

Did you know that the Brisbane Ranges is home to plants that have long since vanished from other parts of the region, like the Brisbane Ranges Grevillea? The Friends of Brisbane Ranges can help you discover them.

In the park there have been 619 species of native plants and 170 species of native birds recorded, along with large numbers of mammals and reptiles, including the koala and the cryptic Brush-tailed Phascogale

Our activities assist Parks Victoria with park maintenance, regular flora and fauna surveys, Waterwatch monitoring, nest box installation and monitoring, and raising awareness about the park values and its history. The Friends of Brisbane Ranges is an active group which began in 1982. We meet monthly and provide opportunities for people to meet socially and learn about the environment, ecology, flora, fauna, and history of the Brisbane Ranges National Park and Steiglitz Historic Park in Victoria. We work on projects within the park and new

members are very welcome.

We are part of the Statewide network of National Park Friends Groups, initiated and organised by the Victorian National Parks Association, one of Victoria's leading non-government conservation organisations. Our next activity is on **Sunday 11 August**. To find out more and to get involved visit our website <http://fobr.org.au/> or Facebook pages <https://www.facebook.com/fobrnnp>



BUDDY IS MISSING

SINCE 1 JULY '19

WHILE ON A TEMPORARY STAY AT A STABLE IN OLD BOUNDARY ROAD (NEAR GRANITE ROAD) - STAUGHTON VALE/ANAKIE. BUDDY IS A LARGE BLACK & WHITE CAT. HE IS MICROCHIPPED.

IF YOU SEE HIM, PLEASE CALL: **0408 331841**

Anakie Advocate

August
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

Friends of the Brisbane Ranges



Friends of the Brisbane Ranges is a well-established local community group, which has been operating for some 37 years. Member **Ross Auchettl** is seen above conducting Waterbug sampling in Sutherlands Creek. Turn to the back page to read more about this active group.



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 August**. 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**

August dates: 13 and 27.

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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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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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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Captain David Walter
ph: **0401 956 149**

Anakie Fire Brigade News

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

Next training: **Sunday 4 at 9am** after the radio sched. Prospective members are welcome to come along and see what we do.

The brigade had a quiet month, with one callout to a car fire on Bacchus Marsh Road.

With days and nights being cold, wet and windy, we remind people with wood-fires to be vigilant.

Check that flues and fireplaces are clear. There have been recent house fires caused by wood stored too close to the fire, open and closed. Remember to keep open log fires in check overnight and have a proper screen in front.

Make sure you have working smoke detector in the rooms with fireplaces and throughout the home. **SMOKE DETECTORS SAVE LIVES - CHECK YOUR SMOKE DETECTORS ARE WORKING**

Our Treasurer John Mangrum is heading to the Police & Fire games in China at the end of the month. We wish him good luck and know he'll come home with some medals

The brigade is applying for a new piece of equipment through Victorian Emergency Services Programme Grants (VESP).

Upgrade works submitted last year are a work in progress; we await permit approvals for things to start soon.

The annual wood raffle was won by John Mangrum and a person from Shepparton.

Victorians are now able to 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.

You can follow the brigade on Facebook 'Anakie Fire Brigade'. You can also follow CFA & SES activity on the web site <https://emergency.vic.gov.au/>

Fires happen at ALL times of the year, in all environments, so be prepared, be safe; have a fire plan
Paul Moore 2nd Lieutenant
Anakie Fire Brigade.

August 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
4 Aug	J Sanders	D Walter	K Couch	R Burns	S Downton
11 Aug	C Watts	P Moore	T Battle	N Lozar	G Giacometti
18 Aug	A Jones	M Lawrence	S Hill	R Hodges	B Herholdt
25 Aug	P Carroll	N Giacometti	S Macdonald	L Hodges	C Ellery
1 Sep	M Primmer	G Hodges	J Mangrum	J Primmer	E Goedegebuur

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



Wedding, Bridesmaid, Debutant dresses

Saturday 12 October
10am - 3pm

Display; sell;
buy; view
Dresses from
various eras.



Get them out
of storage and contact the
community house to be part
of this event. Call 5284 1359.

**Seeking dressmaker's
mannequins or coat stands
to borrow for the event.**

**Gold coin entry - all money to
support Sandi Murdoch's
wildlife shelter**

Thank you
Heather and Pat
O'Shannessy and
family thank the
many locals who
attended the funeral, sent
cards, flowers or messages of
condolence in the very sad
passing of our mum, **Kate**. We
truly appreciated your
kindness at this very sad time.



Congratulations

**Lauren Williams
and Nathan Moore**

on the arrival of a
baby son, **Miller**. First great-
grandchild for Ray Tucker.



Anakie Hall - for hire

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

**Equipment & utensils
available for off-site hire
community house 5284 1359**

**Ray 84 1212
or 0408 528 412**

Anakie & District Community Group Inc

**Annual General Meeting
Tuesday 27 August at 7.30pm**
Nominations for places on the
committee of management open
on **Monday 5** and close on
Monday 19 August.

After the formalities, special
guest 16 year old student, **Jacob
Hill** will present a photo display
and discussion on his recent
trip walking the infamous
Rakoda Trail with his dad,
Shang. Enquiries - **5284 1359**

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

2 August & 6 September

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

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Hems taken up - dresses
and trousersCall **Pauline** on **5284 1451**

Brush of Bolger

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Health News & More ...

Nail care: did you know that nails
are made of keratin, similar to hair?

Most of us regularly wash,
condition and trim our hair, but do we give our nails, especially our
toenails, any thought? Probably not.

So be sure to wash your feet, top and bottom in the shower and
give them a gently scrub with a nail brush from time to time, too.
Keep your nails well trimmed and smooth and most important of all
keep them moisturised. Using a good moisturiser that you use on
your skin regularly will do the trick.

You will notice a considerable difference over time if nail care
becomes part of your daily routine. They will split less often and
look a lot better, too.

Nail polish is okay *very occasionally* but wearing polish *all* the time
will stain and damage nails, so keep nail polish for very special
occasions only.

email: carole@anakienaturaltherapies.com.au

www.anakienaturaltherapies.com.au

Be well and create your happiness ...!!



89 Mornington Street
North Geelong Vic 3215
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Fax: 5272 3024
Albert Hofflin

email: sales@ahcs.com.au

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Mario & Jean

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Let's cook!
This small group would love some more helpers! Arrival time is **3pm** when a main course (to serve 2-4 people) is prepared. Meals are then shared with invited guests - people who live alone - at **5.30pm**. Held monthly, the next is on **Monday 19**.
Volunteer at this community activity




Lunch & DVD
Bring lunch and meet lovely guests from **Kalkee Community Services** on **Wednesday 21 at noon**. Over lunch, enjoy a DVD featuring old maps, drawings, photos and film from Geelong Tramways, including a snapshot of the final years of operation. There is also footage of Geelong's unique traffic signals. No need to book. Need a ride? Call **5284 1359**.

FREE hearing checks




Suitable for anyone aged 18 plus.

15 minute appointments from **10am** and available until early afternoon, if enough bookings. **Thursday 29** at **Anakie Community House**. **Bookings essential**.

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. Mark the date in your diary and book in.** This is a **free event**.



DVD morning
*Looking for a reason to get out of the house for some 'kick back' time without having to travel too far? Come to the community house and see **The Aviator** in warmth and good company on **Thursday 8 at 10am**. \$2, includes some snacks and a cuppa at the end.*

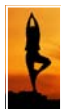
Mondays 9.15-noon Indoor Playgroup
A fun, welcoming place for littlies to learn to socialise & share and a catch-up time for parents. Perfect lead-in to 3 & 4 year old group. Babies, toddlers, pre-schoolers welcome.



Anakie Advocate
Last Monday of month
Monday. Thanks to all for recent help - can you assist?
26 August @ 1pm.

Yoga Tuesdays 9 - 10.30am

Term 4 class starts on 16 July for 9 weeks (concludes 10 September). There is **one vacancy this term. \$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

14 August. 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. **7 & 21 August.**

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!

last Wednesday of month @ 1.30pm 28 August.

Caller: Pepper Pig.



Indoor bowls Anakie Hall first Thursdays @ 10am \$5 with a cuppa. Come & give it a go. Gals and guys welcome. **1 Aug & 5 September.**

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



Anakie rainfall for June as recorded by Cambria Parkinson

Total rainfall: **111 ml**
Days of rain: **16**
Rainfall to end of May: **361mls**



First Aid?



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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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 & info** and newsletters.



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 5th Dan, 25 Years experience
0419 432 472
Website: aikiaustralia.com.au

'Creators & Craft' markets
Bannockburn
Sundays 25 August & 24 November
ccbanno@bigpond.com
Noeline 0427 923 934




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 29 August.




book group

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

Thursday 15 August.

Facilitator: **Olga.**

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.

8 August/19 September.
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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Home-made baked beans

Try this delicious winter-warmer.

Ingredients

- | | |
|-------------------------------|---|
| 2 tbsp olive oil | 1 tsp onion powder or flakes |
| 1 tsp mustard powder | 2 tsp dried mixed herbs |
| 1 x 400g tin chopped tomatoes | 5 tbsp salt reduced tomato puree |
| ½ clove crushed garlic | 2 x 300g cans cannellini beans drained and rinsed |
| 4 basil leaves | |

Instructions

Heat the olive oil in a large saucepan over a medium heat. When warm, add garlic and simmer until golden. Add onion powder/flakes and mustard powder and continue to simmer for 1 minute or until fragrant. Add the tomatoes, puree and herbs to the mix and stir well to combine. Simmer gently for 5 minutes until warmed through and well combined. Remove mixture from heat and pour into a medium sized bowl. Allow to cool slightly before using a stick blender to pulse down to a smooth paste. Return the sauce to the pan and add the beans, simmer for 4 to 5 minutes or until beans soften. Tear the basil leaves into pieces and add to the sauce. Stir to combine then remove from heat and serve.



**CHEAPER
SIGNS**

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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

Helena 5284 1363



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