as supporting their emotional and social wellbeing through a range of initiatives. Staff will be completing their Berry Street Training this year, and students will also be participating in the Resilience Project lessons. In addition to this, we have reshaped our approach to literacy, embedding a whole school scope and sequence for teaching reading, and developing student comprehension through rich texts and vocabulary. We look forward to updating you on all our happenings throughout the year via the Anakie Advocate!

Thank you **Garry Grand** and **volunteer team** for providing a delicious December Christmas lunch at community house

Anakie Advocate

Anakie Community House 2115 Ballan Rd Anakie 3213
Office hours: Monday 10am - 4.30pm Tuesday 1- 4.30pm
Wednesday & Thursday 11am - 4.30pm Phone: 5284 1359
email anakiehouse@talmoi.com.au

February 2023



Anakie's 'Postie Dave' drives 150 kilometres, five days a week, delivering mail to 550 homes. He has been on this current run for six years and before him, his father, Dick, was the Anakie 'postie' for nine years. Dave enjoys his job, but has a request to local residents - he asks everyone to check the entrances to their mailboxes and kindly remove large sticks and assorted matter. He had a hefty repair bill at Christmas time, with major undercarriage damage to his van. See page 9 for more about 'Postie Dave'.

The **Anakie Advocate** is proudly printed by **Ella George**, **State Member for Lara**. Distribution includes: **Anakie**, **Staughton Vale**, **Balliang**, **Maude**, **She Oaks** & **Steiglitz**. Anakie & District Community Group has no affiliation with any political party. Submissions for next issue must be received by **15 February**.

Anakie and district church services

St Bridgid's Catholic Church: Ballan Rd Anakie. Mass times **9am Sundays fortnightly**. **5286 1230**

Anglican Church: St Georges, Balliang. Vicar: **vacant.** **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**.

Ella George, MP,
STATE MEMBER FOR LARA
Office located at Corio Village
5275 3898
ellageorge@paliarment.vic.gov.au

A defibrillator is located at **Anakie Community House** on the wall beside the front entry, accessible 24/7.

Anakie Community Garden

Monthly social gathering
last Friday of month
10am to 12 noon

email: Helena.lindorff@bigpond.com
anakiecommunitygardenwordpress.com

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

1/8th page $8.00, ¼ page $15, ½ page $25.00; full page $38. Minimum cost $8.00. 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. (**excluding GST**).

Advertising assists publication costs.

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Sandi Murdoch
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Anakie Hall
For hire contact
Adrian on
0425 798 938
or **community house** on
5284 1359

Anakie Football/Netball Club
Scrap Steel Collection
Friday 24, Saturday 25 and
Sunday 26 February
Anakie Reserve DeMott's Road
Heath Menhennet President
Anakie Football & Netball Club
0418 138 112 email: heath.menhennet@maxitrans.com.au

Books: many new arrivals

Five full bookcases and a wall of DVDs. Take home, then pass on to someone else.

Friends of Brisbane Ranges

Get to know and help our local National Park!
Everyone welcome; part or full day!
www.fobr.org.au
for **events**, **park walks** and **information** and **newsletters**.

We had a wonderful day for the **Friends of Brisbane Ranges 40th celebration**. The forecast rain held off and we had some sun-shine too. A few photos are attached. It was great to catch up with some of the ex-Rangers like Judy Locke and Chris Worrall. We produced an updated version of the 30th history booklet. There are still some printed copies left. They'll be available at the next activity, 2023.
Colin Cook

Friends of Brisbane Ranges
Phascogale Project and Nest Box video

Do you have weed problems?

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3 & 4 year old activity group

Do you have a 3 or 4 year old child not attending full-time kinder-garten? If so, they may like to join this group, to spend time away from home (under supervision), interact with peers and visit Anakie Primary School twice per term for stories and craft. Register for 2023 or find out more on **Tuesday 14** from **noon to 1pm.** Meanwhile, the all-**ages group** is up and running on **Mondays.** See page 5 for more details.

Coen, **Alice**, **Charlotte**, **Ella** and **Ashton,** some of the children from Anakie's two playgroups, met **Santa** and his able helper, **Pat**.

Geelong Regional mobile library bus service attends Anakie on **Tuesdays fortnightly** from **2** to **4pm**. Located in front of the school. Due on: **7 & 21 February**.

Anakie rainfall as recorded by
Cambria Parkinson

December 2022 rainfall 80.5 mil
Days of rain: 9
2022 total rainfall 1236mm

Local organisations contact details

Anakie CFA	**Adam 0401 886 567**
Anakie Community House	**Heather 5284 1359**
Anakie Football & Netball Club	**Heath 0418 138 112**
Anakie General Store/post office	**Ruby/Andrew 52841 177**
Anakie Hall	**Adrian Koorn 0425 798 938**
Anakie Primary School	**Secretary Karen 5284 1291**
Anakie Primary School	**Principal Louise 5284 1291**
Balliang District Rural CFA	**Andrew 0419 186 955**
Balliang Memorial Hall	**Steve 0400 419 024**

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Member: RAoA, IICT
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Anakie Vic 3213

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North Geelong Vic 3215
Mobile: 0425 731 294
Fax: 5272 3024
Albert Hofflin
email: sales@ahcs.com.au

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Penrite chainsaw bar oil 5L $32.00
Penrite SE Green Keepers 2 stroke oil 1L $11.50
Penrite SE Green Keepers 2 stroke oil 2.5L $21
Penrite GEAR OIL 140 Mineral Gear 1L $15.00
Penrite HPR10 10W-50 Engine Oil 5L $49.50
Penrite Marine 4 stroke 10W-30 mineral 5L $43.80
Penrite HPR Diesel 10 10-W engine oil 10L $88
Call or **email** for other oils

Health News & More

New Year resolutions: it's popular at New Year to make an under-taking to change behaviours we would like to modify. Many of us choose to change habits which may adversely impact our health. This is certainly commendable but often not easy! Problem is we tend to set the bar far too high for ourselves and thus, fail.
So here's a few simple tips to make your New Year's resolutions more attainable:-
1. *One* thing at a time, e.g. don't try to quit smoking *and* lose weight.
2. Don't rush: set sensible goals, e.g. losing 10kg in 2 months will simply see the weight return.
3. Make *lasting* changes, e.g. change habits you are confident you can stick to forever not just for a short term effect.
4. Seek help from health professionals where necessary; there *is* more than one way to 'skin-a-rat'! **And finally**, *timing* is all important, e.g. don't undertake significant change when you have challenges and stresses you can't avoid: wait until the time is better and your goals are realistically achievable. Be kind to yourself!
carole@anakienaturaltherapies.com.au

Anakie Fire Brigade News

Captain: **Adam Jones** ph: **0410 886 567**
Secretary Carol Brislane ph: **0438 893 197**

The Nightmare

Mercury lifting,
Grasses drying;
Breezes shifting,
Children trying.

Grasses flare,
Eyes burn;
Darlings scare,
Hearts churn

Embers flurry,
Car keys hide,
Vision blurry,
Close ones chide!

No sight
Much confusion
No might
Much contusion.

Then …

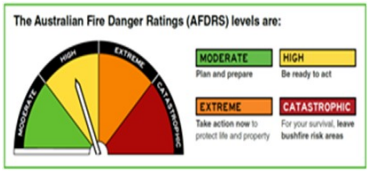
I am wide awake.
The scare was fake.
The clock chimes three,
My time is free.

So I draft a plan
For each one to agree.
I consult with the clan
We pen a decree:
To display in the kitchen
For all to obey;
This reduces the friction
Of a bushfire fray.

For a life-threatening emergency, call **000**. Out of mobile service area, call **112**, which details your whereabouts to assist call-takers.

Ben Herholdt
Anakie Fire Brigade

During the fire danger period you **can not burn off at all regardless of the size of your property**.



All vehicles to be functionally checked and run approximately 30 klms. If you cannot fulfill the roster, please find a replacement.

Feb	Tanker 1	Tanker 2	Anakie FCV	Ultra light	Station
5	J Primmer	M Primmer	B Herholdt	G Hodges	K Couch
12	P Carroll	N Giacometti	S Hill	C Ellery	L Hodges
19	R Burns	A Jones	J Mangrum	J Primmer	M Prinner
26	I Macdonald	D Walter	K Couch	M Couch	C Brislane

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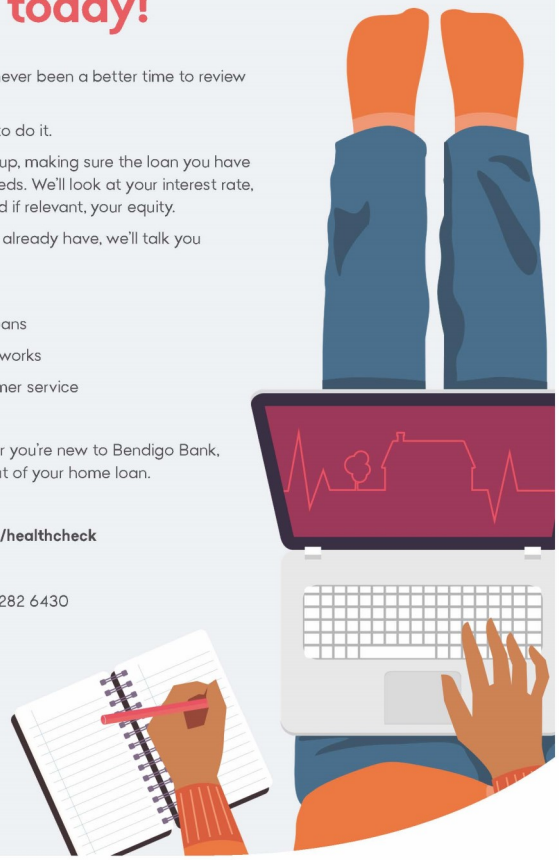


Bendigo Bank

*Source, Roy Morgan Single Source Australia, March 2022. All loans are subject to the bank's normal lending criteria. Fees, charges, terms and conditions apply. Please consider your situation and read the Terms and Conditions, available online at www.bendigobank.com.au or upon request from any Bendigo Bank branch, before making a decision. Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL 237879 (1676698-1734978) (05/22)

Mondays

All-ages playgroup

9.30 to **12.30**am. Toys to play with indoors; bikes, slide and sandpit outdoors in fine weather. $2 gold coin donation. Tea/coffee available.

Wednesdays

Myotherapy massage

second Wednesday of **month**

Sandi returns on **8 February** with a possible vacancy. If required, another Wednesday may be able to be arranged.

Community Lunches 12.30 to 1.30pm

BYO from home or buy something

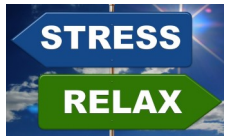
tasty from **Anakie shop**. Enjoy good company over lunch. Tea/coffee provided. No cost.

UnFnished Objects (UFOs) 1.30 to 3.30pm

This group meets to enjoy quilting, sewing or knitting, while chatting in good company. Not much good at craft? The ladies would be happy to show you. $2, with afternoon tea.

Tuesdays

Yoga 9.30 to 11am

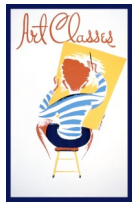


Reduce the stress in your busy life, with yoga exercises and relaxation. Beginners welcome. $20 per session. Tutor: **Glenda**.

3 & 4 year old activity group 11.15am - 1.15pm

Pre-kindergarten group, where children play, learn to share, eat lunch in a group and enjoy an indoor or outdoor activity. Twice each term there are visits to Anakie Primary School for a story-telling and craft session with the prep teacher - a great way to see a school operating. Small donation requested each term. **See page 3 for registration day.**

Art 1.30 to 4pm



This friendly group comes together to work on their individual art, with occasional joint projects. All welcome, beginners to experienced artists. A display and chat about the day's work is held at the conclusion. $2 per week, includes afternoon tea.

Get your days back!

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4 ingredient fruit cake

Ingredients:
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1 tablespoon brandy or whisky
Method: mix all ingredients well and leave overnight.
Next morning, slowly add 2 cups sifted self-raising flour and mix well.
Spoon into a well-greased baking tin, square or round - use one with a removable bottom if available - and add baking paper to bottom and sides The mixture will be moist when you spoon it into the tin.
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Turn oven off, leave door open until cake cools a little, then remove from oven and place on a wire rack until it has completely cooled.

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Thursdays

Carpet bowls

First Thursday month **10am - 12.30pm**. A bit of exercise and **fun**! Games and morning tea: $5. **Anakie Hall**.

Next: **2 February** & **2 March**.

Book/discussion group third Thursday 2pm

Talk books, films, current affairs - any topic! Next: **16 February**. $2.

Scrabble last Thursday

Join in and use some grey matter. At the end, a randomly chosen prize is awarded. $2 afternoon tea. **23 February 1pm**.

Hairdressing

Fortnightly 10.30am-2pm

Darlene offers ladies cut & blow-dry or shampoo & set $35; men's cuts $25; students cuts $25. Preschool cuts; foils & perms available. Bookings **5284 1359**. Next: **16 February** and **2 March**.

Fridays

Pilates 9.30/10.30
Small groups. Tutor **Kevin 0408 960 876**

Cheeseboard

Design your own, then create it with the materials

and equipment provided. **Sarah** from **Bunnings** will guide you through. **Tuesday 28 February** at **1.30pm** - *book a place by Wednesday 22.* Cost: **$5**.

BUNNINGS warehouse

Community house tidy-up

The garden is looking drab and unkempt, but just needs a tidy up and some TLC. If you can help, we'd be very grateful. **Monday 6 February** from **10am**. Equipment available or BYO if own preferred.

Kev the carpenter (local)

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website: **aikiaustralia.com.au**

Postie Dave

David Jarota took on the Lovely Banks/Anakie postal run back in 2017, giving up a run in Lara.

His dad, Dick, had been the local 'postie' since 2008 and as he eased into retirement, Dave gradually took over. Sadly, in 2021, Dick passed away after a sudden and short illness. Dave lives with his mother and sister in St Alban's Park in the family home they built in the 1990s.

Dave has converted the garage into his own 'man cave' giving him his own space.

Outside of work hours, he enjoys snowboarding most weekends during the winter months, with occasional trips to Japan, and motorcycling during summer. He is also a "mad Cats supporter."

When his Australia Post contract is due for renewal in a year's time, Dave intends re-applying. That's great news for Anakie people!

Meanwhile, if you see him go by, say "Gidday, Postie Dave!"

Heather O'Shannessy, January 2023

Dave hits the slopes at Fall's Creek