

Milang Community News

A journal of the Milang & District
Community Association

Servicing the communities of Milang, Ashbourne,
Clayton Bay, Finniss, Strathalbyn and Langhorne Creek



\$2.50

June 2023

The Milang Community News is supporting your community.

Please support us by purchasing a copy.

FROM THE EDITOR

Welcome to the June 2023 edition of the Milang Community News.

The Australian Weimaraner Nationals were held in Milang and there is a lovely article and some gorgeous photo's of these beautiful dogs (and their owners) on page 7.

If you have ever wondered what happens to the bottles and cans that you send for recycling, please read the very interesting MEC article on page 28.

Also, there is a new service being offered in town where you can have your dog washed for a very moderate fee. Please see the advert on page 42 and if your lovely pooch needs a good wash before winter really sets in then give Ros a call.

If you have a special recipe or two that you would like to share with the community please feel free to send me an email with the details or you can drop it into MOSHCC. I have put in a couple of recipes this month that I love, but I have to admit that cooking is not really my forte!!

Finally, there is a survey available regarding the future of the Butter Factory development and we would love your comments (see next page).

Have a great month...stay safe!!

Cathy Fish

Email: editor@milang.org.au

Contributions to the Milang Community News

The Editor eagerly looks forward to receiving articles and welcomes suggestions from community members for stories and photographs.

Email: editor@milang.org.au

Mail: PO Box 416 MILANG SA 5256

Copy should reach the editor by the **21st of each month** and must include the contributor's name, address and contact details. **Articles of fewer than 500 words are encouraged.**

Milang Community News reserves the right to refuse advertisements and other submissions. The editor reserves the right to change content for accuracy or where space is limited.

If you would like the Milang Community News photographer to attend an event to photograph subjects of local interest, please contact the Editor, Cathy Fish Phone: 0416 077 584 (leave a message) or Email: editor@milang.org.au

ADVERTISING RATES

Eighth page	\$19.00
Quarter page	\$35.00
Half page	\$60.00
Full page	\$105.00
Art work	\$40.00
Ad set up	\$35.00

For all advertising contact

John Whyte

Email: john.whyte.milang@gmail.com
0431 601 850

Where to buy the Milang Community News available at \$2.50 per copy

- Milang Mini Mart
- Milang Community Centre (MOSHCC)
- Milang Post Office
- Milang Bakery
- Port Milang Café
- Milang Caravan Park
- Strathalbyn Information Centre
- Strathalbyn News Agency
- Strath Chicken Shop
- Corner Bakery—Strathalbyn
- Finnis Café
- Langhorne Creek General Store
- Oasis Garden Function Centre

DISCLAIMER

The Milang Community News is produced on behalf of the Milang and District Community Association Inc (MADCA).

The committee of the Association accepts no responsibility for damage of any form which may occur as a result of the contents of this publication.

The opinions expressed in the Milang Community News are not necessarily those of MADCA.

Front Cover - Calmness

Photo courtesy of me! Cathy Fish—taken on the 15th May 2023

Milang Community News is online

Download a pdf version at <http://milang.org.au>



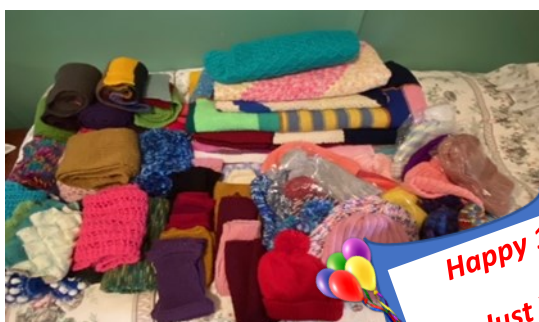
June 20 is World Refugee Day, an international day designated by the United Nations to honour refugees around the globe.

Just Yarning - A stitch in time, saves a hole in your knitting!!!

Time has flown by during the last 12 months. The Just Yarning group first met at Artisans at Heart in May last year to begin the mammoth project of knitting blankets, then, gloves and scarves and beanies, and purple poppies for the animals at war.

We have donated many of our cuddly knits to those who need them, and still have a stockpile of 5 blankets, 5 pairs of fingerless gloves, 19 scarves and 21 beanies waiting to be adopted...

Ring Lyn on 0407370079



Happy 1st. Birthday
Just Yarning!!



12 months on and millions of stitches later!!

A huge 'shout out' to our Home Yarner, Peg Rothe (from Hahndorf) who has lovingly and diligently knitted for us NUMEROUS blanket squares. You may have read about Peg (in her 90's) in a previous edition of the Milang Community News. We are sorry to hear that Peg recently lost Allan, her lifetime partner and husband for over 70 years.

Peg and Allan were dairy farmers as well as farming 300 pigs and won many ribbons at the Adelaide Show for over 40 years for their cows. About three hundred people attended Allan's funeral at St. Paul's Church

Hahndorf.

As well as farming pigs and cows, Peg and Allan had 8 children to raise, and they had blessed them with 25 grandchildren and even more great grandchildren (one just a few days ago) to add to her achievements.

Congratulations Peg!



These are just some of the beautiful squares (enough for 2 blankets) that Peg sent us this week. Thank U Peg..

EXTRA NEWS FLASH...!!

On Thursday 25th May we were delighted with a surprise visit from Peg and her granddaughter Kate. Kate had been in touch with Lyn and told us they would pop in and say hello on their way to a special gathering for lunch. This made it a very special occasion for us as we were also celebrating our 12 months gathering.

Tara from Southern Argus recorded Peg's visit with photos. Check the Southern Argus.

The photo shows Peg and one of her great grandsons Sullivan Smith. Very cute!

JM



Milang Lakeside Butter Factory Restoration "Home Stretch" Survey

The Milang Lakeside Butter Factory restoration will be nearing the end of current works in Sept/Oct 2023. Now is the time to look at how we can develop the space and the facility for the benefit of the community of Milang and the surrounding region.

We would love to know your thoughts in relation to the future development of the site and a survey is available on Facebook OR you can call into MOSHCC and pick up a copy OR via the following link or QR code. We would appreciate all completed surveys by the 30th June 2023.

<https://forms.office.com/r/maNvhsPevX>





Card Afternoons

This is an open invitation to anyone who may be interested in coming to our card afternoons every Tuesday at the Community Centre.

Time is from 1pm to 4 pm with a cuppa and cake included at a cost of \$2.50. The games played are Crib, Canasta and Jonola, but could include Euchre and Rummy.

Those wishing to learn will be given free tuition. Come along for a fun couple of hours.

For more information, phone Pauline on 0427 370 050.

Calling all Knitters/Crocheters,

ex & wannabe

Knitters /Crocheters!!

Or



Anyone who would like to be part of the 'Just Yarning Group' group, please call Lyn on 0407 370 079.

We meet at 10.30 on Thursday mornings at the

Milang Mini Mart Café and Providore

to knit squares to be sewn together to make rugs that will be distributed locally to those in need.

Donations of 8ply wool would be greatly appreciated and can be left at (MOSHCC) Milang Community Centre.

If you are interested or have any queries,

Please contact Lyn - 0407 370 079



Friday Feast in the

Ace Space

Thanks to our marvelous volunteers

Next feast—Friday 2nd June

Please call 8537 0687 to book by the previous
Wednesday

Cost \$9.00 for a 2 course meal

Tai Chi

Tai Chi resumes on 7th June.

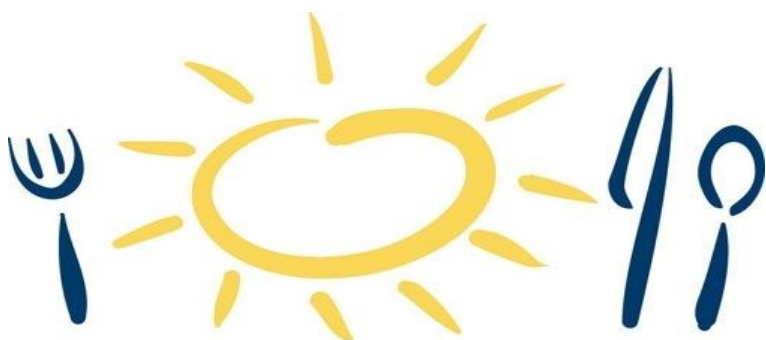
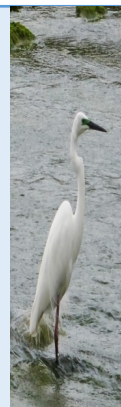
As the coolness comes we need to move and release tightness so that our joints keep mobile. Continue gently each day - start with your feet, ankles, knees, legs, hips, spine, neck, arms, fingers, head...

Gently loosen, lightly stretch, open and let the body relax.

The more we relax the more the systems in the body work well.

Remember to stop, loosen, breathe, create your own little movements to ward off tension and tightness.

Classes resume Wednesday June 7th at 1pm in the Milang Institute supper room.



Meals on Wheels

We deliver smilessm

Please call 1800 854 453—for information on how to order



Website of the Milang & District Community Association Inc.

We produce videos with voice overs to promote your business in our region. Call John today for a demonstration on how we can help you promote your business at an affordable price on 0431 601 850

Your local Community Centre working for your business. www.youfindit.com.au

Canola Fields

Mavis Lang

Canola is too happy
for the harrowed farmer,
debt-worried and work-wearied,
as it spreads its golden tablecloth
over last year's drought.

Early rain has matured
this leggy crop that flirts
with the wind and lets
city drivers in for selfies
to swim in a sea
of rippling flowers,
despite the bees
and barbed-wire-torn jeans.

Canola is confident
as that flaxen girl
at the local dance
in the lacy
canary-yellow frock
hypnotising dust-eyed
country lads.

This crop of sunshine petals
glows louder on grey days.
It is a veil that farmers
wear in early spring,
a smiling mask
over their Hanrahan woes.

One more good rain
and the black seeds
will feed hungry augers
and bank accounts.
But, from here on
the weather dread sets in
until the final windrow
is gobbled up
before summer gales
sift out seeds
or rain spoils the glee.

For the city driver,
a canola crop is the backdrop
in an old movie
where Judy Garland romps,
but for the wily farmer
it's a field of lotto tickets.



So Lucky

by Pauline Perry

I'm so lucky, oh so lucky
To still be alive at the age of 92
And still able to enjoy the things I do.

I'm so grateful, very grateful
To be so close to my dear family, who care
About me and my health and we enjoy the times we
share.

I'm indebted, very indebted
To my dear friends who drive me here and there
And we enjoy lots of places, some so rare.

I'm thankful, truly thankful
To my friends at Lakes Home Care.
They garden, they clean and sometimes repair.

I also appreciate, I really do
My doctor who medically cares for me
And prescribes tablets, one or two or three.

Please enjoy my little verse.
Sometimes when things go wrong I try to be plucky,
But I am so lucky, lucky, lucky, lucky.

Farming in Circles

Amanda Solly

Weathered hands of canyons and grooves
grip the wheel worn tired and smooth,
and the tractor lurches round and round
on the same old circle on the same old ground.

And the farmer knows with each solitary sweep
that the crop he sows is the same old wheat
that his father tended and his father before,
each seed holding promise like it did before
of a bumper crop and a town well fed
from the same old flour for the same old bread.

And he smiles contented that the circle will be done,
when he can't any longer, by his daughter or his son.



*Poets are encouraged to submit their poems for Poets Corner to:
PO Box 251 Milang 5256 or jude_poet@yahoo.com.au*

WOW Group Update

This year has seen the departure of Cheryl Butlin as the WOW Facilitator with Dianna Horrocks stepping in. Dianna has previous experience in Leisure and Lifestyle in Aged Facilities and has enjoyed the opportunity to put experience to work with the lovely group of ladies that are part of the WOW Group.



In April, the ladies were looking forward to an outing to Murray Bridge Town hall, to enjoy a performance by the Backbeats, but due to band members falling ill, the performance was cancelled, 2 days before. Determined to have an enjoyable day, the ladies came up with alternative ideas and the bus was loaded and we set out on our adventure.



First stop was Murray Bridge Town Hall, where, as luck would have it, there was an exhibition of local artists. Three rooms full of amazing and different art forms, with ladies being given the opportunity to vote on their favorite pieces. It was then time to bus it to the next location the ladies had suggested and that was the outstanding Serenity Garden Centre, what a treat. Full of beautiful plants and statues, it was a pleasure to wander around with the ladies and enjoy the "Serenity" that the garden centre created.



By the end of this, the ladies were keen for some lunch and Chinese was on the menu, so off to The Oriental Garden for some tasty Chinese and good conversation. An enjoyable day all round.



In May, our In-House activity was Scrapbooking, where Annie Whyte stepped in to teach all of the ladies some handy Scrapbooking techniques. Each lady was supplied a scrapbook, at a small cost, so they may continue to grow their scrapbooks at home. All the ladies enjoyed light refreshments with cake and sandwiches, while working on their scrapbooks.



Thank you to all the WOW ladies for helping Dianna transition into the position and have patience while she learns all the ropes, with a special thanks to Denise Quinn, for always being on hand to help out whenever needed. Much appreciated.

Next WOW outing is the 21st of June, with an Op Shop Trail and lunch at the Goolwa Hotel. Cost of the bus being \$15.

Please call MOSHCC if you are interested in joining the ladies on their outings or activities.



7th Weimaraner National

May 3rd -7th 2023

Australian Weimaraner Nationals are held every 3 years and are hosted by different state Weimaraner Clubs. Unfortunately, the last one scheduled for 2020 in Sydney had to be cancelled due to Covid so this one was much anticipated. Nationals give breeders and owners the opportunity to showcase their dogs, not just in the conformation show but also in the performance events.

This National the Weimaraner Club of SA decided to conduct the event in the Milang area. The first event was a Track & Search Trial on Wednesday May 3rd and due to the number of entrants, the trial was moved to the Littlehampton/Nairne/Mt Barker area. Dogs in this competition have to track a person through suburban streets. There are 10 levels to pass before a dog can be awarded a Track & Search championship title.

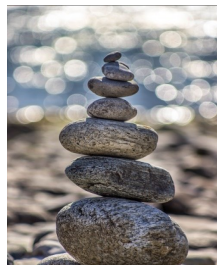


On Thursday May 4th, a RATG (Retrieving Ability Test for Gundogs) was held on the foreshore at Milang. Dogs are tested on their obedience under working conditions and the ability to retrieve dummies on both land and in water. So many people commented on what a beautiful area Milang was along with perfect weather. Obedience and Rally trials were conducted at the Milang Oval on Friday 5th May and the weather wasn't as kind to us as the previous two days.

On Friday evening a Welcome Party was held at the Football clubrooms for all the exhibitors who had travelled with their dogs from Tasmania, WA, QLD, ACT, Vic and NSW. There were visitors from UK and New Zealand who travelled to see Australia's best Weimaraners in one place to compete in the Breed Show being held on Saturday and Sunday. There was an entry of 140 Weimaraners and Weimaraner Longhairs competing in the conformation show. The judge for this prestigious event was Mrs Malgorzata Wasacz-Rosa, a breed specialist who travelled here from Poland to judge the event.

The dogs she chose as her BEST IN SHOW was a longhair Weimaraner that was born here in Milang bred by Waldwiese Kennels (Lois & Claire Richter and co-breeder Kylie Christison). This dog 'Grand Champion Waldwiese Same But Different', pet name 'Tru', is owned by A Haverkamp and lives in Victoria. The RUNNER UP BEST IN SHOW – Champion Silkwei Josephine owned by Nan Qu is also from Victoria. The puppy awarded BEST BABY PUPPY IN SHOW from a very large entry, was also a longhair Weimaraner born in Milang and owned and bred by Waldwiese Kennels, Waldwiese Definitely No Doubt (AI).

The final event for the very successful weekend, in spite of the intermittent rain, was a presentation dinner also held in the clubrooms. Exhibitors and spectators all complimented the club on the wonderful venue and the smooth running of the event. Many claimed it was the best National ever held.



'Stepping On'

Keep Active ... Stay Strong

Strength and Balance

Tuesdays from 10—11am at
The ACE SPACE at the MOSHCC

A weekly one-hour exercise class using gentle and controlled movements to improve strength, balance, flexibility and coordination in a fun and supportive environment.

Small group, suitable for all abilities, (priority given to CHSP clients), EMAA (Easy Moves for Active Ageing) Trained Instructor.

Good balance is needed to keep us moving about confidently and safely.

Please speak to Sue at the Milang Community Centre

Phone: 8537 0687

Cost: Gold Coin Donation



MILANG MERMAIDS WOMEN SUPPORTING WOMEN

On our journey as women we are often called upon to support others.
This group will endeavor to support you.

As women we learn so much from all generations and there is always so much more to learn. Within this group we provide a safe place where we can share and care for each other along this journey called life.

CONTACT DETAILS

Colleen on 0499 373 148

colleen@growinglifeconnections.com.au

June meetings:
13th & 27th (Outing)

Please contact Colleen if you are interested in attending



Toe Nail Cutting & Grooming



Are you finding it hard to cut your own toe-nails??

Let us help!!

Our Enrolled Nurse Valerie is willing to assist.

All you do is make a booking on 85370687, we will have a list of dates and times available.

So just register, the fee will be \$10.00 and you will need to bring along a small hand towel.

Over 50's Keep Fit Class

Milang Institute Hall

Thursday 10am-11am

All Welcome

For info call MOSHCC 8537 0687



We won't let our body succumb to old age.

Therefore, we try to prevent that by strength and stretch movements (and laughs and giggles)

Every Thursday between 10 and 11 o'clock.

So do your body a favour and join us.



Milang Playgroup are looking for 'Dress Up' costumes.

If you have any costumes your kids or grandkids have grown out of, we would love to take them off your hands.

Please drop off at the Milang Campus front office.



From the President

Each May, "Volunteers Week" is celebrated and MADCA Inc. relies heavily on these very special people. The Management Board and I would like to thank all volunteers in Milang for their great effort and dedication.

With over 10,000 hours of volunteer work throughout our organisation last year, this is a great achievement from our volunteers who do a great job at our community centre. It is only because of our volunteers that we can provide so many services to the residents of Milang and districts.

So what's in it for volunteers?

I think that all volunteers get something different out of volunteering. For many it is giving back to society what has been given to them over the years. For others it gives a sense of belonging to something and provides friendship and contact with others in our community. What ever volunteers get out of it, our community is certainly the big winner.

Through my observation and the connection I have to the whole community, I have found that in Milang many volunteers donate their time to more than one organisation which is great for our community. I am so impressed with the friendly service from our volunteers whether it volunteering at the many centres around Milang, cooking BBQ's at events, delivering meals on wheels, counting bottles & cans for the public, or train rides at the museum, the list is endless, but the service to the community is priceless.

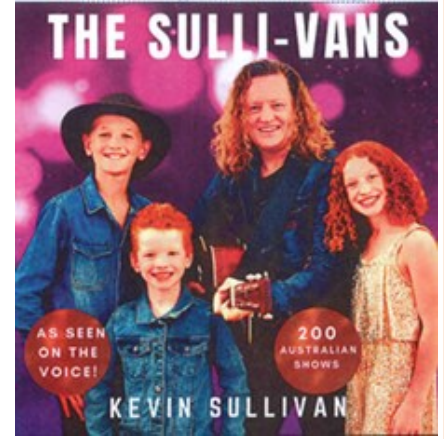
So once again a BIG THANK YOU for all our great volunteers.

John Whyte



The Sullivan's Fundraiser Concert

Saturday 13th May, ideal weather for our show, although down on numbers, it still proved to be a profitable show.



Kevin and his three children K.J., Cha-Cha and Jet, told us his story of travelling throughout Australia during Covid. There were great bush ballads and harmonies with his children.

Thanks to our volunteers, JB, Peter, David and Wayne a new volunteer and also to Susan, Jean, Lyn, June, Mike, Glen, Sue, Lorraine and Karan who supplied extra cakes and slices.

Our thanks to Betty at the Caravan Park who supplied a site free of charge, very generous.

This will be our last concert whilst winter and the football season is on.

This was another profitable show, thanks from all of the volunteers for all your continued support.

The Bowling Club will have a show in August and there will be more information later.

Thanks from Glen & Norm



TRIVIA



Answers Page 26 By Jude Aquilina

1. Which creature has the most bones?
2. What instrument did jazz musician Charlie Parker play?
3. What kind of vegetable is desiree?
4. What are the two cities in *A Tale of Two Cities* by Charles Dickens?
5. Where on a whale would you find baleens?
6. Which country has the most traffic roundabouts?
7. What is orology?
8. Who was the Roman goddess of flowers?
9. In cricket, what is a hat-trick?
10. What is measured by a pluviometer?

WOW WONDERFUL WOMEN'S GROUP



Next WOW outing is the 21st of June, with an Op Shop Trail and lunch at the Goolwa Hotel. Cost of the bus being \$15.

Contact Reception at MOSHCC on 8537 0687 for bookings or email lakeshomecare@moshcc.com.au

YOUR BIN COLLECTION SCHEDULE IS CHANGING FROM 1 JULY 2023

FIRST WEEK OF JULY

BLUE GENERAL WASTE bin collected for everyone



SECOND WEEK OF JULY

YELLOW RECYCLING bin
GREEN ORGANICS bin collected together



June 2023

- 1st Callan Blackwell
- Logan Garrard
- 7th Ellen Sanders
- 9th June Bond
- Bailey Whittaker
- 11th Wes Oliver
- 16th Peter Schmooch
- 18th Joel Oliver
- 20th June Dolling
- 21st Pat Ross
- 22nd Warren Oliver
- 26th Phil Smith
- 27th Caitlyn Evans
- 30th Dianne Greening
- Kaye Toshach

Justices of the Peace

Please ring for an appointment

Mr L.F. O'Driscoll 8537 0051

Karyn Bradford 8537 0067

Alcoholics Anonymous

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Meetings every Sunday at 5pm
Reg Sissons Day Care Centre, High St Strathalbyn
Contact 24 hours (08) 8221 6999



**FUNDRAISING
ALREADY READ
BOOKS**

May was a quiet, cold, wet month, and not many people ventured out & about. However, there were the dedicated few that popped into ARR and helped us add another \$280 to the Butter Factory coffers. Thank you and happy reading!

We had several very interested people who visited and spoke to Norm or John B in the factory and were impressed at the progress now being made. It looks amazing.

We still have too many books for the bookshelves, or would you say we don't have enough bookshelves for the books!!! People have been so generous in their book donations, and we are again accepting books.

Already Read Books will be open 3rd & 4th June 10th, 11th & 12th Long weekend and 17th & 18th June.

Remember every \$ goes to the restoration of the Butter Factory.

JM

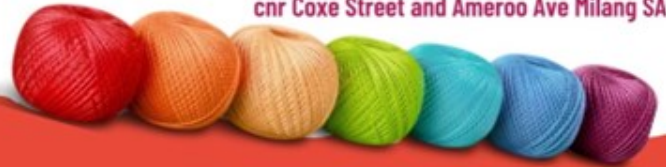
**EARTH
WIND &
FIBRE
FAIR**



JUNE 10 & 11 (Sat & Sun) 10am to 4pm

Milang Institute

cnr Coxe Street and Ameroo Ave Milang SA



THINGS TO SEE

THINGS TO DO

weaving . rag rugs . rug makers . knitters . crafts
peg weaving . beanie exhibition . spinning . fleece sales
homespun wool . glasswork . felting . beading . needle
felting . equipment for sale . Ngarrindjeri weaving and
arts . beading . demonstrations and more.....

Light lunch and refreshments available
catered by Karyn Bradford, Artisans at Heart
(GF, DF and Veg options available)

Hosted by Milang Fibre Art Group Contact Robyn 0431072195

BUTTER FACTORY COUNTRY CONCERT

Most of the volunteers at Already Read Books are also volunteers at the Country Concerts that Norm and Glenis organise at least 3 times a year.

Last month at the Sulli-vans Country Concert the BBQ and Cake & Coffee stall made \$766 for the Butter Factory restoration. Donations of cakes as usual from Susan with Lorraine, Glenis, Karyn and Sue adding their fare.

A new volunteer was made welcome to the BBQ team, Wayne who managed to keep up with the demand for onions with ease. I'm sure he'll have his pinny on again at the next concert.



JM

ALREADY READ BOOKS

Milang Lakeside

Butter Factory

Open Dates:

JUNE

Saturday 3rd	10am to 3pm
Sunday 4th	10am to 3pm
Saturday 10th	10am to 3pm
Sunday 11th	10am to 3pm
Monday 12th	10am to 3pm
Saturday 17th	10am to 3pm
Sunday 18th	10am to 3pm





The opening times for The Cheer Up Hut when our Flag is flying: -

**Wednesday and Saturday
9am until Midday**

We have a large array of Men's, Women's and Children's clothes, Bedlinen, Children's Books and Assorted Toys, all are welcome to come and browse.

If anyone in need of clothing at any time, please Contact Bec on 0402244804 or Tracy on 0417299391. Discretion is assured.

The small stall by the oval entrance has a selection of Books, DVD's, Plants & Toys etc. A donation Box is available at the stall.

We would love to have more volunteers. If interested, please Contact Bec or Tracy on the above No's.

Doris Lambert

Publicity Officer



A BIG THANK YOU!!!

A big thank you goes out to
Michael Blanchard
(Mickey Windows)

Michael donated his time and expertise to help get rid of those 'hard to reach' cobwebs in the Milang Institute.

Thank you very much Michael, your assistance was greatly appreciated.

Rainfall for April 2023



Wednesday	3rd	0.5
Thursday	4th	0.7
Saturday	6th	30
Sunday	7th	11
Monday	8th	3.5
Tuesday	9th	2
Thursday	11th	0.2
Friday	12th	1.2
Saturday	13th	7
Sunday	14th	0.2
Wednesday	17th	1.6
Friday	19th	0.6
Saturday	20th	2.5
Sunday	21st	1
Thursday	25th	0.3
Friday	26th	3.7
Saturday	27th	0.2
Sunday	28th	2
Tuesday	30th	.4

May 2023 Total 68.6 mm

Rainfall figures kindly supplied by Ray Perry

Ngarrindjeri Culture & Weaving Workshops 10-4pm

WITH CEDRIC VARCOE

MAY 20 - WEAVING WORKSHOP AT MILANG OLD SCHOOL HOUSE COMMUNITY CENTRE

JUNE 10 - NGARTJI (TOTEM) WORKSHOP - MILANG INSTITUTE AS PART OF THE EARTH WIND AND FIBRE FAIR USING RAFIA, WIRE AND PLANT MATERIALS - TO CONSTRUCT A TOTEM AT MILANG OLD SCHOOL HOUSE COMMUNITY CENTRE

JULY 21 - WEAVING WORKSHOP AT MILANG OLD SCHOOL HOUSE COMMUNITY CENTRE



Bookings call or text 0412036900 email artisansatheart@bigpond.com

The Amcal Pharmacy Strathalbyn has now been replaced by WIZARD Pharmacy. The owner of the three pharmacies in Strathalbyn and Milang has taken the decision to improve supply lines at a more competitive price, to offer a wider range of products and to introduce a rewards program that provides a bonus discount to customers. The business is still in the hands of the original owners and this has been a business decision to improve the range of products at a more competitive price for our customers.



Being part of a larger buying group provides the pharmacy with a greater range of products at a much more competitive price. Some time ago the Strathalbyn Chemist introduced a “Dispensing robot”, which was to free staff up so they can spend more face to face time with customers offering advice on products and medical conditions.

Scott Cameron, Business Operations Manger said they take great pride in employing about 30 local staff from the region which adds to the economy of Strathalbyn. They offer a number of medical services for their customer's convenience.

These include:-

- * Medical Certificates
- * Vaccinations
- * Medication Packaging Webster Packs
- * Sleep Apnoea Management
- * Diabetes Management
- * Script Reminders

They also carry a large range gifts and fragrances suitable for birthdays or that something special for that special person.

Expert advice on health issues

- * Medical certificates
- * Vaccinations
- * Medication packaging—Webster Packs

21 High Street, Strathalbyn
T: 08 8536 2266



More competitive prices

- * Sleep Apnoea management
- * Diabetes management
- * Script reminders

10 Dawson Street, Strathalbyn
T: 08 8536 2266

More competitive prices

Shop 5 10-17 Daranda Tce, Milang
T: 08 8537 0785
Open Mon-Fri / 1pm—5pm





Arts & Crafts

scrapbooking

Are you keen to join our group?

Whether you're a beginner or experienced, come join the group.

We would love to have you join us at our next session on the 8th June 2023

(10.30 to 1.00pm)

\$2.00 coin donation, and the ability to purchase supplies if you desire.

Wednesdays fortnightly

The Milang Institute Coxe Street, Milang

Bookings through the Milang & District Community Association 85370687

VOLUNTEERS NEEDED

We need volunteers to help out with social, recreation and sports activities for young people in Milang and surrounds

Would you, or someone you know, like to:

- Make a difference to young people in your community
- Volunteer in a fun, friendly and well-supported environment
- Gain skills and experience relevant to sport and recreation, community, or youth services
- Flexible roster.

This is an exciting opportunity to support a local youth program co-funded by Milang and District Community Association, Reclink Australia, Alexandrina Council and the Alcohol and Drug Foundation. Young people encouraged to apply.

For more info or to apply, contact MOSHCC on 8537 0687 or visit moshcc.com.au/2023/01/10/youth-volunteers




Friday Youth Hang Out

A FREE social program for youth

Activities Hang Out Have Fun Make Friends JOIN US!

Follow us...
 @milangyouthhub
 MOSHCC

Fridays, 4:30-6pm during school term

At the Milang Youth Hub, Paddlesteamer Drive

For more info contact the Reclink Youth Activities Coordinator 0432 304 166 lyall.willis@reclink.org



Where will **YOU** sleep tonight?

Public Meeting

Who is Homeless and Why?

What can we do about it?

Hear the truth

Wednesday 21st June at 2.00pm

**Gospel Centre, George Main Road,
Victor Harbor**

This is a growing problem on the South Coast

Come and join the debate

Your views are needed

And hear our main Guest Speakers

John Whyte and Lew Saunders

Who are dealing with this daily

Sign our petition asking for support

And let's show we are a caring community

Enquiries: Ph: 0451 140 543

Email: homeless.help2sleep@gmail.com

My Favourite Recipes

Cathy Fish

As winter approaches I think nearly all of us love a hearty bowl of soup. Here are a couple of my favourites.

Salmon & Leek Soup

Ingredients:

- 1 tbsp olive oil
- 1 large onion finely chopped
- 3 large leeks, including green parts, thinly sliced
- 1 potato, finely sliced
- 450ml fish stock
- 700ml water
- 1 bay leaf
- 300g skinless salmon fillet cut into 1cm cubes
- 80ml double cream
- fresh lemon juice
- salt & pepper
- fresh parsley to garnish

Method:

- Heat the oil in a heavy based saucepan over a medium heat, add the onion and leeks and cook for 3 minutes until they begin to soften.
- Add the potato, stock, water and bay leaf with a large pinch of salt.
- Bring to the boil, reduce the heat, cover and cook gently for about ½ hour then remove the bay leaf.
- Allow the soup to cool slightly, then blend the mixture until smooth using either a stick blender or by transferring in batches to a food processor.
- Return the pan to the heat and reheat over a medium-low heat.
- Season the salmon with salt and pepper, add to the soup and continue cooking for 5 minutes or until the fish is tender and starts to break up.

- Stir in the cream, add a little lemon juice and add further salt and pepper if required. Garnish with fresh parsley.

Pork Chilli Soup

Ingredients:

- 2 tsp olive oil
- 500g fresh pork mince
- 1 onion finely chopped
- 1 celery stick finely chopped
- 1 red pepper, cored, deseeded and finely chopped
- 2-3 garlic cloves finely chopped
- 3 tbsp tomato paste
- 400g can chopped tomatoes
- 450ml chicken or meat stock
- ¼ tsp ground coriander
- ¼ tsp ground cumin
- ¼ tsp dried oregano
- 1 tsp mild chilli powder
- salt & pepper
- fresh coriander leaves to garnish
- sour cream to serve

Method:

- Heat the oil in a large pan over a medium-high heat. Add the pork, season with salt & pepper and cook until the pork is no longer pink.
- Reduce the heat, add the onion, celery, red pepper and garlic and cook until the onion has softened.
- Add the tomato paste, tomatoes, stock, ground coriander, cumin, oregano and chilli powder and stir until combined.
- Bring to the boil, reduce the heat, cover and cook for 30-40 minutes.
- Ladle into warmed bowls, sprinkle with fresh coriander and top with a spoon of sour cream.

Milang Campus - Playgroup at Milang

Playgroup has resumed for Term 2. We celebrated the beauty of autumn and the children enjoyed a range of experiences exploring some autumn leaves, including collage and mud kitchen play.



We look forward to exploring our new resources. These include animals for small world play, and various new texts which will be used on our story tables.

Playgroup runs every Tuesday morning during school term time from 9am to 11am. It is free and all families with preschool children are most welcome. It is held at the back of the school, enter via the side gate.



Milang Campus - ANZAC Day

We commemorated ANZAC DAY by reading "ANZAC Biscuits" written by Phil Cummings. We discussed how dads at war would have felt when the biscuits arrived in the mail for him and how he would have reflected on loved ones at home.



We made ANZAC biscuits by measuring all the ingredients and mixing everything together. Once they were cooked we shared them with the Upper Primary class. As a whole class the Upper Primary students wrote thank you letters to the Junior Primary class.



The biscuits were DELICIOUS!



Milang Campus - Junior Primary Maths

During our maths lessons learning about numbers, we have added the items needed for a party of 10 children. One thing we worked out was that if one child needed 7 items then 10 would need 70! That is a lot for Mum and Dad to organise for the party! We celebrated finally by having a real party in class. We did lots of counting and tallying!





MEDIA RELEASE

David Basham MP Member for Finniss



Tell me a story

Tuesday 15 May 2023

The electorate of Finniss in South Australia has a rich and exciting history, filled with notable events and influential figures. Each member of this community has a story to tell, and with "wonder" May was the month to experience the History Festival 2023.

www.festival.history.sa.gov.au

The festival included a variety of events, ranging from cultural exhibitions, historical tours, lectures, and workshops, among others. These events were organized by historical associations, museums, and volunteers, with the goal of promoting awareness and knowledge about the region's history and cultural heritage.

You may not think history is for you, but when I looked over the program, I was captured by the range of events on offer and attended some.

Unveiling of History of Sheep Shearing Mural, Milang by Chad Spencer



It was great to be in Milang for the mural unveiling at the Museum.

It was great to catch up with mural artist Chad Spencer, who, some years ago, painted a mural on our farm shed. Chad has done a superb job painting the inside of a shearing shed, and it will be a highlight if you visit the Milang Museum.

As a fifth-generation dairy farmer in this local community, the stories of life and place ground me, provide context for my family and fuel the passion I have for helping people. I acknowledge First Nations People in the history of this place, and I believe that building a shared understanding is critical for our future.

The complete program could be found at <https://festival.history.sa.gov.au/>

What did you do for History Month? Here were some of my favourites:

- Victor Harbor: Stories of Whaling Shipwrecks and Early European Settlers
- What is Scanfest? Scan, Save, Share, Store: Inman Valley.
- Victor Harbor: History and Landscapes Guided Walking Tour
- Using Trove to Discover Local History

Parliament House is steeped in the history of the people of South Australia and offered some very special access through:

- Parliament After Dark
- Parliament House has a library...Who knew?
- At home you can watch the 1894 Suffrage Debates youtu.be/IUprlpgAJvQ

Media Information: Catherine Jamieson 8552 2152





Milang Cottage Garden Club monthly outing report

Hi fellow gardeners

Well winter has arrived with cold winds and showers so not so much watering to be done, instead more time to plan what we are going to do in the garden. On Wednesday the 10th May, eight of us including a friend of Margaret's left Milang for a trip to McLaren Vale. Here we had a slight hiccup when the first planned stop was closed, but we had many other stops planned so on we went.

Next stop was Mitre 10 in the main street, here they always have some bargains and good value plants. My husband managed to find me an unusual purple hydrangea for my birthday and everyone else missed out as it was the only one there, lots of plants were added to the back of bus.

The next stop was a native nursery where more bargains and hard to find plants were purchased. We then planned to stop at the gazebo in the rose garden for lunch but once again plans were changed as it was closed for repairs. So as it was not raining we had lunch at nearby seats before going across the road to another nursery where this time a variety of pots found their way into the bus.

Our next stop was at the Jungle at Willunga where we received a warm welcome before most of us purchased even more plants. There is only one problem with purchasing plants, you have to find time and a place to put them when you get home. Mine are going into the two shallow pots I bought to make cactus gardens for future Christmas presents.

From here we went towards Aldinga to a nursery called

Broadly Green, where we were welcomed by the owners who showed us around answering questions and where very helpful, another must stop for the future.


We set off home from here arriving at Milang at about 3.30pm after stopping at Finniss for Coffee and the drawing of the Raffle which was won by Marie and also wishing myself a happy birthday.

The next trip will be on the 14th June when we will visit Nurseries in the Murray Bridge area, you will need \$15 fare, your lunch, and an item for the raffle box. Please ring me if you would like to go on 85370453.

Anne Feast



**The
Alexandrina
Singers**



COFFEE, CAKE & CHORUSES
Songs celebrating women
Afternoon tea included
**ST ANDREWS CHURCH HALL,
STRATHALBYN**
SATURDAY JUNE 3RD 2PM
Tickets \$20
From TryBooking.com OR The Book Keeper, 5th Tce
OR from choir members
OR at the door

Ageing with dignity and mobility

Following a visit from the principal partner of the **Goolwa Health Company** Stuart Thomson, who addressed an audience of Home Care Package users from Lakes Home Care regarding older people remaining healthy and mobile as people age. Stuart gave us an interesting view on how his practice can assist with older peoples ageing issues.

As a person with a debilitating bad back, I commenced Hydrotherapy treatment with one of his specialised therapists Tamara Dandridge.



Tamara is a very knowledgeable practitioner who on completion of her degree in the UK in 2012 Tamara has enjoyed working across a variety of areas, including in-patient spinal cord injury, amputee and stroke rehabilitation, as well as private practice and has developed a personal exercise program for me that has improved my back remarkably and reduced my pain levels considerably.

I am so impressed with her program that I thought it deserved interviewing her to get her opinions on ageing treatments. Tamara started by explaining that she understands how hard it is for aging people to drag themselves up from despair when they've had injuries or diagnoses with debilitating illnesses. With her professional assistance, she explained how she can support and guide them through an exercise session which can potentially improve their quality of life.

Tamara explained further how she is passionate about finding people's potential to exercise and challenge

their self to improve flexibility, realistic to their physical condition, but always offering and providing opportunities for people to feel well wherever they are in their exercise program. She explained the importance of keeping positive because some people find it hard to keep their positive attitude.

Tamara also explained that when people get older little things become a bit harder and that as you move into that more elderly bracket, of the 'over 85' community, there are always things that can be suggested to keep your body agile.

Tamara had a lot of other things to say especially regarding her passion as a neuro physio and her work into neurology and neurological physiotherapy. I intend to write about this subject in our next edition. I thank Tamara for making herself available to me.

John Whyte

Goolwa Health Co

10 Dawson St, Goolwa SA 5214

Ph 85287650

Website: www.goolwahealthco.com.au

Services:-

- * Rehab
- * Physio
- * Ageing Solutions for a healthier life
- * Onsite Pilates Studio
- * Rehab Gym





Eyes down at 6.00pm

All welcome, come and enjoy the night.

The 30th of June is a Friday night. We are taking it OFF!!!!!!

At the AGM Brian Patterson was re-elected as President, Pam Wait as Secretary, Lee Robinson as Treasurer. A big thank you for being willing to serve for another year.

The greens have fallen silent, but there's still activity around the grounds. Members are taking advantage of the break to travel, both here in Oz and OS. Hope you are enjoying your break.

I have included some photos looking back over the 22/23 year. Good luck Milang for the season ahead, looking forward to a great season.

The Club's presentation night was held on April 24th prior to the AGM and was well attended. The winners of the Club Championships and runner ups were presented with their awards.

Bev Spicer.

Men's 4's: G Saltmarsh, B Patterson, G Best & G Wagenknecht

Pairs: P Harris & B Addison

Triples: G Best, G Dodd & C Butlin

Mens Singles Champion: Kevin Newton

100up: G Bowen

Mixed Pairs: G Wagenknecht & J Sorrell

Over 70s: G Bowen

Open Singles: L Robinson

Ladies Singles Champion: L Robinson

Pairs: L Robinson & J Sorrell *

Triples: J Sorrell, L Robinson & H Maddern

4's: H Maddern, I Westley, L Robinson & J Sorrell

100up: L Robinson

Congratulations to those winners and a special mention to Lee and Jane for their fantastic win in the Champion of Champions. Well done Ladies. To the runner ups, better luck next year. Your time will come.

DIARY NOTES

Friday Night Dinners for June - 2nd and 16th
Keep a lookout on our Facebook page and Milang Community Pride page for details of specials. Bookings, especially for specials, are required for catering purposes and can be made with Pam on 0418 844 775.

Bingo is back!!!!!! - 9th and 23rd of June
Club open from 5.00pm for snack meals (only)



MOSHCC is seeking Volunteers

Do you have you some spare time on your hands ?



Would you like to assist in one of our many community projects?

In particular we are currently looking for people who would like to work in Reception and also we are in need of people who would like to drive clients to and from appointments (vehicles are provided).

You will find a very friendly bunch of people and make new friends very quickly. You will find it very rewarding to be involved with such a great group of people.

Call MOSHCC on 8537 0687 and ask for Vivienne

Volunteering at MOSHCC

Did you know?

Volunteers at MOSHCC, volunteer their valuable time over the following areas:

- Bookshop
- Butter factory
- Cleaning
- Committee / Board
- Community Garden
- Community News
- Counselling
- Emergency Relief
- Friday Feast
- Fund Raising
- Meals on Wheels
- Maintenance
- Reception staff
- Transport
- Youth Hub

Statistics

- 01.01.23 to 23.05.23
- 89 individual volunteers
- 3678 hours worked in this period
- Average - 41.32 hours each

GO TEAM!!!



WHY MENTAL HEALTH FIRST AID?

MENTAL HEALTH FIRST AID (MHFA) TRAINING

REALLY MAKES A DIFFERENCE

Approximately 20% of Australian adults experience a common mental illness each year. Completing a MHFA Course will help you to develop the skills to support a friend, family member or co-worker.

Having mental health first aid skills means that you can assist someone developing a mental health problem or experiencing a mental health crisis and make a real difference to your community.

MHFA courses are based on evidence of what is best practice mental health first aid to support someone who has a mental health problem or is experiencing a mental health crisis.

RESEARCH HAS SHOWN THAT MHFA TRAINING IS ASSOCIATED WITH:

- ◇ KNOWLEDGE
Improved knowledge of mental illnesses, their treatments and appropriate first aid strategies.
- ◇ CONFIDENCE
Confidence in providing first aid to a person experiencing a mental health problem.
- ◇ DE-STIGMATISING
Decreases in stigmatising attitudes.
- ◇ INCREASED SUPPORT
Increases in the amount and type of support provided to others.

MOSHCC will be offering MHFA to anyone in the community that would like to do it in the near future. Keep an eye on our newsletter and Facebook pages.

Contact Vivienne at MOSHCC for further details

PH: (08) 8537 0687

MOBILE: 0483 897 220

vivienne@growinglifeconnections.com.au

WINTER AND YOUR MENTAL HEALTH



By Vivienne Maher

As winter approaches, many people begin to experience changes in their mental health. The cold weather, shorter days, and lack of sunlight can have a significant impact on our emotional well-being. Some of the common challenges that people face during the winter months often make an impact on their mental health.

Seasonal Affective Disorder (SAD)

This is a type of depression that occurs during the winter months. It is believed to be caused by a lack of sunlight, which can disrupt our circadian rhythms and affect our serotonin and melatonin levels.

Symptoms of SAD may include:

- Feeling depressed or sad
- Loss of interest in activities you normally enjoy
- Difficulty sleeping
- Fatigue or low energy
- Changes in appetite or weight
- Difficulty concentrating

If you are experiencing these symptoms, it is important to speak to your doctor. A mental health professional can help you develop a treatment plan that may include therapy, medication, or light therapy.

Winter Blues

Even if you do not meet the criteria for SAD, you may still experience what is sometimes called 'Winter Blues'. This can manifest as a general feeling of sadness or lethargy during the winter months.

A graphic with the words "hello winter" written in a blue, cursive font. The text is set against a light blue background with a bokeh effect of white and blue dots.

Some tips for managing the winter blues include:

- **Stay active:** Exercise is a natural mood booster and can help you manage stress and anxiety.
- **Get outside:** Even on cloudy days, exposure to

natural light can help regulate your circadian rhythms and improve mood.

- **Connect with others:** Social support is important for good mental health, so make an effort to stay connected with friends and family.
- **Practice Self-care:** Take time for yourself to do things that you enjoy, such as reading, taking a bath, or going for a walk.



In addition to managing your mental health, it is important to take steps to stay safe and healthy during the winter months. Some tips for coping with winter weather include:

- **Dress warmly:** Wear layers and protect your extremities (hands, feet, and ears) from the cold.
- **Stay hydrated:** Drinking plenty of water can help you avoid dehydration, which can be a problem even in cold weather.
- **Eat well:** A healthy diet can help maintain your energy levels and improve your mood.
- **Take care of your skin:** Cold weather can be harsh on your skin, so use moisturiser and lip balm to prevent dryness and cracking.

By taking care of your physical and mental health during the winter months, you can reduce your risk of developing seasonal affective disorder and other mental health issues. If you are struggling, reach out and ask for help – you do not have to go through this alone.



Sundays at Milang Station 12 to 4



Devonshire Teas \$6
Hamburgers \$8
Steak Sandwich \$8
Cappuchino \$4
Iced Coffee \$5
Cheese Dog \$4
And lots more ...



Plus Craft Shop
& Free Train Rides

Open on Saturdays
12 - 4 Displays Only



Volunteers needed for maintenance, train driving, guides, cafeteria staff, etc.

www.milangrailway.org.au or 0414 232 060



Eastern Fleurieu
R-12 School

Milang & Langhorne Creek

R-6 Campuses

Our Playgroups cater to families with children from birth to 5 years.
Attendance is FREE.

Milang Playgroup is run every Tuesday morning during the school term from 9-11am.

Langhorne Creek Playgroup is run every Friday morning during the school term from 9-11am.

Milang Campus:

Head of Campus—Susannah Cook
(08) 8537 0223

Langhorne Creek Campus:

Head of Campus—Les Cameron
(08) 8537 3145



Volunteer Phone

Canvasser
Required

A person who enjoys speaking to people is required to call prospective businesses and then email an information kit to them.

This could lead to a future sales position working for a community organisation.

Call John Whyte for further information.

0431 601 850

All Aboard—May 2023

National Ford Rally

Early in May, we had a visit from the national Ford 8 and 10 Side Valve Rally. Around fifty cars arrived from Clayton Bay and were parked on the lawn in front of the station. They toured the museum and enjoyed rides on the train before walking over the road to the Bowling Club. There the Railway Museum served lunch for a hundred people. The feedback was that they had a great day.



In case you didn't know that Milang once had a regatta, a couple of photos are shown of the 1915 event.



Regards

Peter Lucas

Secretary Milang Railway Museum

Phone: 0414 232 060

Web site: www.milangrailway.org.au

Sound and Light Show

A few months ago, the Railway Museum received a grant from the History Trust of South Australia to produce a sound and light show telling the history of Milang. The idea behind such shows is to tell a story in an entertaining and visual way. Production of that show has now started with the hiring of an Adelaide videographer. One of our volunteers, Tony Gates, was dressed up as Albert Landseer to tell the story of the major events in Milang's history. He does this against a background of a moving train with a foreground showing photos and videos of those events. And that's where we need the help of Milang's residents.

If you have any photos of significant events at Milang then we would love to hear from you. In particular, we need photos of:

- The Milang Regatta before 1930 and the Greasy Pole event in particular
- The 1931 and 1956 floods
- Boat building at Milang
- The visits of the royal princes in 1867 and 1881.

If you have anything we can copy then please contact Peter Lucas on 0414 232 060.

Lakeside Men's Shed

at the oval

BBQ every Thursday (donation)

From 12:00 noon

Come and experience our relaxed atmosphere and share yarns with other like-minded people.

Take the opportunity to check out the Men's Shed facilities and current projects.

The Lakeside Men's Shed is working to assist in men's mental health issues and is supported by SA Health and the local community.





NEW HOSPITAL ED FOR THE HILLS Upgraded Emergency Department to open in Mount Barker following years of advocacy from Rebekha Sharkie MP

Independent Member for Mayo Rebekha Sharkie MP welcomes the opening of the upgraded Emergency Department (ED) at Mount Barker District Soldiers' Memorial Hospital. The new ED, opening on Wednesday 7 June 2023, heralds a new era in health care for residents of Mount Barker and the Adelaide Hills.

\$11.6 million in funding from the former Federal Government, secured by Rebekha Sharkie, was a catalyst for the development and is the culmination of several years of advocacy, commencing in 2016.

The new ED will increase the number of treatment bays from **five to 17**. The twelve additional bays will provide the growing population with increased emergency treatment care and accommodate the immediate needs of the Hills community.

The 17 treatment bays will comprise 13 bays for general patient treatment, **two bays for paediatric treatment** and **two bays for resuscitation**. Additionally, a negative treatment bay with other clinical rooms will also aid emergency staff.

This development will provide our wonderful health professionals who work tirelessly for our hills community with contemporary facilities to complement their extraordinary service to the community.

Quotes attributed to Rebekha Sharkie MP:

"My children were born in the Mount Barker District Soldiers' Memorial Hospital, and like many parents, when my children required emergency care the only place to go

was the city as there were no Doctors at the hospital, let alone an Emergency Department (ED).

"I am so pleased to have secured \$11.6 million in funding from the former Federal Government for the new Mount Barker Hospital ED and further funding from the current Government for the new Mount Barker Hospital."

I was told it was 'impossible' to get an ED up and running at Mount Barker Hospital. It has taken many hours of lobbying various Ministers to get here. First, I secured contract Doctors on site in 2017, then a small but busy ED, and now with over \$11 million of Federal funding a new emergency department with paediatric and resuscitation bays.

"I'm disappointed that I cannot be there for the opening due to Parliament commitments in Canberra however, I know this ED will be well loved and well used by our community."

"It's a huge win for our community, after many years of lobbying and I am so very proud."

TRIVIA ANSWERS

From Page 10

By Jude Aquilina



1. The giant python has the most bones of any creature
2. Charlie Parker played saxophone
3. Desiree is a potato variety
4. London and Paris are the cities in *A Tale of Two Cities*
5. Baleens are found on the mouth of a whale
6. France has the most traffic roundabouts
7. Orology is the study of mountains
8. Flora is the Roman goddess of flowers
9. A hat trick is when a bowler takes three successive wickets
10. Rainfall is measured by a pluviometer

Southern Districts Flying Club

The country from above is looking magnificent at the moment, always amazing colours this time of year and with generally light winds and smooth flying, autumn is a favorite time of year for pilots. As we now leave autumn behind and move into our winter months it is time to rug up and pick our days to aviate. Sure we get some cold, wet & windy days but in-between that there is great flying to be had. So don't lock yourself indoors this winter, poke your head outside and when the weather is fine come on out and fly with us.

Three of our members have just returned from Europe where they attended Aero-Friedrichshafen in Germany. It is the largest aero expo in Europe and this year was the biggest event since Covid with some 680 exhibitors displaying their aircraft and associated aviation equipment.

We don't have anything like this here in Australia so our members are keen to hear all the stories from our three intrepid travellers.



Cat checking out some new gyroplanes at Aero-Friedrichshafen (Germany)

In the coming months we will host a couple of beer & pizza nights at the airfield so we can all share the stories, see the photos and learn what is new in the aviation world.

Other upcoming events include a group flight to Robe over the June long weekend and a CASA safety seminar Saturday 17th June.

Membership to Southern Districts Flying Club is open to anyone with an interest in aviation. If you would like to be involved you can find information and membership details on our web site: www.sdfc.org.au

Come Fly With Us!



Operating from Strathalbyn Airfield

What better way to experience the thrill of flight than to have a Trial Flight with one of our qualified instructors in a Gyroplane? Experience first hand the freedom of flight as you take the controls under the guidance of your instructor.

Gift Vouchers Available

For bookings or further information contact Larry:

0408 815 094



www.airports.com.au

A colorful poster for 'Meals for Mates' featuring various food items like watermelon, pizza, chicken, and fruit. The text is in red and orange. It includes details about the event: 'BRING YOUR FAMILY & FRIENDS', 'Everyone is welcome', 'Enjoy a hot 2 course meal', 'Kids activity corner', 'Gold coin donation', '6.00PM - 8.00PM', 'Every 3rd Friday of the month', 'Dates: 19th May | 16th June | 21st July', 'VENUE: STRATHALBYN LUTHERAN CHURCH HALL, 2 Commercial Road, Strathalbyn', and 'To assist with catering please RSVP to Penny 0417 885 687 or Di 0428 696 031'. There is also a small photo of a landscape at the bottom.

MEC NEWS - June 2023

MILANG ENVIRONMENT CENTRE

corner of Weeroona Drive and Jupiter Street Milang.

P O Box 338 Milang SA 5256 Ph:85370201

Email: mecinc@adam.com.au

OPEN: 10 AM – 4 PM WEDNESDAY & SATURDAY

WHAT HAPPENS TO YOUR GLASS BOTTLES?

The Milang Environment Centre recycles an enormous amount of glass on behalf of the local community. Glass bottles and containers are brought to MEC by local residents who are paid in cash the required deposit on each bottle. **But have you ever wondered what happens to your glass bottles after MEC pays you the deposit?**

Incoming glass bottles are quickly counted and sorted into different colours: green, clear, and brown by the MEC volunteers (aka “dinosaurs”). Wine bottles are sorted and kept separate from beer and soft drink bottles because wine bottles are non-deposit. The different glass bottles are put loose into large timber crates which once full are then stacked and stored using forklifts in the MEC storage shed. The full crates of glass bottles are stored until there are enough crates and sufficient bottles to fill the large MEC truck for delivery to Orora Packaging owners of a glass manufacturing and recycling facility located way out north of Adelaide in Kingsford near Gawler.

Orora Beverage is part of the global Orora Group which specialises in sustainable packaging solutions including for glass bottles, aluminium cans, metal and plastic caps. Orora Beverage have established extensive glass packaging manufacturing facilities in South Australia including their “Glass Beneficiation Plant” which using new technology enables them to accept your old glass containers, sort, decontaminate, crush and blast furnace process the resultant “cullet” into brand new glass containers, thereby making NEW from OLD. Orora Beverage call the process “closed loop recycling” whereby old glass containers can be repeatedly remade into new glass beverage containers.

Now THAT’S RECYCLING! So, this is what happens with your old glass bottles. Full details may be obtained at: <https://www.ororabeverage.com/news/ororas-closed-loop-glass-making-process>

The Milang Environment Centre is a volunteer run organisation that provides a valuable community service paying for deposit drink containers, accepting green garden organics, glass, and metal waste for modest fees. Funds earned by MEC are used to sponsor and support local community projects.

Anyone interested in being a MEC volunteer, learning about recycling, using machinery at the centre, enjoying meeting local residents from the wider region, please contact MEC by phone or email or call in personally Wednesday or Saturday.



MEC volunteer Geoff Dungey counts and sorts a customer’s glass bottles

Mixed green and clear glass bottles are stored in crates at MEC



MEC volunteer Dave Barry empties a crate of glass bottles into the MEC truck

MEC volunteer
Mickey Blanshard
loads glass bottles
into the MEC truck



Glass bottles loaded
loose into the MEC
truck



The MEC truck
fully loaded with
glass bottles
ready to be
recycled



Milang Environmental Centre Serving our community

The Milang Environmental Centre is a community run organisation and an asset to the residents of Milang.

Ph Don 0423 105 261 or Chris 0411 474 529



Services:

- Recycling depot for glass, plastics, metal and garden organics.
- Bottles and cans deposit paid.
- Recycled items for sale.
- Electronics, household and garden wastes incur a fee.

Hours: Wednesday and Saturday 10am - 4pm

Corner of Weeroona Drive and Jupiter Street MILANG



Milang & District Historical Society Inc
P.O. Box 297, Milang, S.A. 5256

(Including the Port Milang Museum, Lakeside Men's Shed & the South Australian Fire Fighting Vehicles & Equipment Museum)

On Sunday 7th May, 2023 as part of S.A. History month, the Milang & District Historical Society's Museum at the Milang Oval grounds held an Open Day with the unveiling of a mural "Shearing the Sheep" by local artist, Chad Spencer who was in attendance.

This Mural is part of our shearing shed display. The Mural was funded by the Alexandrina Council and we thank Mayor Keith Parkes for unveiling the Mural. Also present were David Basham, Member for Finniss, Councillors Margaret Gardner, Craig Maidment, Sue Miller and also Leah Grace from Alexandrina Council.

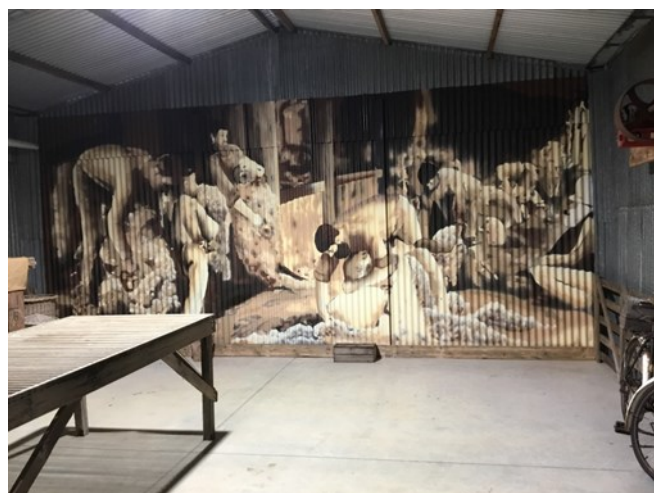
Fresh baked scones were served for morning tea. A special thank you to Robyn Shearer who gave wool spinning demonstrations and brought along some fleeces for display on the wool table.

Approximately 40 people attended and it was nice to see some local residents. It was a very good day and we thank our Members who were busy preparing for the "open day".

Allan McInnes

President.

Phone 0437800811



BUTTER FACTORY REPORT

May 2023

Another busy month at the Factory. The stumps that were being prepared last month have been installed under the new base plates on the cottage, they were left to set in the harder than normal mix concrete, then just last week the final levelling and strapping were finished off. The levelling required crawling right under the cottage to jack and shim the bearers to the exact level height, we used stainless steel straps to tie it all down. Good job boys.

With the Cottage now level Dave can get on with finishing the internal construction. Our electrician Grant has been busy installing down lights in the front three rooms and running power cables to the kitchen. Over in the factory he is up in the roof cabling for the engine room and then on to the outside toilets. We also have to provide exit lights and emergency lighting in the Factory which Grant has started. While up in the curved roof section he discovered what we hope is the last hole a possum can possibly get in, when discussing what to do Norm was right on it and had it blocked with mortar in no time.

Over the month it became evident that the power requirements for the kitchen were inadequate if in full operation, so it was decided to install gas for the cook tops, the piping was put in before too much interior cladding was done, problem solved.

The massive holes behind the Cottage have now been filled with the new septic and the grease trap tanks and been plumbed to the piping laid last month. The grease trap will be connected to the kitchen when the sink and dishwasher arrive. On the wet working bee days, we have been paint stripping the cottage windows and painting the old section walls. Angas has refixed the swing-slide front door to the deck with a new wall plate and jambs, so now it works like a bought one and so much easier to open.

On one of our working bees we had the trench dug and put in the pipe for the fire hose that was positioned on

the side of the new toilet block. The other end will have a standpipe and be connected to a pump in the concrete tank, ready for emergencies. On Saturday a couple of weeks ago we yet another clean-up, getting rid of the old septic tank broken up pipes and surplus dirt. Hopefully the next time will be for the car park and final clean-up before we start landscaping. In case you hadn't noticed the frontage of the Factory is slowly, depending on the weather, being redone, so watch that space.

On the fund-raising front, a very successful concert was held earlier in the month featuring the Sulli-vans with Kevin Sullivan and family, weather was perfect, a good crowd and monies raised, thanks to the usual crew for a job well done. The Already Read Books shop has been open fortnightly during the month with some good returns, despite the weather on some days they are keen as mustard, thanks ladies.

With another busy month coming up that's all for now.

Cheers
John Bradford
Site Manager



Frontage



Septic Tank



Clean up day



Pipe for the fire hose

NO 27. CREAM AND MILK SUPPLIERS TO MILANG BUTTER FACTORY

THE NESS FAMILY

by Alvyn Hopgood

In 1909, Charles William Ness purchased a scrub block from G H Scown. The Ness property consisted of approximately 200 acres and was situated along the Finnis Road, about four kilometres from Milang. Known as *Honey Farm*, it has been a dairy for many years, supporting 30 to 40 Jersey milking cows. The Ness family improved their Jersey herd from reputable studs.

The Ness property has the Sandergrove Creek running through it. I remember, in the late 1950s, there were many wild ducks making it their home. Robert Ness and I had ideas that we would thin them out, with a shot gun, but the ducks had other ideas, and roast duck was not on our menu!

The Sandergrove Creek crosses the Finnis Road, and flooding would sometimes make this area quite treacherous, but a culvert was installed by council when the road was bituminised, fixing this problem.

In 1915, Charles Ness was a member of the Milang Bureau, which had 47 members, with *papers* produced by several members during the year, including by Charles.

In 1916, Thomas Benjamin (Bert) Ness, a brother of Charles, purchased adjacent sections to the original Ness property. On the death of Thomas Ness in 1955, the land went to his three sons, and was eventually acquired by the first son, William, and his wife Gwen (Mary).

The Ness families' cream was transported by various means to the Milang Butter Factory for many years, firstly by Bert Ness and later by Bill and Mary Ness.

In 1948, William (Bill) Ness was a founding member of the Milang Volunteer Fire Fighting Association.

The Ness family managed their small holding very well, and the abundance of produce over the years is a credit to them. They eventually sold their property to Randel Pitt.

Over a long period of time, the Ness families gave great service to the town and district of Milang in many ways.



HISTORIC GRAVES IN THE MILANG CEMETERY

No. 26— BURGESS

By Mervyn Hopgood

Thomas Burgess married Edith Armstrong in 1852. The couple had one child Edward who was born in 1856, he married Annie Griffen in 1878. The couple were to have four children, George Thomas, Edith Patience, Alice May and Edward Henry who became a well known identity in the Milang district.

Edward bought Block 37 and other land at Angus Plains with the proceeds of forty years in the butchering business. Edward (or Ted as he was known) bought the very best of cattle and sheep and had the reputation of selling the very best cuts of meat.

Some of his beef cattle were purchased from Scarfe's Estate on Point Sturt and taken on foot to his slaughterhouse at the corner of Landseer Road and Nine Mile Road. Some of the beasts slaughtered there were very big and classed as Oxen. When the beast was strung up by block and tackle, the roof structure had to be designed properly to stand the huge weight. I believe that my father who was a carpenter had a bit to do with the construction. The beasts were strung up overnight to "set" before cutting up the next morning. Ted said that in all his years of butchering there was only one night (due to the weather) that the beast didn't "set". Ted bought the shop from David Griffin in 1907 and sold it in 1947.

When refrigeration came into being my father helped Ted purchase his refrigeration plant. I believe a Lister Diesel Engine was used for this purpose. Harold Stewart worked for Ted for almost all of his working life. Some people in the town used to get meat delivered and put in an order for the next week, nothing was written down but held in memory. Sometimes mistakes were made, and Ted used to say "the faintest of ink is better than the best of memories". It is interesting to note that the monthly account given to my father in 1934 contains some very low prices, one must remember that 1934 was the worst of the depression years and people had very little money. My father and mother who had been married in 1932 struggled and only bought the cheapest of cuts of beef and mutton. Beef and mutton bones were free.


The monthly account above came to 1 pound/eleven shillings, which converted to decimal currency is approximately \$200.00, wages were only about 3 pound a week if you could get a job. I have included a copy of the monthly account for interest's sake. After Ted sold the shop in 1947, he and his son Henry went into poultry farming, my father built the fowl sheds. Materials were hard to get and only black iron was used.

The poultry business lasted only a short while before Ted and Henry went into broad acre farming. They had the home block and a block on the Angus River and then purchased several hundred acres at the "Five Mile" on the old Milang to Strathalbyn Road where they kept sheep and grew cereal crops. Some years they grew oats for sheaved hay and sold it to a chaff mill in Strathalbyn. Extensions were made to the shed on the home block to accommodate for shearing and a sheep dip installed. Henry who had enlisted for the Second World War was a great tennis player and a well above average footballer, he was a brilliant hand writer as was his father when people took a pride in good writing.


Henry's mother Ruby (known to everyone as Auntie Ruby) was a tower of strength to Ted as a wife and serving in the butcher shop especially when Henry was away at the war. I think Ruby even adopted a girl from a large family whose mother had died at a young age. Ted was a driving force when the book "Alexandrina's Shore" was written and provided much historic information about Milang in the early days. Ted reached the ripe old age of 95 and he and his wife Ruby are buried in the Milang cemetery.



Milang's 'old butcher shop' on the corner of Coxe and Lang Streets shown below as it is today and above when it was owned by Fravel Moar 1899-1906. Subsequently it was owned by David Griffin 1906-1907 and E. H. (Ted) Burgess 1907-1947. In the picture above are, from left to right, Fravel Moar, Charlie Dingley, Sarah Moar and Ted Burgess.



MILANG



March 1st 1934

Mr. W. Hopgood

Dr. to E. H. BURGESS,
FAMILY BUTCHER.

Interest Charged on Overdue Accounts.

Feb'y		To Account Rendered.		L
1 st	2 ¹ / ₄ Corn Mutton	1/6	3 1 Saus 6 1/2	2
5	1/2 Bacon 7 ¹ / ₂	2 ³ / ₄ Mutton 1/10		2
9	Fruit 11	1/2 Bacon 7 ¹ / ₂		1
10	1 Saus 6	Fruit 7 ¹ / ₂	13 Fruit 7 ¹ / ₂	1
14	1/2 Bacon 7 ¹ / ₂	4 Saveloys 6		1
15	1/2 Tenderloin 6	17 1 Saus 6		1
17	Fruit 6	19 2-2 Loins 1/5	1/2 Bacon 7 ¹ / ₂	2
23	1/2 Bacon 7 ¹ / ₂	24 1 Saus 6	Fruit 7 ¹ / ₂	1
26	1-14 Loins 1/3			1
L 1-11				

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Enquiries—Peter Wilson 0407 607 638

Sunday Service 9:30am

Friendship & Craft at the Church Hall—Wednesday 10:00am—12:00 Noon

Uniting Church, corner McDonald & Orana Streets, Milang

Enquiries—Nola Deer 8536 4429

Sunday Service 10.00am

Anglican Church—St Marys, corner Luard & Maroo Streets , Milang

Enquiries—Rev. Alex Stone 0405 084 794

Sunday Service—8.15am (1st and 3rd Sundays of the month)

Lutheran Church

Cnr Commercial Road & North Parade, Strathalbyn

Pastor Matthew Edgecomb 8536 3322

Catholic Church—Good Shepherd, East Terrace, Strathalbyn

Father Richard Morris 8391 1053



Milang Community Garden

Newsletter - June 2023

The long fingers of Old Man Winter are upon us, once again. Where did summer go? Indeed, the plants must be *thinking (just imagine?!)* the same thing! Produce has been down across the board, and everything is slow to ripen, even the tough pumpkins! Nevertheless, our Community Garden has been alive with activity. Thanks to our now healthy numbers of very keen and able volunteers who really get into taking on projects, working together and sharing their knowledge and experience to keep the old garden ticking along!

We look forward to new crops of carrots, spinach, broccoli, cauliflowers and onions to name but a few! (Our gardeners have even planted a banana tree! Watch this space!) The garden is looking very tidy and well organised and the beds are green with new plantings.

“She’s Apples” has been the catch phrase over the last few weeks! Lots of them, again ripening more slowly than normal, but tasting just as good. The tomatoes have hung on still producing green fruit well past the season. The somewhat maligned quinces have been in abundance. Quinces produce the most delicious flavours when cooked or made into jelly or paste!

Over the past year or so, we have been spoiled by a wonderful friend of the garden, Kate Hicks, who turns our produce into delicious creations such as chutneys, jams, pastes and ratatouille. An excellent way to make the most of the garden fruits and vegetables that would otherwise go to waste!

Our produce cart has been looking a bit lean this season, mainly due to the strange season. We still invite the public to come in on a Tuesday morning to purchase some produce by donation. This money goes back into maintaining the garden, and enables us to purchase seeds, soil and other necessities for growing food and plants. Unfortunately, some donations to the cart have been in the form of foreign currency which is not helpful and somewhat of an insult to the gardeners. Generally, we ask for a donation of roughly a half of the market

price for fruit and vegetables. We also grow and pot a variety of small plants. Please keep in mind that there is also a cost to the garden, in potting soil and pots.

DONATIONS OF PRODUCE: THE CART

From time-to-time people drop excess food or plants on the cart. We appreciate that it is a good way of avoiding waste and helps the community, but it needs to be in reasonable condition and clean. If you would like to do this, and to ensure that it does not finish up in the compost bin, *please* let us know by :-

- talking to one of our members
- drop into the garden on Tuesday morning
- contacting us through MOSHCC
- email: *Contact Milang Community Garden at gjacks15@gmail.com.*

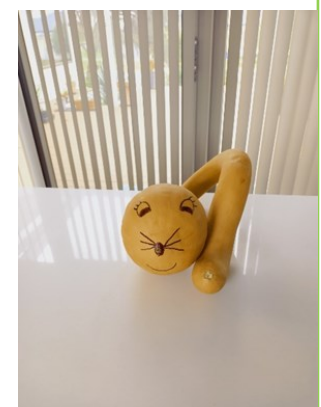
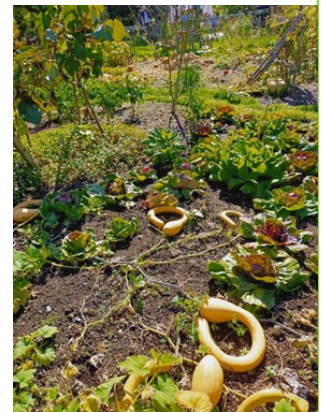
The cart is *only* for produce and plants, not white goods or kitchen items or clothing.

FIREWOOD

We still have an oversupply of small firewood. We are selling bags for \$5.00 each. Please enquire as per above, or come into the garden on Tuesday, if you are interested.

Now here’s a quirky thing that has been growing well in our garden! *Tromboncino* is a kind of squash. Do you know it? It can be eaten in its early green stage, like zucchinis, roasted or in stir-fries. When fully developed the tromboncino resembles an overgrown curly butternut pumpkin and is good in stews or soups.

It can look quite comical and attractive, lying on the ground or on a kitchen shelf! They are even grown in the mythical *Hobbit* vegetable garden at *Hobbiton*, in New Zealand. Just imagine Bilbo or Frodo Baggins wandering through the patch!



Happy days and happy gardening down at the Milang Community Garden!



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Wednesday to Saturday:
Bar opens 11.30am to 9.00pm
Meals 11.30 am to 2pm and
5.30pm to 8pm

Sunday:
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Meals 11.30am to 2pm and
5.30pm to 7.30pm

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5.30pm - 8pm

Bookings 8537 3010

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David Basham MP

Member for Finniss



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Rebekha Sharkie MP

Federal Member for Mayo

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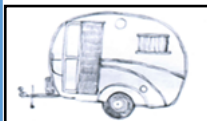
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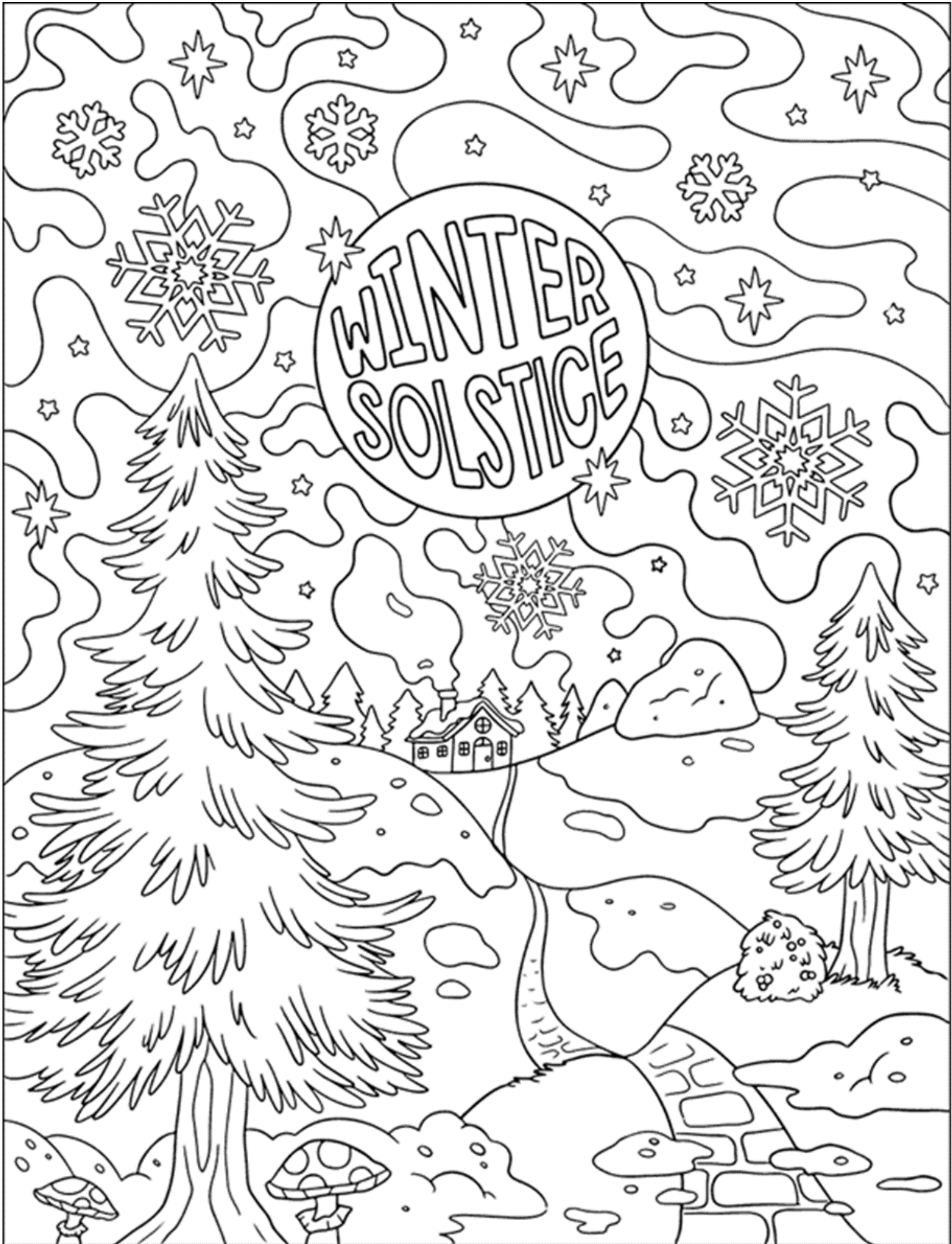
Email: john.whyte.milang@gmail.com

0431 601 850

ON A POSITIVE NOTE

I HAVEN'T SEEN ANY MOSQUITOS IN WEEKS







What's on in our region for June 2023



Friday	2nd	Milang Bowling Club - Dinner at 6.00pm
Saturday	3rd	ALL READY READ BOOKS - Milang Lakeside Butter Factory - 10am to 3pm
		Come and sing along with The Alexandrina Singers as they present a program of songs celebrating women "Coffee, Cake & Choruses" at St Andrews Church Hall at 2pm - \$20pp includes afternoon tea – tickets available from The Bookkeeper, online at https://www.trybooking.com/events/landing/1057123 or at the door.
Sunday	4th	ALL READY READ BOOKS - Milang Lakeside Butter Factory - 10am to 3pm
		Goolwa Wharf Market - 9am - 3pm, Jaralde Park Goolwa Wharf Precinct
Friday	9th	Milang Bowling Club - Bingo is back - open from 5.00pm for snack meals (only). Eyes down at 6.00pm All welcome, come and enjoy the night.
Saturday	10th	Don't miss a weekend of arty fun at the "Earth, Wind and Fibre Fair" at the Milang Institute on Saturday & Sunday 10 & 11 June from 10am to 4pm. So many things to see and do – weaving, rag rugs, knitting, crocheting, peg weaving, beanie exhibition, spinning, fleeces, quilting, homespun wool, glasswork, felting, beading, Ngarrindjeri basket weaving and crafts, demonstrations and more! Light lunch and refreshments available. Hosted by the Milang Fibre Art Group, contact Robyn 0431 072 195.
		ALL READY READ BOOKS - Milang Lakeside Butter Factory - 10am to 3pm
		Victoria Hotel - After the success of their disco event, the Victoria Hotel is holding a "Back to the 90s Party" featuring DJ from 9pm. Free entry – frozen cocktail specials!
Sunday	11th	Earth, Wind & Fibre Fair - 10am to 4pm at the Milang Institute (see Saturday 10th)
		ALL READY READ BOOKS - Milang Lakeside Butter Factory - 10am to 3pm
		Cittaslow Goolwa Market - month 9am - 1pm, Jaralde Park Goolwa Wharf Precinct
		Flo & Ada on High Street will be hosting a "Murder Mystery High Tea" at 4.5pm for prompt 5pm start. High tea, glass of bubbly and three hours entertainment – \$90pp. Deposit required – RSVP 0410 560 002.
Monday	12th	ALL READY READ BOOKS - Milang Lakeside Butter Factory - 10am to 3pm
Friday	16th	Milang Bowling Club - Dinner at 6.00pm
Saturday	17th	ALL READY READ BOOKS - Milang Lakeside Butter Factory - 10am to 3pm
Sunday	18th	ALL READY READ BOOKS - Milang Lakeside Butter Factory - 10am to 3pm
		Goolwa Wharf Market - 9am - 3pm, Jaralde Park Goolwa Wharf Precinct
		Steamranger will be operating their " Southern Encounter " from Mt Barker to Victor Harbor via Strathalbyn, Goolwa and Port Elliot. Departing 10am, returning 6pm, contact 1300 655 991.
		The Strathalbyn High Street Market (third Sunday of each month) next to <u>Gilberts Motor Museum</u> . Fabulous stalls, music, and great Sausage Sizzle cooked up by the volunteers next door at Gilberts.
Friday	23rd	Milang Bowling Club - Bingo is back - open from 5.00pm for snack meals (only). Eyes down at 6.00pm All welcome, come and enjoy the night.
Saturday	24th	Oasis Gardens Restaurant - The HarMummies Choir are performing at a special dinner and concert night at 6pm. Entertainment and 2 course gourmet meal \$49.90pp. Bookings essential 8536 4815.
		Wistow Community Hall is the venue for their popular annual fundraiser "Winter Solstice Dinner" arrival 6pm. Tickets \$40pp (18+) includes three course dinner of delicious hearty winter fare and taste-tempting desserts. BYO drinks. Come in smart casual dress, or wear your finest! Limited seating, RSVP by 11 June or until sold out – bookings only online at - https://www.trybooking.com/1059024 (sorry, no payment at the door). For further info, contact Mark 0403 931 535.
Sunday	25th	Cittaslow Goolwa Market - month 9am - 1pm, Jaralde Park Goolwa Wharf Precinct
		Angas Go Kart Club is holding their Junior Light and Junior Heavy Trophies. From 2pm at 96 Nine Mile Road, Strathalbyn - entry \$5pp, U14 free.

If you have an event that you would like to see listed here, please send the details to editor@milang.org.au