

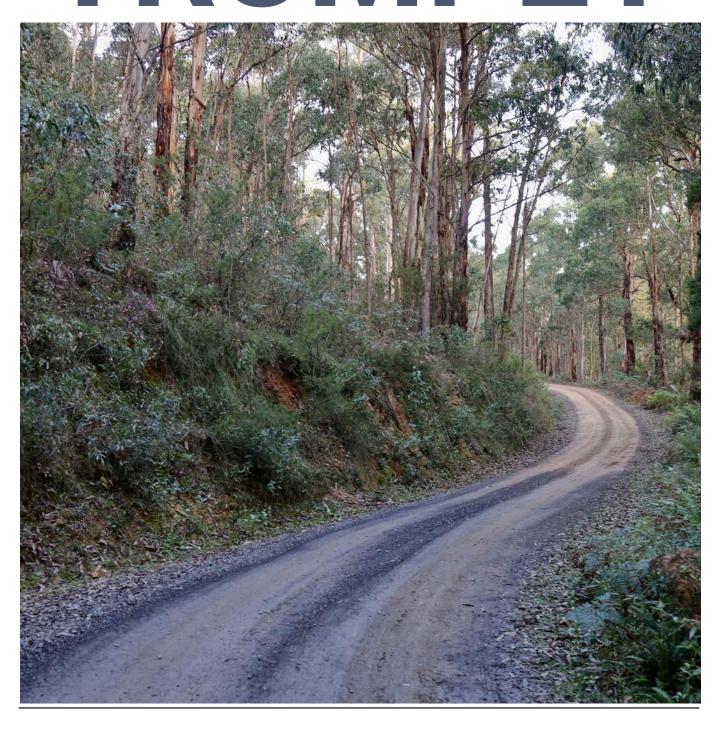








TRENTHAM





Council news











Trentham Community Hub

Works continue on the Mechanics Hall section of the new Trentham Community Hub. The reframing of the south wall of the hall is complete. The north wall of the hall has been propped and demolished and the required steel members are being craned into place. The reframing of this wall will be complete by the end of May.

At the same time as the rectification works, steel members are also being craned onto site to commence the framing of the sub-floor and floor of the new section of the facility.











B DRAFT BUDGET

Council has released a draft 2023/24 budget, which is now open for community feedback. The \$ \$59.10 million draft budget includes a record \$19.56 million investment in capital works projects, which are predominately funded by Council.

The draft budget is mindful of the ongoing impact and recovery from major storm events, the increasing financial pressures of rising interest rates and construction costs. The budget aims to balance community expectations and Council financial resources and staff. It has been developed to align closely with the priorities of the Council Plan 2021-2025 and continue to deliver 100+ services to the community.

View the draft budget and budget summary at Participate Hepburn (https://participate.hepburn.vic. gov.au/draft-budget) and make a submission by 5pm on Thursday 8 June.

Council will consider the budget at a Special Council Meeting to be held on Tuesday 27 June. Council meetings are livestreamed via Facebook.

COUNCIL PLAN FOCUS AREAS







A healthy, supported & empowered community



Embracing our past & planning for the future



Diverse economy & opportunities council



A dynamic & responsive

FUTURE HEPBURN



We have launched the next stage of our strategic planning project, Future Hepburn. We are looking to our community to help develop structure plans for Clunes, Creswick, Daylesford and Hepburn Springs, Glenlyon and Trentham.

Structure plans will guide future growth and appropriate development to 2050. They aim to protect what we value, improve liveability and empower our community to thrive. We invite you to get involved by completing a survey online (https://participate.hepburn. vic.gov.au/future-hepburn) or pick up a survey from a library or Council hub.







🕅 😩 🕞 DETOX YOUR HOME

It's time to clean out those unwanted household chemicals from your shed, cupboard and from under the sink and dispose of them safely at Sustainability Victoria's Detox your Home event. It's coming up on Saturday 17 June, from 9.00am to 12.00pm at Daylesford Transfer Station. More information at https://www.sustainability.vic.gov.au/DetoxYourHome.







WASTE SURVEY

We have a survey open to understand how you use your bins - do you recycle carefully? How full are your bins? What do you do with food scraps? The answers to these questions and more will help Council to determine how we can support residents towards a low-waste lifestyle. Visit https://participate.hepburn.vic.gov.au/wastesurvey. The survey closes Friday 9 June.







ADVISORY COMMITTEE

Are you interested in joining our Sustainable Hepburn Community Advisory Committee? Expressions of interest are open for up to ten community members to join an advisory panel to guide the implementation of the Sustainable Hepburn Strategy. Visit https://participate.hepburn.vic.gov.au/.

Applications close Monday 12 June at 5pm.

CONTACT US

t 5348 2306

e shire@hepburn.vic.gov.au w www.hepburn.vic.gov.au

facebook.com/hepburncouncil

Editorial

Hi Trentham!

Congratulations to the Spudfest team – what a fabulous celebration of our town and all things potato! It was wonderful to see so many people out and about and so many businesses & community groups involved. We are still dreaming of Annie Smithers' potato cakes!

'Future Hepburn' Council's project to protect and enhance the existing character of our town has begun in earnest – look out for your opportunity to join their community conversations or provide feedback via surveys on their website.

Working with our community, they are co-designing township structure plans to guide future growth, appropriate development and protect what we value. You may have received a prompt by text message. See details on Council's page on the left.

We've provided a condensed recap (thanks Vicki!) of the results of the Trentham Town Survey we supported last year in this edition (on pages 12-13).

As always thanks to our contributors. If you'd like to write / photograph / sketch for us, we'd love to hear from you! Contact us at <a href="mailto:theta-newto-mail

Stay warm!

Regards, Chris & Penny

Stop Press!!

Hepburn Energy, Australia's first community owned wind farm, will receive \$500,000 from the Federal Government to install a community battery at the Leonards Hill Wind Farm. Congrats to those who helped make this happen, more to come next issue!



NOTICE OF MEETING DATE CHANGE

Please note that **The Trentham Forum** General Meeting
will be held on **6 June 2023**not 7 June as previously advertised

When: 6 June

Time: 7 pm

Where: Trentham Football Club Pavilion

There will be a call to replace all leadership and committee member positions

Contact: lisa.m.mcdonald1@gmail.com for information

Trentham Fashion Swap

Trentham Fashion Swap: You're invited 24th June!

Calling women of Trentham and surrounding towns.... would you like to join a fun afternoon with other women and take home some choice, pre-loved clothing items to boost your wardrobe over Winter?

Want to do your bit to reduce clothing waste going into landfill and save some shopping dollars at the same time? Clothing swaps have been happening around Australia for decades and are an easy and green way to change up your wardrobe.

Trentham Fashion Swap
Saturday, 24 June
at the Uniting Church Hall,
cnr Camp & Market Streets, Trentham
1pm - 4:30pm.

How does it work?

- 1. Women (12yrs+) of all sizes are welcome (yes bring your sister from Melbourne too)
- Bring up to 8 clean & wearable garments or accessories (jewellery, belts, bags & shoes) that you are done with and happy to pass on to someone else.
- 3. Choose some items to take home for your wardrobe (yes you can try on).
- 4. Have a cuppa, cake & chat.

No clothes to swap right now? No worries! Simply pop a donation in our fundraiser bowl. In June we are raising money for our Trentham

Look out for our posters and social media posts closer to the date.

This GIST project has been

launched and, if well attended, will be a seasonal event (4 times per year) for our local area. We may have themed events such as Mums & Kids clothing, senior ladies and plus size women if people want that. Please email us your great suggestions: TrenthamFashSwap@gmail.com.

I know that the blokes will say - what about us? And we are very happy to run a Men's Clothing Swap if you chaps email us to request that.

Thank you for your support of this little community project and we look forward to some fashion swapping fun.

Susan Marryatt
Co-ordinator Trentham Fashion Swap
TrenthamFashSwap@gmail.com



THE TRENTHAM TRUMPET

About the Trumpet

Acknowledgement of Country

We are proud to acknowledge Dja Dja Wurrung as the Traditional Owners of this Country. We pay our respect to Elders past, present and emerging



The Trentham Trumpet is published on the first of every month except January.

The Trumpet is the community's voice to: share local news and events; engage in topical discussion; provide a platform to express considered views and concerns; contribute to the historical record; and promote local trades and services.

All submissions need to embrace our pillars of inclusiveness, constructiveness and positivity. The editorial team reserves the right to refuse any article or advertising and to edit for length and clarity. Opinions expressed are not necessarily those of the editorial team.

The deadline for submissions is the 25th of the month before. Please forward all items for publication to:

thetrenthamtrumpet@gmail.com

Electronic subscriptions (which we encourage) are available at: thetrenthamtrumpet.com.au
Printed versions can be found in many retail and community outlets in and around Trentham.

The Trentham Trumpet is gratefully auspiced by the TNC.

Advertising Rates (from Feb 2022)	Black & White		Colour	
Width & Height	Monthly	Annual	Monthly	Annual
90mm x 55mm	\$40	\$400	\$55	\$550
90mm x 110mm (1/4 page)	\$75	\$750	\$95	\$950
190mm x 55mm (1/4 page banner)	\$75	\$750	\$95	\$950
190mm x 130mm (1/2 page)	\$145	\$1,450	\$180	\$1,800
190mm x 265mm (A4)	\$275	\$2,750	\$350	\$3,500

What's on!

Community Groups Listing

thetrenthamtrumpet.com.au/our-community

CFA

Open Day every Sunday from 9:30am

Lions Schedule

Business Meeting: 3rd Thurs / month Dinner Meeting: 1st Thurs / month Farmers' Market: 3rd Sat / month

Sunday Church Services

St George (Anglican) 9am St Mary Magdalen (Catholic) 8.30am

Trentham Fashion Swap

24 June 1pm - 4.30pm Uniting Church Hall Trentham

Trentham Lions Club

Farmers' Market 17 June 9am-1pm Trentham Town Square

Trentham Sustainability Group

Farmers' Market Food Śwap 17 June 10-11.30am Trentham Town Square

Life Activities Club

Ladies' Petanque 10am every Tuesday Trentham Town Square, followed by coffee

Wednesday Walkers 9.30am every Wednesday Easy town walk Meet at old Trentham Post Office

Men's Petanque 10am every Thursday Trentham Town Square, followed by coffee

Knitters, Stitchers, Sewers Craft Group 10am every Friday Trentham Bowling Club, Park Street,

Mahjong

1pm - 4pm every Friday Trentham Bowling Club, Park Street

TNC

see trenthamnc.org.au

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On our Cover:

Winding through the Wombat **Chris Campbell**



The Great Trentham Spudfest

The Spudfest committee would like to thank the town's residents, local traders and community groups for making Spudfest 2023 such a great event.



The atmosphere was

wonderful and the love for our town was palpable.

Spudfest has taken on a new direction, celebrating all that makes our town and region incredible; our people, our produce, our local artisans and musicians, all while continuing to hero the humble spud. We hope you observed this, and felt the pride that we did in showcasing this quality and talent to visitors from near and far.

At the heart of our event are our Trentham and district community groups. We aim to give them a platform to generate valuable funds for the initiatives that are important to them.



This year we saw almost twice as many community groups involved than last year. Trentham Playgroup, Trentham Neighbourhood Centre and the Trentham Lions joined our long-standing Spudfest participants in the Historical Society, CFA, Primary School, Cool Country Classics and Early Learning.

Between them, over \$12,000 net was raised - a stellar result! Two highlights in particular;

- The CFA had a record-breaking day, finding themselves hand cutting potatoes throughout the day to keep up with the crowds wanting their delicious hot chips
- The Historical Society sold tickets online in advance, hoping to fill spots on their Spud Hut tours that have been vacant in previous years. They more than exceeded expectations, with each tour selling out before the day!

Thank you to all of the community group volunteers who gave their time on and before the day to yield these results for our community groups. In addition, thank you to the

rest of the volunteers, the Spudbuddies, who dedicated their time in setting up, manning each zone and packing up on the day.

Finally, a heartfelt thank you to our sponsors for their contribution to the event. Our major sponsors, Hepburn Shire, Community Bank Trentham, Belle Property,





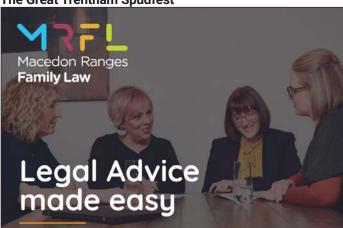
Studio Mimi Moon, not only contributed financially, but dedicated their time, expertise and man-power to ensure the event was a success. Clare Jones at Country House Creations created our beautiful map, Red Beard Bakery's donation of potato bread supported Trentham Early Learning's proceeds, and IGA's goods contributed to the deliciousness of the Devonshire Tea.

Without all of our volunteers and sponsors, there wouldn't be Spudfest, so thank you!

If you would like to be involved in planning next year's event, helping out on the day, or supporting the event as a sponsor, please reach out to Kye Theobald at convenor@ trenthamspudfest.org.au or 0418432691.

We look forward to seeing you all at next year's event!

Kye Theobald Convenor The Great Trentham Spudfest



- All Areas of Family Law
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THE TRENTHAM TRUMPET

Locals Nailing It

Greenacres Biodynamics

Working at Rubygoose Foods for 6 months now I've met and continue to get to know so many interesting and passionate locals.



Of course, most of the brief chats I have are based around the foods we sell and the recipes our customers have in mind but there is such a diverse array of experience out there from spud growers to self-help gurus, real estate agents to bakers and retired CEO's. If I wasn't so busy, I could treat the place like my very own university.

One such passionate regular is Jon. Many pearls of wisdom have emanated from his mouth as he attempts to educate me in the ways of biodynamic agriculture but sadly, he's always cut short by the next customer needing to be served.



What was that Jon was saying the other day? That's right, something about proper sea salt and how much better it is for the soil than conventional fertilizers. It did ring a bell as I recall reading a story about when the devastating tsunami hit Indonesia back in 2004, much of the agricultural land was flooded by sea water for a short period of time. Agricultural experts said the land would be desolate for at least ten years because of the salt content

of the sea water. However, the following year, farmers, desperate to provide for their families and make a living planted anyway. And something amazing happened that totally confounded the experts; they experienced bumper crops never before seen in their lifetime.

The next time Jon came in I asked him about his land and business.

Greenacres Biodynamics is a medium sized farm with a mix of open growing/grazing and forested pockets in Little Hampton. A spring fed dam with a healthy population of frogs, fish and ducks supplies ample water for irrigation.

He explained their commitment to growing quality natural biodynamic produce from garlic to lamb free from conventional fertilizers, chemical pesticides and herbicides. The only toxic chemicals he's been unable to replace being the unleaded and diesel fuels required to run such an enterprise.

The red basalt soil on the farm is enriched with sea mineral solids. This provides the complete balance of mineral and trace elements and abundance of micronutrients that those poor farmers discovered after the tsunami.

The product he uses is SeaAgri SEA-90.

He pointed out the company's Baja Sea Salt, stocked at Rubygoose, explaining that it is created seasonally using solar dehydration from the trace element-rich, pristine and unpolluted waters of the Sea of Cortez in Mexico.

It seems there's a whole lot more wisdom to this biodynamic agriculture than what I've been led to believe. A holistic, ecological, and ethical approach to farming,

gardening, food, and nutrition, bringing back the magic of the sea to Central Victoria.

I have a bag of the Baja Sea Salt at home now. My education continues.

Chris Campbell







PAGE 6 THE TRENTHAM TRUMPET

Trentham Tales

Robert Hoddle in Trentham

Robert Hoddle is probably best known for laying out the streets of Melbourne's central business district, the so-called "Hoddle grid". He was the chief surveyor of the Port Phillip District from 1837 to 1851, and of Victoria from 1851 to 1853. But few would know of his connection with the Trentham area.

In November 1845 Hoddle was instructed by the Surveyor-General in Sydney, Major Thomas Mitchell, to mark the northern boundary of the County of Bourke.

From 20 November to 22 December 1845 Hoddle surveyed an east—west line from Mount Macedon to the source of the Loddon River near Bullarto. For such expeditions surveyors were allocated a party of six additional men as well as surveying equipment and rations.

In an 1844 letter Hoddle records the composition of a surveying party (apart from the surveyor or assistant surveyor):

- One chainman
- One man bearing the Instruments
- Two men to set up stations and marks, and to cut down and remove brush and obstacles in a rough country
- · One tent keeper and
- One man to drive Bullocks or Horses, and to take care of the Cattle during the day.

The six men were usually ticket-of-leave men, of whom there were numbers of Vandiemonians in Melbourne at the time. They were paid twenty pounds a year and rations. The line was marked on trees. In order to follow the compass bearing and to measure distance with the surveyor's chain, a path had to be cleared through the bush at least as wide as the bullocks and cart.

In the first week or two of December the party was carving its way through the Trentham area. Before European settlement and logging the nature of the country was of course quite different to its present-day aspect. Hoddle's Field Book notes good soil, large white [Manna] gums, and



Wombat holes. 'In many places the Scrub is very thick and difficult to penetrate', Hoddle's 1846 plan records. Axes and brush hooks were in constant use.

Little trace remains of the track today, but thanks to the Public Records Office of Victoria, you can overlay the map Hoddle drafted on his return onto a present-day map of the Trentham area. This shows that part of the marked line coincides with the present-day Domino Road. If you go along it you are following in Hoddle's 1845 footsteps.

Peter Parsons Trentham & Districts Historical Society trenthamhistoricalsociety.org.au

Above: Robert Hoddle. Near Melbourne—Mount Macedon in the distance (circa 1838). Water colour. (National Trust of Australia (Victoria), on loan to the State Library of Victoria)

Hoddle often took pencil sketches in his field books and painted them later. This appears to be a view from the south-west of Macedon, perhaps from around the present site of Gisborne. Another version of this scene, dated 1847, is held by the State Library of Victoria.



Hepburn Gardens for Wildlife

On Saturday May 20, forty people braved the cold autumn weather and made their way up the hill to the Daylesford Neighbourhood Centre. There they were enthralled and entertained by an excellent presentation from Dr Cassia Read on living with wildlife.



Cassia is an ecologist, educator and future oriented garden designer. Based in Castlemaine she has a deep knowledge of the local environment. With a beautiful and relevant slideshow she covered the core elements of habitat creation, and stressed simple ways to encourage wildlife into our gardens.

Following this Jeremy Neal from Wombat Native Plants gave a detailed demonstration on propagating your own plants. Jeremy sells only plants that are indigenous to our area, and all are grown or propagated by him. Once again, this attracted a very attentive crowd.

All in all a very productive afternoon. Hopefully those present took home skills to create habitat for wildlife and increase the animals and indigenous plants in their gardens.

It is hoped to schedule another workshop with Cassia soon. She is working on some interesting projects in Castlemaine, particularly the Wilderhoods Project creating wildlife corridors through areas of the town. You can read more about Cassia's work at the Castlemaine Institute https://castlemaineinstitute.org.au/#work



Meanwhile, the Banksia Marginata is in bloom and you can imagine making good use of the lovely flowers. And don't forget HG4W provides free consultations for residents wanting to explore more fauna-friendly garden spaces with local plants.



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BOOKINGS ESSENTIAL

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Trentham Sustainability Group

Have you got the GIST?

The GIST - yes, someone has got the GIST! (and we're sure there are many more in our community)

TSG is delighted to announce our first Great Idea for Sustainability in Trentham (GIST) Award: Sustainable Women's Fashion!

This idea is a valuable contribution to our Waste & Resource Recovery focus. According to Planet Ark (2023), each year Australians consume an average of 27kgs of new clothing and dispose an average of 23kgs of clothing to landfill.

Writing this on a day when the WMO (World Meteorological Organisation) issued yet another alarming climate prediction, it's just wonderful to see locals taking action. And it doesn't have to be all gloom and doom: as presented, the Sustainable Fashion GIST sounds like a lot of fun and will be very sociable!

TSG is very pleased to provide some modest funding to assist this project, to operate as the Trentham Fashion Swap, get underway and has great confidence it will be a success.

GIST ideas are still open and we have people keen to help you develop your idea.

Teenagers who might be critical of what older generations have done to the world they will inherit can use the GIST program to get involved individually or in small groups - a GIST could be a very impressive early entry in your CV. Perhaps older readers might promote the idea with any youngsters they know.

See page 3 of this Trumpet for details of the first Trentham Fashion Swap this month!

Cheers from the team
Trentham Sustainability Group
trenthamsustainability@gmail.com
www.trenthamsustainabilitygroup.com



The Challenges of Moving An Entire Town

A stark reminder of why we need to lower our greenhouse gas emissions lies in the struggles of our pacific neighbours in Fiji, who are living at the forefront of the climate crisis. Fiji is famed for its rugged landscapes, stunning coral reefs and palm-lined beaches that draw tourists from around the world.

Often hidden from the view of tourists, however, is the plight of rural Fijians, many of whom are facing the daunting task of moving their towns. A staggering 42 Fijian towns are flagged to be relocated in the next decade due to climate change, not including the 6 communities that have already moved. The complexities and costs in these operations are confounding, while the personal stories of the families that must walk away from their homes, and generations of history, are heart-breaking. Just imagine the difficulties our local residents, businesses and council would face if Trentham were forced to relocate.

The relocation of both coastal and inland towns in Fiji has come about because of several climate-related effects:

- Warmer seas are killing the algae that maintain the coral reefs around coastlines, which act as natural breakwaters preventing coastline erosion.
- Sea level rise is causing inundations which flood communities and damage crops.
- Extreme weather events like droughts and storms further damage the reefs while also causing inland landslides and devastating winds and floods. Fiji has extremely high exposure to tropical cyclones and they are causing increasing amounts of damage. In 2016 tropical Cyclone Winston killed 44 people, destroyed more than 30,000 homes and wiped out nearly a third of the country's GDP.

Fijians emit only around 1.6 metric tonnes of CO_2 per capita annually, and don't mine nor export fossil fuels, which means they play little role in fuelling the climate crises. They have very little power to reduce their emissions.

Australians, in comparison, emit 15.4 metric tonnes per capita, while $\mathrm{CO_2}$ emissions embodied in fossil fuel exports sit at over 37 tonnes per person. We each have the power to reduce our emissions, and encourage businesses and government to do the same. The changes we can make most likely pale in comparison to the sacrifices Fijians are having to make everyday. By acting on climate now, we have the chance to prevent towns similar to ours from having to move in the future.

To learn more about the challenges of moving Fijian towns I recommend listening to The Guardian's Full Story podcast on the issue which can be found at theguardian.com/australia-news/audio/2022/nov/10/the-radical-plan-to-move-a-country or watch Foreign Correspondent's The Last Resort – Fiji, reported by Craig Reucassel on ABC iView.

Sophie Guerin Trentham Sustainability Group

TRENTHAM FILM SOCIETY 2023 Program Socialise – watch quality films

June 17



(UK, 2020, 95mins., biography/comedy/crime)
Dir: Roger Michell Lang: English
In 1961, Kempton Bunton, a 60 year old taxi driver, stole Goya's portrait of the Duke of Wellington from the National Gallery in London. It was the first (and remains the only) theft in the Gallery's history.

Features: Jim Broadbent, Helen Mirren, Heather Craney, James Wilby.



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COMPARE

Authorised by the Victorian Government, 1 Treasury Place, Melbourne.

For assistance in languages other than English, contact Translating and Interpreting Services (TIS) on 131 450.

Councillor's Report

Council meeting – the two major decisions arising from the Council meeting on 16 May were the introduction of a cat curfew and the adoption of a new policy to provide community groups with free access to Council-owned buildings. The introduction of a cat curfew, effective from 1 July 2023, requires cats to be securely contained within the owner's property between sunset and sunrise. The dusk until dawn curfew is a further step as Council moves towards the 24-hour containment of cats by 2025. And a reminder - all cats over three months of age must be microchipped and registered.

The **Special Council meeting** on 23 May resolved to release the draft 2023/24 budget for public input and review. Submissions will be accepted until 8 June. The final budget is scheduled to be adopted at a Special Meeting on 27 June. The draft budget provides \$40m for the provision of the full range of services Council currently undertakes plus a further \$19m for capital projects, including \$2m for the completion of the Trentham Community Centre and funds to repair the Trentham tennis courts. Rates are projected to increase by 3.5% which is consistent with the State Government cap. Expenditure on roads, drainage and footpaths will be over \$3.3m across the Shire. Once specific projects have been evaluated and prioritised I will advise where road, drainage and footpath works are planned for Coliban ward. As stated many times before Hepburn Shire's financial position and outlook remains challenging, for several reasons, but we are working to strengthen the organisation's viability. I encourage you to review the draft budget, forward any questions and make a submission where appropriate.

Listening post – Councillors, Council management and staff from across the organisation will be attending the Trentham sportsground pavilion from 4-6pm on Wednesday 31 May. This is an opportunity to ask any questions on any Council-related matter in a one-on-one conversation. Bookings are not necessary. It is also a chance to hear about, ask questions and present your views on what the revised planning regulations should look like. Your input into the new town structure plan is valuable.

New footpath – you may have noticed works are underway to construct a paved footpath on Bridge St., from Forest St. to the primary school crossing. There

Hepburn
SHIRE COUNCIL

will be some more welcome news on more footpath, drainage and carparking works soon in other parts of town...

Surveys – provide your feedback on waste collection services and town structure plans at <u>FUTURE HEPBURN</u> | Participate Hepburn

Community Centre – finally, after a long wait associated with worldwide shortages of steel, construction is well and truly underway and the new building is starting to take shape.

Congratulations – to the Spudfest committee, led by Kye Theobald, and the impressive army of volunteers, for staging a wonderful Spudfest! You did the town proud!

Reminder on **Planning applications** – for information on tracking an application, lodging an objection, viewing the planning register, etc visit Council's website here <u>Track an application</u>, view planning register or lodge an objection <u>Hepburn Shire Council</u>

Council meetings – meetings will be held at 5.30pm on the third Tuesday of the month. The public may attend in person or view proceedings via the live broadcast on council's Facebook page.

Upcoming Council meeting dates – 20 June, 18 July and 15 August – with a Special Meeting on 27 June to adopt the 2023/24 budget.

Cr Brian Hood

email <u>bhood@hepburn.vic.gov.au</u> ph 0427 797151

Facebook - Cr Brian Hood, Coliban ward, Mayor Hepburn Shire Council

The Mount Players

May Happenings

The Mountview Theatre was buzzing at the gala night of our 2nd production, Buried Child on Friday 12 May. A full house enjoyed the debut performance of this intense drama which is the company's entry in this year's Victorian Drama League Awards.

The stage was transformed into an old, run down farmhouse set in Illinois in the mid '70s, creating a macabre, tense atmosphere from the moment you sat down. The cast and crew are to be congratulated on the acting, set design, sound and lighting which, after months of hard work, culminated into a production we are incredibly proud of.

Looking ahead, we will see the return of our One Act Play Festival on the weekend of 8/9 July and a very funny Shakespeare production in August.



The Mount Players

For full details on everything happening at the Mountview Theatre go to www.themountplayers.com

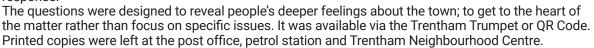
See you at the Mountview Theatre.

Karen Hunt The Mount Players

Trentham Town Survey - A Summary

What is the Trentham Survey?

The 'Trentham Survey' ran between April and June 2022. It had two sections: 18 multiple-choice questions (tick either critical, important or unimportant) and four questions asking for a written response.





What was the outcome?

Over 250 people answered the multiple choice questions, and 178 continued on to provide written responses – producing an astonishing 20,000 words in total. People replied quickly and with heartfelt words - they wanted to be heard. There was a very high degree of uniformity across all responses. This means the Survey provides a clear and compelling statement of what Trentham residents want for their town.

What were the key findings?

Almost unanimously, residents said things they most valued about Trentham were its small and rural nature, sense of community; its space, quietness and access to nature, and its peaceful, non-suburban appearance and lifestyle. They were extremely concerned about the amount of subdivision, battle-axe/small blocks and inappropriate development taking place and the lack of planning provisions to prevent this.

For 'future Trentham', they wanted the town to remain looking as it does, with its unique identity preserved and only appropriate and considered development allowed.

Responses to the 18 multiple-choice questions:

	Critical	Important	Unimportant
Development (such as building height limits, minimum lot sizes, etc)	215	34	3
The open space and creek reserves within town	212	40	1
The historic character of the town	208	41	3
Trees and tree cover	208	43	2
Rural feel (surrounding hills, farmlands, forest, etc)	203	46	3
Maintaining a 'small town feel'	201	43	3
Sustainability (water security, waste management, etc)	198	52	1
Protection of wildlife	190	61	1
Power reliability	188	60	0
The main commercial streetscape	175	69	4
Retention of older houses and garden settings	169	74	6
Building energy efficiency and environmental standards	159	83	6
Community facilities (pool, library, dog park, etc)	155	90	3
Garden spaces on residential allotments	150	95	6
Ratio of hard to natural ground surfaces (water run-off)	150	96	3
Access to recreational bicycle and walking paths	129	111	10
Safety (police presence, road speed limits etc.)	126	116	10
Surrounding residential streetscapes (unstructured grass edges etc.)	119	120	12

Responses to the four longer questions:

Question One: What do you like about living in Trentham?

One hundred and seventy nine people responded, writing over 4,700 words. Almost every respondent wrote of their love for a small, rural town where nature abounded and people walked around and knew each other. They liked the trees, the heritage feel, the natural beauty and the friendliness and peace that its small town life offered. Space, quiet, peace, air, rural nature and open-ness were particularly valued, as was proximity to the forest and nature.

Trentham's community was mentioned positively 86 times, the word 'small' (referring to both small town and small population) 63 times, and rural or country feel 57 times. Trentham was seen to have a unique character, which needed to be protected.

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¹ For context, Trentham township has 553 occupied houses. Its total resident population is 1,382 (approximately 13% of these are under 14 years). 2021 Census, Australian Bureau of Statistics

Trentham Town Survey- A Summary continued

Question Two: What do you like about Trentham's appearance?

One hundred and seventy four people responded, writing over 3,330 words. Respondents expressed a strong love for Trentham's appearance. They valued its historic nature - the words 'historic/al', 'old', 'traditional' and 'heritage' were used (positively) 118 times in reference to Trentham's streetscapes, buildings (shops and houses) and general character.



Trentham's trees and gardens were mentioned appreciatively 75 times (trees on both public and private land). Its open, natural spaces (as in 'open space', 'sense of space', 'public space' and 'green space') and its parks and reserves were highly valued. The main (or high) street was also greatly appreciated.

Question Three: Is there anything that displeases you about the town's planning or appearance?

This received the strongest response, with 171 respondents writing almost 7,000 words, many quite passionate. One issue stood out: 61% of respondents (105) specifically mentioned the extent of subdivision taking place in Trentham as being the thing that most displeased or frustrated them. Subdivision was the most commonly used word; also battle-axe blocks, tiny blocks, high density housing, development, expansion of modern estates, and infill.

Overall, respondents were concerned that excessive subdivision was eroding Trentham's character, that gardens were being sacrificed and the small town feel was giving way to a more cramped suburban/city environment and density. Small block size (400 sqm or smaller) was specifically mentioned, as were investors and developers as beneficiaries.

Of those who mentioned the council and planning (25), the significant majority expressed concern that town planning was absent, full of loopholes, that dissent was hard to be heard, and the town was lacking proper, protective overlays. Other issues mentioned were the untidy town entrance and main street, poor quality signage and roads, policing, dogs, and the need for more (and cleared) bike/walking paths.

Question Four: What would you like 'future Trentham' to look like?

The 178 respondents to this question were almost totally united in their desire to keep 'future Trentham' looking largely as we know it today (89%), but expressed their views in slightly differing ways. There were essentially three groups.

One group loved Trentham as it is and wanted future Trentham to look largely as it does today (27%). The second group expected change and were cautious about its effects, using words like 'maintain' 'retain' and 'keep' in relation to holding on to Trentham's look, character, history, ambience, small feel etc. in the face of pressures in the future (38%)

The third group (24%) considered the planning for the future development of the town. While accepting some development, they wanted it controlled and not to impair the current feel and amenity – to be planned carefully. This included, for some, upgrading of amenities including walking and bike tracks, and a sustainable, eco-friendly and renewable energy future.

There was a high degree of crossover between the three groups: each expressed concern over future development, in particular the prospect of the town becoming suburban or over developed.

CCCE

Community Bank Trentham & Districts supporting Local Youth Programs.

Community Bank Trentham & Districts is proud to get behind local youth programs and is excited about our community investment partnership with Trentham Districts Primary School. This year we are sponsoring the continuation of the 'Cooking Program' and a 3-year 'Social Enterprise Program' facilitated by ACRE (Australian Centre for Rural Entrepreneurship).

ACRE Social Enterprise School Program develops leadership skills in young people, creating opportunities to learn about the role and function of social enterprises (like Bendigo Bank). Students will make meaningful connections with the community and local businesses and learn how to make positive changes in the lives of others whilst making a difference in the things that they care about. Students will learn entrepreneurial processes and will choose a social cause to donate profits back into.

Supporting community initiatives like this is vital in shaping the future growth of our town and districts.



Proud sponsors of Woodend Winter Arts Festival Fireworks – 9 June 2023

Community Bank Trentham & Districts are also again excited to collaborate in this year's 18th Woodend Winter Arts Festival. Proudly sponsoring and partnering with Vera Moore Foundation and RT Edgar Real Estate for the opening night fireworks, you'll be dazzled by a display of synchronised fireworks backed by a beautiful classical music soundtrack that promises to delight and set the scene for the four-day WWAF festival. What better way to showcase everything our region offers than to delight locals and visitors in a feast of art and entertainment over King's Birthday Weekend, 9 – 12 June 2023. To find out more visit: woodendwinterartsfestival.org.au/community-events

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Trentham Community Forum

What and Why?

Good to read there will be a meeting of 'the Forum' 7 pm Tuesday 6 June at the Sportsground Pavilion. Here are some thoughts and background...

What is the Forum?

It's 'a town committee' similar to a Progress Association; Committee for Ballarat; Newstead 2021; with elements of a Ratepayers Association.

So, why is it called the Forum?

A: the survey for the 2008/09 Community Plan had three main messages: we need a bank; please can something be done about the Cosmo – it looks so sad (burnt out then); and, why don't all the groups work together?

Groups with a wider community purpose met to establish the Trentham Community Groups Forum which had its first meeting in 2009. Later, Landcare and school/kinder/playgroup representatives were co-opted to broaden its reach.

The need to include individual membership and have legal standing to engage in planning matters led to incorporation in June 2013 as the Trentham Community Forum ('the Forum' for short).

What does the Forum do?

When it incorporated the Forum adopted a statement of purpose:

- the overall betterment of Trentham and districts through active representation and advocacy;
- to maintain, and to oversee the implementation of the Community Plan;
- on behalf of the community, articulate, negotiate, confer and monitor the social licence for major developments;
- to encourage and promote enterprise and employment growth consistent with the goals and objectives of the association;
- and to actively engage with and inform the wider Trentham community.

During its early years much of the Forum's effort was advocating 'rate equity' to Council – Trentham was paying a disproportionate share of the total rates (still is) for (then) minimal Council-funded facilities and services. More recently the Forum has been involved in developing and monitoring the current 2020/24 Community Plan: https://www.hepburn.vic.gov.au/files/assets/public/residents/documents/trentham-community-plan.pdf

Does Trentham still need a town committee?

In my opinion, yes – in addition to the statement of purpose above:

- a town and community should 'own' its future and take the initiative in shaping that future (if we don't, we will cop what others decide for us);
- a strong, active and well-coordinated community can achieve great outcomes*;

- responsibility should be shared and not left to the Ward Councillor;
- we can't expect a marginally-viable Council will (or can) respond to all expectations;
- the Community Plan will need to be renewed next year and it must be community-driven.

Trentham has changed a lot since 2008 and will continue to change and grow... so:

- do YOU think Trentham needs a town committee in 2023?
- are there issues / projects YOU want to see taken up / happen in Trentham?

If your answer to either or both of these questions is **YES** please make every effort to come to the 6th June meeting... June evenings aren't especially inviting, but, as Disraeli said 'history is made by those who turn up'.

If you can't make it please pass on your interest and the issues that concern you – note that these aren't restricted to Council-related matters – indeed, none of the three 2008 priorities involved Council directly.

Happy to talk... and see you at the 6th June meeting.

lan MacBean 0438 529 481 Forum Secretary, 2009-2017

*During the 2008 survey we posed a hypothetical: 'If someone gave Trentham \$100,000, what would we spend it on and how would we decide?' That is exactly the situation for Newstead 2021 at this moment. Having achieved several impressive community-driven projects from their 2008 Summit, including a 5MW solar farm in association with a commercial partner (and more than \$1m in State funding), they have now been given \$100,000 no-strings-attached and are asking those very questions plus, what are the principles we want to build on?

Principles and 'the vision thing' – another reason we need an engaged community and a town committee!



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News and reflections

Ever wondered how we decide on the Bible readings used in church? Most mainstream churches, including Anglicans and Roman Catholics, use a world-wide Common Lectionary which covers most of the New Testament, and the main parts of the First Testament over a three year cycle. The lectionary is a good thing, otherwise you would just hear the minister's favourite verses over and over. That is a recipe for being comfortable and never challenged.

The Lectionary also tells us the movable date of Easter and other special periods. May 21-27 was the Week of Prayer for Christian Unity when St George's and St Mary Magdalen's swapped preachers on two evenings, still to come Charles Sherlock preaches at 4pm St Mary Magdalen Sunday 4th June. The Week of Prayer for Reconciliation always starts May 27 (Census Day) and ends June 3 (Mabo Day).

By the way I really enjoyed the coronation. While some commentators may have been puzzled by the "strange ceremonies", I liked the neat way the actual coronation was basically sandwiched into a service of Holy Communion. I cringe at the colonial history of the jewels and other symbols of domination, and the antiquated language that the royal family prefers to the more modern prayerbooks the rest of us use. But from the king's procession into the Abbey to his procession out just one hour and twenty minutes passed. That's efficient!

No such fancy going on at St George's this month. Winter has officially started and the granny rugs have gone out on the pews for 9am Sundays. Every Wednesday 9am we pray for us all, Friday 16th June 2pm we worship with the Aged Care folk, and on Sunday 18th June 4pm we provide a prayerful end to the weekend.

Even if you can't join us, Trentham is regulary prayed for. For more phone Revd Charles Sherlock 0423 020 699.

TRATA

TRATA News

Well May has certainly been busy for the members of Trentham Railway & Tramway Assoc Inc.

Only one event this month as the Station Precinct was the scene of National Motoring Heritage Day car show hosted by Trentham's Car Club Cool Country Classics.

The attendance by large numbers of cars was a sight to gladden the eye of car enthusiasts and also those of us who are the active members of TRATA who were delighted to see the cavalcade of cars filling the station car park and also lined up in the now level and grassed rail track area which really set off the owner's fastidiousness in maintaining their steeds.

Plans are now in hand for the renewal of the front gate which is decades past its functional use-by date and we now also have plans for the overhaul of the gardens which will enhance the precinct greatly.

The famous Trentham Winter will see a bit of a lull in activity I suspect but be assured the committee is hard at work drafting many more improvements to the area.

Stay tuned!

David Somerfield Secretary dsomer@tpg.com.au

Woodend Warblers

Nothing Could Be Finer Than the Sound of Singing

Over 80 voices from four choirs came together to warm their spirits and exercise their voices in what the organisers hope will be the first of many such joyous occasions.

The brainchild of conductors Stella Savy and Andrew Price saw three choirs from Ballarat and district and one from Woodend meet at Daylesford's beautiful Town Hall to learn new songs, share musical knowledge and have fun.

Stella Savy is the conductor of Ballarat's Sweet Monas, the Thursday Night Choir and the Creswick Chorus, and Andrew Price the conductor of the Woodend Warblers. The two conductors were keen to bring like-minded singers together to understand different styles and approaches to singing and experience group singing.

"There were so many happy faces we decided we just had to do this again. It was truly joyful" Price said.

In under three hours the choirs learnt four new songs, in four part harmony! At 5.30pm friends and guests were welcomed to hear the new songs followed by each choir's short repertoire.

To join the Sweet Monas there is an audition, but none to join the Thursday Night Choir (Thursday night at Barkly Square), the Creswick Chorus (Wednesday night at Creswick Neighbourhood Centre) (contact stella@cocosounds.com for times and cost) or the Woodend Warblers (Wednesday night Norma Richardson Hall Woodend, contact andrewgprice@gmail.com for times and cost).

The main aim of the four choirs is to enjoy the love of singing, to feel enriched by the company of other singers and – to have fun!

Fiona Watson

HOW TO BECOME A COMMUNITY RESPONDER IN TRENTHAM



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You need to be over 18

Willing to do CPR

A guide for joining

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- 1. Scan the QR code or visit goodsamapp.org/AV
- 2. Fill in your details and be sure to upload a photo of your photo ID
- 3. Select 'Register', then check your email for a verification
- 4. Once your ID is verified by GoodSAM, you'll receive an email inviting you to log into the app. Now you're ready to save a life!
- 5. Download the 'GoodSAM Responder' app

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Quarry Street Reserve

As the second anniversary of The Big Storm comes around it's amazing to see how the "bush" can regenerate itself, even in the small corner at Lelant Street. Several local plants have led the way in responding to the stark conditions imposed.

and have bloomed symbolically.

to the stark conditions imposed.

Groundcovers have proliferated and low herbs such as Senecio of at least 3 types have generated

Sproutings of Blackwoods and eucalypts have also taken off, some nearly up to two metres in height. Time will tell whether the eucs are the rare Brooker's gums and whether it's appropriate to let them reach for the sky! Still, it's great to see the process.

A clearing out* of the Elm suckers on the Quarry St side of the lake will happen - these could well get out of hand over time. Wetland rushes will be planted along the lake edge along with other suitable low plants and medium story shrubs. The Committee is working with North Central Catchment Management Authority to plan for a program of gradual improvements to the waterways.

The committee is grateful for free soil delivered by Melissa and Jim who also helped spread and fill up holes near the tables by the pavilion. The Corellas are well and truly to 'blame' for some of the digging and so, hopefully, there's now a few less trip hazards!

The Shade
Sails are
several deep
holes closer!
The playground
is currently
closed while
this stage is
completed.
Once the poles
are in place,
the next hope

is that the sails

will arrive soon

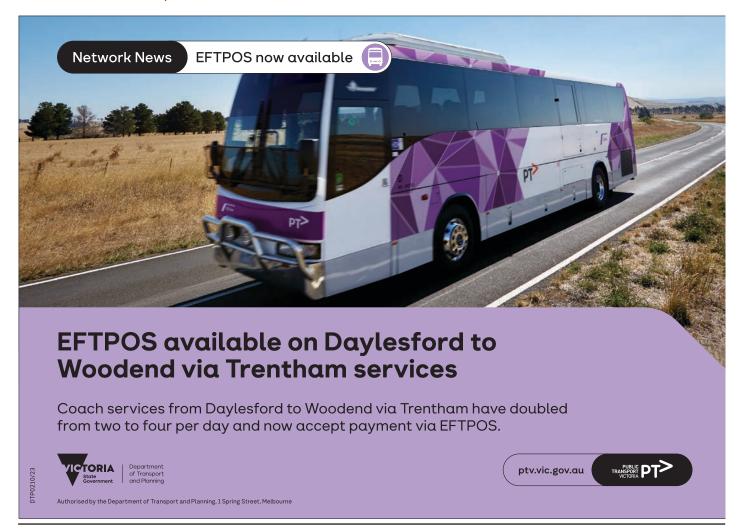
after!

Then we can look forward to an official opening for the pavilion, toilet block and shade sails

which have all been funded by Hepburn Shire Council.



*There will be a working bee starting at 9am on Thursday 1 June, if you're reading this in time!



The Trentham Garden

Saying Goodbye to a Garden

'The only constant in life is change' -Heraclitus.

A garden can be an unexpectedly revealing expression of a person's character. Whether chaotic and energetic, beautiful or balanced our gardens are intimately connected with our own unique physical, social and psychological idiosyncrasies.

When our lives change it's natural for our gardens to change too; whether that's downsizing, upsizing or starting a new chapter in life. What is at the essence of what we love in a garden, and what is brought about by circumstance?

For me with my background as a musician (classical cellist) I'm always drawn to lyrical and organic gardens. I love a sense of uniqueness and sensitivity in landscape design but the 'syntax' of a garden; eg. native/exotic or formal/informal is not so important to me.

As my life changes, I'm leaving my garden 'Lisieux' that I've been developing for the last few years. I continue to write, garden and work every week with clients in the area to help create unique gardens tailored to their own individual lifestyles, tastes, preferences and the frosty Trentham climate.

What will my next personal project be? Things are hazy but will clear with time. And out of the new rhythms of my life a new garden will emerge.



Happy gardening,

Kaz Krasovskis Garden Designer kazkrasovskis.com.au

Collage: Memories of gardening at Lisieux; storms, water and spring flowers



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What is it that you like?

It can be tempting to reproduce exactly in your home an interior design that you admire, but is this approach really such a good idea?

A client recently showed me photographs of a living / dining room that she liked, saying she wanted the exact same furniture, soft furnishings and finishes in her house. I thought to myself, Why? Do you really want to create in your house an exact copy of your friend's room?

Let's look at the picture of your friend's room: what is it that you like? Is it the room layout, particular furniture, or the artwork? Is it the colour scheme, or the general ambience?

Now let's look at the space: who is going to be using this room and how will they use it? What are the room's architectural features and layout? The window size and lighting orientation? These factors will underpin your design decisions.

No two rooms are completely identical. What may work in one space may not be appropriate in another home. A colour used for one room may appear too cool in another space; better to alter the shade or tone to suit the specific area. A fabric used for drapes or curtains may be too heavy in different circumstances; perhaps a similar fabric could be used on a smaller scale, for cushions or upholstering an ottoman or small chair?

With Instagram, Pinterest, magazines, How To TV shows, and large chain stores telling you where to buy and how

simple it is, it's easy to copy. But do you have the same budget?

Trends will date more quickly than you realise. I often say to my clients when it's on TV and in the commercial stores, it's already on the way out! A copied interior may be full of the latest accessories and gadgets: but beware, these items will date quickly. You want an interior that says you, and will last the test of time!



Avoid costly mistakes by doing a little research. Put in a couple of investment pieces, mixed with "make do" items. Combine high- and low-end pieces, and be patient: wait for funds to become available later for other purchases.

When designing an interior, you can always refer to someone else's style and design, while making your room truly yours. Personalise your space!

Robert Creedon Interior Design Studio

Mobile 0488 294 777 Instagram @robert_creedon Web robertcreedon.studio

Picture credit: Anna Spiro Designs





Sport



The Saints would like to express our gratitude to the entire Saints family for their support in getting the 2023 season off to a great start. With six Netball teams and four Football teams it takes a strong group to pull it all together. The new facilities were handed over the night before our round one home game, the facilities are fantastic and all the kinks are almost ironed out. The new gatehouse is a hit, welcoming everyone on game day.

Training is well attended by players and families. Auskick has more than 30 participants with an exhibition match planned for Buddy Day on 15 July. NetSetGo program has ended with lots of participants going on to play 11s & Under for the season. Thursday night meals are proving to be a wonderful social night and an opportunity to catch up with each other off the field.

Check out our new website www.trenthamsaintsfnc.com, and keep an eye on our social media platforms for upcoming events, information, pictures and results. Share our posts and tag the club #TrenthamSaints

Upcoming events:

- 27/5 Pool comp & juke box 32 competitors and 32 songs.
- 3/6 Sponsors & Life Members lunch followed by last ticket out evening function
- 24/6 FRAT (friends racing against time) Games Night senior function

- 15/7 Buddy Day with Auskick exhibition match followed by Junior disco
- 22/7 Senior Club Ball at Macedon Spa
- 12/8 Red faces Talent show
- Season presentation nights and major raffle draw in September

Results (as at Round 5: wins / losses)

FOOTBALL

- Under 11.5 4/1 Under 14.5 5/0 Reserves 5/0
- Seniors 5/0

NETBALL

- 11 & Under 1/415 & Under 0/5
- 17 & Under 0/5
 C Grade 5/0
- B Grade 3/2 A Grade 5/0



From the Coaches:

Clive Raak: Enjoying my time at the Saints, no ifs or buts we are primed for success. This is a warm and welcoming club.

Sharna Ford: The senior Netball group has had an outstanding performance so far, the Juniors continue to improve every week. Go Saints.

Photo Credit:Trent Sainter

Golf

Congratulations to Trentham's Lisa Caines who was the B Grade scratch winner at the Golf Australia Victorian Women's Autumn tournament, held at Warrnambool and Port Fairy on April 3rd and 4th.



Lisa scored 96 at Warrnambool to place her 9th after the first round. She followed this up with an outstanding 81 at Port Fairy that was by far the best round of the day, to

win the overall B Grade trophy by a stroke with a 177 total in a very competitive field.

Right: Lisa accepts her prize from Golf Australia



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Trentham Neighbourhood Centre

Spudfest Raffle for TNC

Trentham Neighbourhood Centre wants to thank the



following local businesses in Trentham for their fantastic support of vouchers and goods for our raffle to assist in fundraising for TNC Garden Project.

The raffle with 4 prizes achieved a total of \$720 towards our fundraising target to complete our Garden Project which will provide an outdoor community space at the Neighbourhood Centre.

Thank you to the following businesses:

- Dallas
- Trentham Food & Wine Co
- Trentham Pharmacy
- · Frankie & Mae
- · Trentham Post Office
- Little Gallery

- IGA Supermarket
- The Cosmopolitan Hotel
- Jargon
- Summer's End Nursery
- Folk Home
- Kuku
- Indriva
- The Green Store
- Aterics
- Ruby Goose
- Laurent Hair
- Fleurs de Lyonville
- Telstra AFL Tickets
- Anthony Morrey Landscape Designer And all individuals who contributed items

Also a big thanks to the Trentham community and Spudfest organisers for your support.

Looking forward to Spudfest 2024!!!

St. Martin's Chapel, Blackwood

Transatlantic Sessions Concert: Saturday 17th June

Get your dancing shoes on and come on down to this footstomping cracker of a concert at St. Martin's Chapel! The Transatlantic Sessions concert features 3 great bands - bringing you music from across the globe.

Blue Mount String Band are Nick Dear, Janet Dear and Philomena Carroll, who have been making music together for decades in many different iterations. A shared love of North American Stringband music sees their repertoire inspired by Stephen Foster and the Civil War to present-day song and tunesmiths. Expect a wide variety of Bluegrass, Old Time, Cajun and Country blues tunes that will have you tapping your toes or shedding a tear!

Is the Big Man Within? emerged from the Sunday music sessions at the much loved Radio Springs Hotel. The band comprises Kit Joyce on accordion, Gerry Daly on guitar and bodhran, and Nicola Strating on fiddle and bouzouki. They play mostly Irish trad with a few Scottish tunes and a song or two thrown in for good measure!

Newbury Fog are Nara and Karina Demasson, an old time duo from the Central Highlands. Nara has played in diverse bands and music traditions, focusing here on his love of old time music and fiddle tunes. Karina has spent many years absorbed by old time music playing banjo and guitar at sessions and festivals. The raw honest energy of old time tunes expresses the deep love of music that they share. Newbury Fog play traditional songs, fiddle tunes, country ballads and rural music.

Pre-paid (discounted) tickets are \$20 (\$15) and can be purchased online from trybooking.com/CIOHZ

For more information contact: Fiona Ross 0425 422 416 fionaross16@gmail.com



Rachel Hair & Ron Jappy: Wednesday 14th June

With the strains of Scotsman Paul Anderson's sublime fiddle playing still in our ears – St. Martin's Chapel is set to host another concert featuring two renowned Scottish musicians.

Rachel Hair & Ron Jappy are fine exponents of Scotland's most ancient and contemporary instruments, the clarsach (Scottish harp) and acoustic guitar. The duo will be in Australia to perform at the National Celtic Festival in Portarlington. After that, they'll be heading here to Moorabool to give a concert in Blackwood.

Influenced by Hair's upbringing in the Scottish Highland village of Ullapool, and Jappy's North-East Scottish roots, together they combine their passion for traditional music with a repertoire rich in melodies old and new. With crisp strathspeys and heartfelt airs, to virtuosic reels and driving jigs, Rachel and Ron have combined their influences to embrace the rich cultural tradition in Scotland.

As individual award-nominated musicians, their inspiration spreads far and wide across the globe, since forming their duo in 2017 they have toured together throughout Europe, the USA and New Zealand. Hair stands at the forefront in today's Celtic harp revival and is unique in placing Scotland's oldest instrument at the helm of her music, performing, teaching and promoting it worldwide. As a pairing, they tailor each performance to the needs of their audience, no corner will go untouched by their rootsy charm.

Pre-paid (discounted) tickets are \$20 (\$15) and can be purchased online from trybooking.com/CINEK

For more information contact: Fiona Ross 0425 422 416 fionaross16@gmail.com



THE TRENTHAM TRUMPET

Food For Thought

Taking Stock

It feels far too early to be talking about 'winter foods', however it appears this cold season is upon us, earlier than before. Nevertheless we need to enjoy living with it rather than bemoaning it. One of the pleasures of this season, are the warming and healthy foods that can boost the immune system to fight colds, bugs and flus.

So our mind and our senses turn to stews, casseroles, pies, braises, and of course soups. Whether using meat, chicken or vegetables all require in addition to quality produce, a good stock to maximise flavours.

When not feeling the best, it is universally acknowledged that a rich Chicken Soup is a great comforter and reviver, renowned for relieving colds and nourishing pregnant women. 12th century Jewish philosopher and physician Maimonides claimed in his book "On the cause of symptoms", it cured both asthma and leprosy, hence the well-earned nickname of "Jewish penicillin".

A good stock is the bedrock; the very foundation of these dishes. Although there is a huge variety of commercial stocks available, we need to be mindful as many of their ingredients are masked. Making your own gives a far more complex and nourishing outcome, and there is the sensual aspect of preparing putting of all the ingredients in the pot, to become one amalgam of goodness.

A fish stock (or fumet) takes little time. A few bones or heads - onion, celery, (ginger if using in an Asian meal), parsley, white wine, salt & pepper covered with water to bring to a slow boil, then turn off and skim off any scum.

Chicken stock is similar, use only free range chicken (the legs work well), all of the above with the inclusion of other root vegetables, including leeks, (not beetroot) a bay leaf, and a couple of slices of lemon peel and always garlic!!

For beef stock, it's best to first roast the bones or the chuck or stewing/braising pieces in olive oil; turn into a large pot and cover with water. Add a couple of good size onions, garlic, plenty of root vegetables, a good splash or two of red wine, a tablespoon of tomato paste, thyme and parsley, (not rosemary as it's too pungent), salt & pepper. You can also include a teaspoon of Vegemite and/or balsamic vinegar in heightening the flavour. All stocks should be rested then strained and can be frozen.

Remember that most tops and skins of vegetables carry a whole lot of goodness, and mostly a good scrub will do. Most stocks can be made into delicious soups with the addition of mushrooms, pearl barley, tofu, noodles, lentils or beans. And then there is Dashi- the key ingredient to many Japanese dishes, and especially soup. Reasonable quality packets can be purchased from the supermarket and nothing beats it for a quick nourishing pick me up.

So to sustain us through the next few months, cook and eat well. To nourish the body is to nourish the soul.

Sylvia Johnston Food for Thought Group

If you are interested in joining Food for Thought, call 0419 229 488.

The Plonkers

A tenacious lawyer who knows exactly how to command a room, court or otherwise. Her success has provided her significant status and she's not shy about flaunting it. You may know her as Mrs. Peacock, perhaps in the study with a candlestick. Or maybe you're thinking of the wine and pizza bar on the High St...

However, the Plonkers didn't go there this month, instead they landed at the Cosmo on a chilly Sunday night and ordered from the trusty Classics menu. A compact menu of five classic pub meals and nine wood fired pizzas still gave our hungry Plonkers pause for thought. Digby, a man who knows what he likes, ordered his usual chicken schnitzel and couldn't help but ask the staff,

"Is your wine list also limited on a Sunday night?"

Niles, rolling his eyes passed him the wine menu, all five pages of it, "Honestly Digby I would have thought you'd remember; you've been here often enough".

Digby ordered a bottle of the Michael Unwin "One Goat" Brut Reserve sparkling, declaring that it was his shout tonight and asking the group "Have I told you my "one goat" joke?"

The Duke quickly changed the subject. "Yes, Digby you've told it many times, we don't need to hear it again tonight..."

Niles cut in with; "Before you drag out another yarn about the headless monk, Duke, let's get our food orders in".

The group raised their glasses and toasted to good health. The "One Goat" was a fresh, lively and citrusy dry sparkling wine with a beautiful creamy mouth-feel, certainly more enjoyable than one of Digby's tasteless jokes.

But one bottle between six Plonkers doesn't last long. "Let's get a bottle of the Shadowfax Pinot Gris, we all enjoy that one", said Niles.

The meals all came out together: a veggie burger, chicken schnitzel, wagyu burger, fish & chips and two chicken Parmas.

The high-altitude Pinot Gris straw-coloured grapes, mostly sourced from Shadowfax's nearby Little Hampton vines, kept our Plonkers warm and happy with tastes of lime, grapefruit and even nougat.

Somehow a second bottle of the Pinot Gris had appeared. Niles wondered momentarily who had ordered it but seeing Digby propped at the bar enjoying a beer after inhaling his schnitzel he didn't need to think too long...

Cheers! The Plonkers



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Local Business Guide

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