

Milang Community News

August 2023

\$2.50

A journal of the Milang & District
Community Association

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

The Milang Community News is supporting your community.

Please support us by purchasing a copy.



Marvellous Milang by Christine Danton

FROM THE EDITOR

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

This month there is a LOT of wonderful events happening around the region. Firstly, SALA (South Australian Living Artists) is happening around the state and there are lots of galleries and open studios. I have collated a list of exhibitions in Clayton Bay and Strathalbyn that I could find (*sorry if I have missed any*) and I would really encourage everyone to visit these exhibitions and support our local artists (*you may even find me at the Clayton Bay exhibition on the last 2 weekends in August*). There is also the fabulous Strathalbyn Antiques and Collectables Fair happening over the weekend of the 19th and 20th August, see page 20 for further details.

On Saturday the 19th August 'Already Read Books' will be open to celebrate Book Week in addition to their normal opening days, so please go along and support them.

Finally, David Basham MP will be at the Milang Mini Mart on Friday 25th August, 10.30 to 11.30, please come along and say hello.

Have a great month...stay safe and keep warm!!

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.



Created in 2009 by Australian photographer Korske Ara, World Photography Day encourages people to pick up their camera and be inspired by other fellow photographers to take pictures and share them with the world.

Front Cover - 'Marvellous Milang'
Photo courtesy of Christine Danton

Milang Community News is online
Download a pdf version at <http://milang.org.au>

From the Manager's desk

The start of this new financial year is a little bittersweet.

There are lots of things on the boil and some exciting times ahead but there is a fairly big change which has happened to our Growing Life Connections Program.

For more than 10 years the GLC program has been run through MOSHCC with a coordinator and admin worker. The program, along with running some activities and programs, has been there as a crucial support to people to find services and supports within their community and beyond.

Colleen has been the GLC Coordinator for 7 years and has been a support for so many people, her skill as a counsellor and her experience and knowledge of services has meant GLC has really lived up to its name of growing life connections for people in our community who are vulnerable and in need of support.

The new program as funded by DHS will look a little different as it doesn't fund one-to-one supports as we have been able to provide, and the requirements of the funding are broader as far as the full activity of the Community Centre itself, rather than a stand-alone program.

With Colleen, Vivienne and volunteers, we have come up with a plan for continuing much of the work that she has been supporting, between staff and volunteers. along with the employment of a new project officer to engage with the community on activities and programs and implement new activities at the centre.

Vivienne's role as Liaison Officer to support Colleen also wraps up with the end of this current contract, but Vivienne stays with us to continue her role as Volunteer Coordinator, which is also partly related to the new DHS funding.

A key part of the funding is partnerships with other organisations and the local organisations across the region that have been our GLC partners will be key links for our ongoing support for people across the district.

Our work in the Emergency Relief space also benefits from our partnerships with the other local community organisations that we have been connected to.

We would like to thank our GLC partners for their support in the program and we look forward to continuing our positive relationship, through regular meetings and by partnering further with activities.

And most importantly we wish Colleen all the best in her retirement and thank her for the dedication and heart she has poured so generously into the local communities through GLC and MOSHCC. We will miss you.

Stuart Jones
MADCA Manager

MILANG & DISTRICT COMMUNITY ASSOCIATION INC.

Notice of the AGM of Milang & District Community Association Inc.

This is to advise you of the upcoming Annual General Meeting of the members of Milang & District Community Association Inc.

Everyone Welcome

followed by tea, coffee & nibbles.

The details of this meeting are as follows:

Tuesday 5th September 2023 at 6:30pm
At the Milang Institute, Supper Room,
Cnr Ameroo Ave & Coxe St Milang.

Nomination Forms for Committee and Office Bearers are available from Milang Old School House Community centre or on the website, or by contacting the Secretary Ray Perry at the MOSHCC on 85370687

www.madca.org.au



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 4th August

Please call 8537 0687 to book by the previous Wednesday

Cost \$9.00 for a 2 course meal

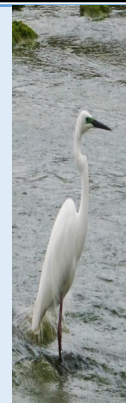
Tai Chi

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.

Wednesdays at 1pm in the Milang Institute Supper Room.

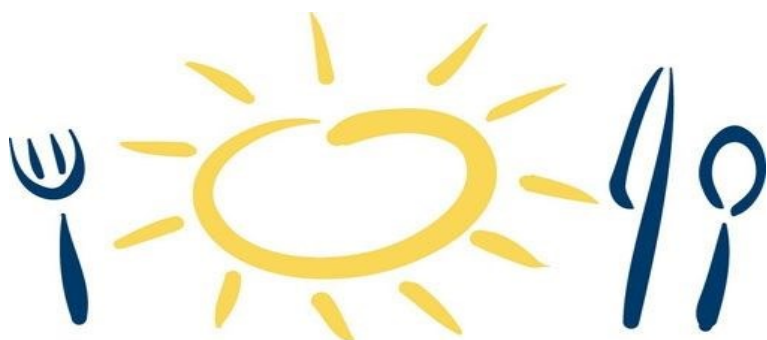
Stay warm - shake out tension - move to keep the circulation going!



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



Meals on Wheels

We deliver smilessm

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

MILANG

POETS CORNER

Still Life with Lake and Egret
Jules Leigh Koch

by Artificial Intelligence- AI Poem Generator

In the land of Milang, where waters dance,
A picturesque haven, a tranquil expanse.
Where Murray meets the sea with gentle embrace,
A sanctuary of beauty, serenity's grace.

As ripples sway, the breeze whispers a song,
A symphony of nature, melodic and strong.
Azure skies above, reflecting on the lake,
A shimmering tapestry, for dreams to partake.

The gentle lullaby of the water's caress,
Echoes through the reeds in a soft finesse.
Where ducks wade gracefully, their wings unfurled,
In this idyllic haven, nature's truest world.

As twilight descends with a gentle embrace,
Stars ignite the heavens, a celestial grace.
The moon's reflection shimmers on the lake's face,
A symphony of silence, in this magical place.

Milang, an enchantment, a poet's delight,
Where nature and serenity blend in the night.
In this haven of tranquility, hearts are set free,
Forever connected to Milang's melody.

Voice
Liam Anthony

Will we listen this time?

From your agony in Uluru
you sent us sounds
of love and forgiveness.

You sent us hope
and hope for you.

We blocked our ears
We stomped on your plaintive words.
We buried them

Yes, now
Listen.

dwarfed by cathedrals
of pine trees
spiraling up through fog

the earth pegged down
around you
under a hunched-over sky

you lie hidden
beneath your own
misty breath

committing yourself
to yet another winter

of solitary confinement

you have an appetite
for logs and branches

which drift across your surface
partly submerged

and from amongst reeds
the half-formed notes
of newborn birds

echo out over the water

an egret's clawed feet
cracks open

the opaque glass
of your surface

*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

Murder Mystery



This month the WOW ladies put on their detective caps and tried to solve a Murder Mystery. With cups of tea and coffee and sandwiches and biscuits a plenty, we dove into the evidence to see if we could save an innocent man from being charged with starting a fire that took the life of the homeowner.



Denise was in charge of taking key notes and information about suspects, while we all read the evidence in front of us. One by one we eliminated the suspects, all the while, looking for clues as to who the real culprit was.



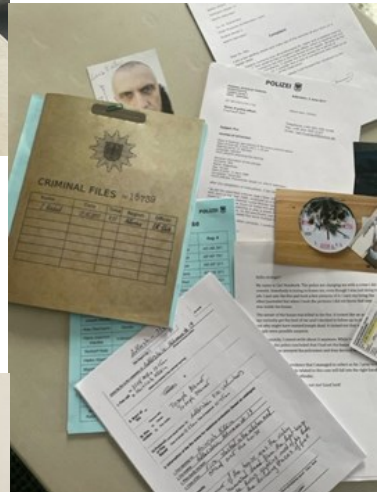
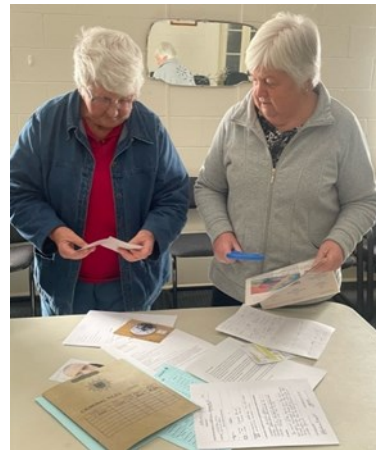
June and Maureen read through text messages, reports and letters, while Denise and I listened for any clues that may pop up. We found a cipher, that had us stumped, as we could not find the key to solve it. We moved on anyway with the information we already

had. After reviewing the evidence we collected, a suspect stood out among the others. At this point we wrapped up and I told the ladies I would work on the cipher and see if I could crack it. If it was of importance, I would reach out to the ladies and see if the information changed their mind about the suspect before I looked online and checked to see if our detective skills had solved the case.

Once home, I went back through the evidence and found the key for the cipher and within minutes, had decoded the message. This led to another clue. So ladies, with this new information the suspected was revealed. Who was it? It was the victim! He had set fire to his own house and passed out, sealing his own fate. All for the insurance he wanted to pay debts off with. Did you see that coming?? All in all, a great morning with the WOW ladies.

August sees the WOW group heading to Hahndorf on the 23rd August for a tour of Hans Heyson's house and then onto The German Arms for our lunch. Maybe even a sneaky peek at some of the shops in Hahndorf.

Information and WOW pamphlet is at MOSHCC should anyone be interested in joining the group. I look forward to our next adventure ladies!





JUST YARNING in JULY

It's been cold enough to freeze our knitting needles, so Just Yarners kept busy knitting just to keep them frost free. More than half a dozen pairs of fingerless gloves were whipped into shape and are hopefully already being used against the bitter winds. A lovely surprise during the month of July when we received a...



CERTIFICATE OF APPRECIATION from the Vietnam Veterans Federation SA Branch Inc. and Camp Andrew Russell at Alawoona for our donations of Just Yarning woollies (and other stuff) which we donated to them last month.

Thank You so much to Joyce and Greg for their assistance in getting it all to the Camp.

We also had several bags of beautiful squares and wools delivered to us and our thanks to the generous donors who keep us happy and busy. Wool and needles etc. are available if you would like to be a home knitter, just call into Milang Mini Mart on Thursday mornings where the group meets, or ring Lyn on 0407370079... JM



FUNDRAISING ALREADY READ BOOKS

Business as usual with the books. Have had lots of books donated again this month which has kept us busy looking for space to store them. We would ask that if you have books you intend to donate to ARB please can you hold on to them for a few more weeks.

Due to the generosity of the community and visitors during July we have added \$396.55 so far (and we still have the last weekend to go) to the Butter Factory coffers. The ARB volunteers love being at the book shop and are very appreciative of all the support which is generously and willingly offered and given.

A big thank you to everyone and if you haven't visited us lately why not pop in and check out the progress of the Butter Factory.

JM

ALREADY READ BOOKS

Milang Lakeside

Butter Factory

Open Dates: AUGUST 2023

Saturday 12th 10am - 3pm

Sunday 13th 10am - 3pm

Saturday 19th
(Book Week) 10am - 3pm

Saturday 26th 10am - 3pm

Sunday 27th 10am - 3pm



TRIVIA



Answers Page 18

By Jude Aquilina

1. Which brand of toothpaste did Mrs Marsh advertise?
2. What is the term for someone who shoes horses?
3. What kind of animal is a saluki?
4. What is the capital of Ireland?
5. What were clocks missing prior to 1577?
6. What is the loudest insect in the world?
7. What is clinophobia?
8. What kind of fruit is a pink lady?
9. What type of wood is traditionally used for cricket bats?
10. How many wings do bees have?



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**



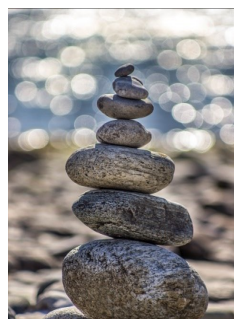
WOW WONDERFUL WOMEN'S GROUP



On August 23rd the WOW group will be heading to Hahndorf for a tour of Hans Heyson's house and then onto The German Arms for our lunch. Maybe even a sneaky peek at some of the shops in Hahndorf.

Information and WOW pamphlet is at MOSHCC should anyone be interested in joining the group.

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



'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 Campus - Arbury Park Camp

All students from Milang Campus attended a camp last term at Arbury Park at Bridgewater and what a fantastic time they had! Here are some of our photos.



HAVING FUN!



Milang MerMaid

If you haven't heard of Milang Mermaids before, we are a group built up for women to share each other's friendship and to support each other here in Milang. We have been going for a number of years with great times had by the lovely ladies that attend, and we have done lots of fun things together building our friendships along the way.

We encourage all ages to attend, sharing their experiences and life's journey. So, if this is of interest to you young and old come along your welcome.

Further activities for September:

September 4th - 2pm to 4pm Ace space Milang - Card Making please bring along something to share tea and coffee provided.

September 20th - 5.30pm weather permitting is our annual Bonfire night. Meeting at Milang Ace space if you need a lift we can carpool there. This is a night where we sit around the bonfire telling yarns for all to share or not and we have so much fun.

Food wise we eat and share vegetarian food so bring a plate to share.



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

Sylvia - 0428 884 586
Gill - 0459 808 294



August 7th - 2pm to 4pm – Ace space Milang for Facial and Green day. Tea and coffee provide please bring a small plate to share.

August 16th – 5pm to 7pm - night walk meeting at the Ace space Milang, please bring along something to share .

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.

Colleen White's Farewell

After seven years as the manager of Growing Life Connections, Colleen leaves for a well-earned retirement. Colleen has successfully steered GLC over seven years. During this time, she has always examined strategies that could improve her department.

Colleen has organised groups such as "Connecting the Dots", Milang Mermaids, plus lots of other activities, as she assists people through some of life's challenges.

Mental Health is something that many people do not understand but it is a huge problem for so many families who feel despair as they try to help their loved ones. Colleen has always been only too willing to assist people in need and very often on her own time.

Two years ago, she championed a grant for "Our Towns" which would have provided a permanent mental health officer for our town. Whilst we were not successful, we did receive a grant that provides a liaison officer for our region run out of MADCA. This was a great achievement for our region.

Colleen was at a loss with the huge number of homeless people presenting to her. She approached me two years ago and we formed an Affordable Social Housing Committee to try and encourage Governments to build more houses. We have presented to both State and Federal politicians. We approached Alexandrina Council the CEO was quite acceptable to assist where they can and we are now in talks with Council.

Colleen has worked tirelessly on this and feels deeply with everyone who has no home to live in.

I can honestly say Colleen is a champion who has given this community seven years of magnificent service. Well done and enjoy your retirement.

John Whyte, President



Milang Cottage Garden Club monthly outing report

Hi fellow gardeners

Last month we took the Port Wakefield Road, then road works all the way to the Virginia Nursery. I do not think many of us had any idea if there was anything we wanted, there were no lists in sight. There was only one thing I wanted, and they did not have any Cymbidium Orchids, so I bought some more Cauliflower and Broccoli seedlings instead then had a nice cup of coffee and a bit to eat, as did many others. Peter did most of the shopping with several large pots of greenery appearing in the bus.

We had changed our route this trip and returned to the Port Wakefield Road and so to Gepps Cross to a place called Bali Pots, here there were lots of pots and statues supposedly from Bali. June was under instruction to buy an elephant, so we all had our pennies worth ending by phoning Chris to see what colour she wanted.

The next nursery that we had planned to visit, I discovered early in the week was only open weekends and the first Wednesday of the month, so we left it to Peter to get us home by one of his mystery tours. Somehow, we managed to go through Summertown amongst other places and as we ended up near Mt Barker we asked if we could stop at Bunnings where we had a cup of coffee or tea and I managed to get Cymbidium Orchids as well as some more shallow pots for making succulent gardens. We then drew the Raffle which was won by Peter. Another lovely trip with likeminded people.

The next trip will be on the 9th August and is what we call our marathon as we do 5 nurseries going to Norwood, Klemzig, and Golden Grove where we have lunch. Join us if you wish by calling me on 85370453.

*That's all for now, good gardening
Anne Feast*



August 2023

- 6th Anthony Quinn
- 7th Jani Webb
- 9th Tom Cross
Kaylee Dolling
- 13th Rhys Bradford
- 14th Kristy Maidment
- 17th Jesse Bradford
- 18th Craig Chaplin
- 22nd Lynette Hopgood
- 25th Allen Pavy
- 26th James Landseer
- 27th Leeanne Wilson



Happy Anniversary!

28th Lynette & Alwyn Hopgood

BUTTER FACTORY REPORT

July 2023

Again, a busy month at the Butter Factory. With the new kitchen fitted the measurements have been taken for the fabrication of the stainless steel bench tops.

Grant has finished the cable laying in the cottage both electrical and data, a lot of time spent in the roof on his knees, not an easy job, so we are nearly ready for the insulation to be put in. The air conditioning can also be installed once the slab for the inverter units has been laid, which is happening this week.

We are mixing the concrete by hand to save money and we hope to do a slab a week to finish off the pergola then work our way around the toilet block to join up with the paths coming from the front yard. Last week's concrete job was the portico slab, the weather was not our friend on the day, but the rain held off just long enough to get it done.

Dave can now look at fabricating the structure for the bull-nosed roof, as the iron arrived last week ready for the job. The glass doors for the portico have been painted with exterior 2 pack clear ready to go into the door frame. With the return of the trades, the exterior iron on the cottage has been removed and the wall insulation and sarking has been put up giving Milang its very own 'White House'.

Dave is in the middle of putting up the new fascia boards complete with gutter brackets. Angas, Dylan and Frazer are fitting the floor flashing to the new toilets ready for the mini-orb lining then the plumber can install the pans, hand basins etc. to finish them off. The boys have been tidying up a lot of other small flashing jobs as well as fitting the rain head to the valley gutter, a good thing to have done, given all the rain lately.

The volunteers on working bee days have been painting in the old section, the walls are finished and we are touching up around the new sash windows that were fixed in place earlier in the month. Last weekend, Dave on the excavator, levelled the pad behind the cottage

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

ready for the curved roof pergola he also has put in the new doors into the kitchen and storeroom, so nice to have a proper door instead of a screwed on piece of ply wood.

The Cottage will soon be ready for painting inside, a big job for the volunteers, so if anybody out there likes painting let me know by contacting the MOSHCC. Once again George has been busy on weed control, so when Norm finishes the paths, we will be able to look at the landscape design and plantings. All in all we are coming to the exciting part of the project, lots of activity on the road to the finish line.

Cheers
John Bradford
Site Manager

STOP PRESS: The first sheet going on to the Cottage, Hooray!!



Dave installing the reception room door frame



Becoming the White House



Grant in the ceiling



The White House



Removing the old cladding



STOP PRESS our first sheet

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, ReLink 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



Rainfall for July 2023



Saturday	8th	10
Sunday	9th	1.5
Tuesday	11th	0.5
Sunday	16th	1.5
Friday	21st	1.5
Sunday	23rd	5
Tuesday	25th	1.5
Wednesday	26th	0.5
Friday	28th	2

July Total 24 mm

Rainfall figures kindly supplied by Ray Perry

Friday Youth Hang Out

Fridays, 4:30-6pm during school term

At the Milang Youth Hub, Paddlesteamer Drive

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

A FREE social program for youth

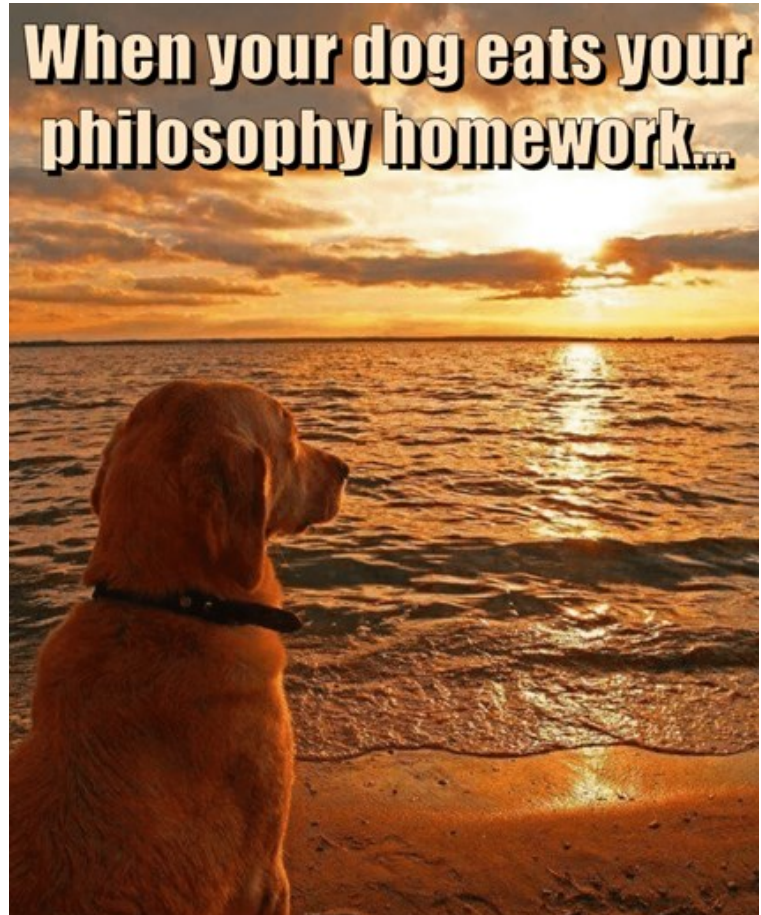
**Activities
Hang Out
Have Fun
Make Friends
JOIN US!**

Follow us...

 @milangyouthhub

 MOSHCC

When your dog eats your philosophy homework...



Every August the SALA Festival is held across the state and for 'Arty' minded people (*like me*) it is a wonderful time to participate in or visit many of the galleries and exhibitions across the state. Following are some of the exhibitions that I could find in Clayton Bay and Strathalbyn. Please refer to the SALA website for a full list.



Still Magic

The exhibition showcases the diverse talents of artists who are part of the Clayton Bay Community.

Clayton Bay Community Hall

6 Alexandrina Dr, Clayton Bay

Sat & Sun 19th & 20th / 26th & 27th 10am – 4pm



From the Earth

Gaynor HARTVIGSEN - Paintings celebrating the colours, textures and spirit of the landscape.

Gaynor Hartvigsen's StoneMill Studio

80 Willyaroo Rd, Strathalbyn

1-31 Aug / Mon-Sun / 10.30-5pm



Nature Inspired

Judy Garrard's mixed media work of gentle reflections on life's simple pleasures sits beautifully with Glenn Howlett's sculptural, colourful and functional glass work.

Stationmaster's Art Gallery

20 South Tce, Strathalbyn 29 Jul – 27 Sep / Mon-Sun 10am-4pm / Opening Event 6 Aug 2pm-4pm



Art at the Junction

Strathalbyn Artist Trail Artists & Members of the Stationmasters Art Gallery

The Junction Gallery

3441 Strathalbyn Rd, Strathalbyn

1-31 Aug / Mon-Sun / 11am-4pm Opening Event 6 Aug 11am-1pm



Two Artists-Two Visions

Helen Stacey and Kathleen Cain bring together diverse subject matter, landscapes and wildlife.

Stacey Gallery

17 Harriet St, Strathalbyn

1-27 Aug / Mon-Sun / 11am-4pm



The Joy of Being

The Strath Collective – lets embrace the joy of art, especially as a way to assist mental health.

The Strath Collective

1/1 Dawson St, Strathalbyn

1-31 Aug / Mon-Sun / 10am-4pm

Milang Bay Storm Water Up-Grade

The long awaited up-grade of stormwater at Milang Bay is about to be finalised by Friday 14th July. This has proved very stressful for residents who have had to deal with road closures and disruption to parking in their driveways.



The contracting company for the council was Nova Constructions who have done a magnificent job of notifying households of their work plans and the restriction of driveway use and road closures.

I must say that workers have been great and assisted my wife in reversing out and negotiating obstacles and trenches in the road. They have been friendly and very helpful, and I give them a big tick for the way they undertook the task with the residents.



I understand the road cannot be sealed with bitumen until it dries out possibly sometime after August.

Now all we need to wait and see if the water drains away after rain.



Red Cross News August 2023

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.

Thanks to everyone for your support for the Red Cross.

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

**Next meeting will be our
AGM on the 3rd August
at 12.30 at the Railway Museum.**

Doris Lambert

Publicity Officer



It's August already and soon it will be time to get those bowls out, dust them off, shine them up and get back out on the greens.

Although the Club has been dormant for the last couple of months, there has still been things happening at the Club. Every Friday for June and July there's been lots going on. Friday Night Dinners have remained a big success and in between Bingo has been popular. The Dinner and Bingo nights keep the Club alive and kicking!

Next Dinner Nights for August are the 4th and 18th. We start serving at 6.00pm but the bar is open and orders taken from 5.30pm. Just a reminder, if you wish to order one of our specials, please pre-order with Pam on 0418 844 775. Menus are posted on our Facebook page and Milang Community Pride etc page. Keep an eye out for our notices.



Bingo is on August 11th and 25th. Eyes down at 7.00pm. Kitchen is open for light snacks and the bar is open from 5.00pm. We play 4 games with 7 chances to win!!



**DINNERS AND BINGO ARE OPEN TO EVERYONE!!
ALL WELCOME**

In August the Club will be hosting "COUNTRY ON TOUR" featuring Allan Webster and Ian "Bidge" Boyd. A great afternoon of country music from 2.00 until 5.00pm. Doors open 1.15. Bar, tea and coffee available. Cost \$20pp, tickets at door. Book on 0418898248.



In September Wisky Jak are back!! September 9th 4.00 - 9.00pm. Cost \$20pp, tickets available on 0432601482 or 0419865894. Bar open. Bring your own nibbles. Their last gig here was fantastic!!

Plans are in the pipeline for more activities for club members and towns folk, so keep an ear open!

Thank you for reading and hopefully we will see you at the Club soon.

Bev Spicer



CELLAR TREASURES
10 DAYS OF TREASURES
LANGHORNE CREEK
11 - 20 AUGUST

Experience the essence of Langhorne Creek

FOOD & WINE MASTER CLASSES LIVE MUSIC

cellartreasures.com.au

LANGHORNE REGION CREEK WINE



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

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

TRIVIA ANSWERS

From Page 8

By Jade Aquilina



1. Mrs Marsh advertised Colgate toothpaste
2. A farrier shoes horses
3. A saluki is a dog
4. Dublin is the capital of Ireland
5. Prior to 1577, clocks did not have minute hands
6. The cicada is the loudest insect in the world
7. Clinophobia is the fear of going to bed
8. A pink lady is an apple
9. Willow wood for cricket bats
10. Bees have four wings

MENTAL HEALTH STAND UP TO STIGMA

By Vivienne Maher



Mental health still has a lot of stigma attached to it and there are a lot of misconceptions about different mental illnesses.

Despite progress in recent years, there is still a lot of stigma around Mental Health and there are numerous misconceptions around many mental illnesses.

These misconceptions can contribute to a lack of understanding, empathy, and support for people facing a mental health challenge. It is important to talk about these misconceptions in order to gain a better understanding, promote accurate information and foster a more inclusive and supportive community.

Here are a few common misconceptions about mental illness:

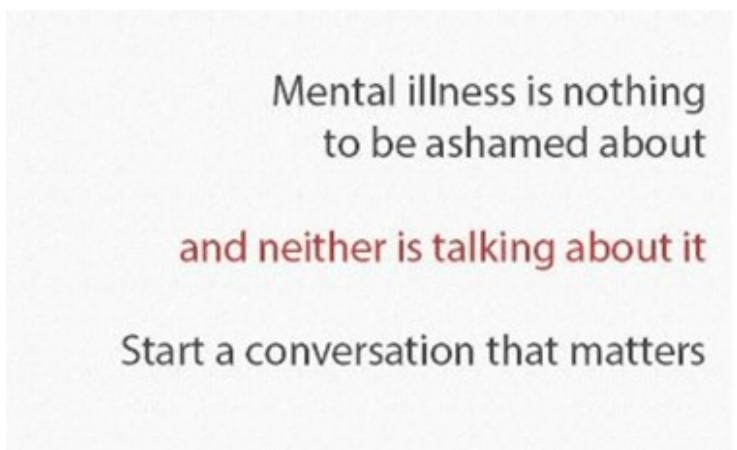


- Mental illness is a sign of weakness: someone with a mental illness is not weak or have character flaws. Mental illnesses are complex illnesses that arise from a combination of genetic, biological, environmental, or psychological factors.
- People with a mental illness are violent and dangerous: The majority of people with a mental health condition are not violent. In fact, they are more likely to be victims of violence rather than perpetrators of violence. Mental illness should not be equated with dangerousness.
- Mental illness can not be treated: Mental illnesses are treatable conditions. With the right support,

such as therapy, medication, and lifestyle changes many people can recover or effectively manage their symptoms and live happy, healthy lives.

- Seeking help is a sign of weakness: Asking for help is a courageous step in helping yourself. It takes strength to accept when you are struggling and then to reach out and ask for help from family, friends, or professionals.
- Children do not experience mental illness: Mental illness can affect people of all ages, including children and teenagers. Early intervention and support are crucial in helping our youth with their mental health.

It is vitally important to challenge these misconceptions and promote the correct information about mental health/illnesses. Addressing these misconceptions is crucial for promoting a more compassionate and supportive world. Mental Health affects a significant portion of the population, and understanding the truth behind these misconceptions can help create an environment where people feel comfortable asking for help. Education, conversations, and empathy are all key to reducing the stigma associated with mental illness and creating a safer, happier, more understanding, and supportive community.



Mental Health Support

- Lifeline: 13 11 14
- Beyondblue: 1300 22 4636
- Suicide call back: 1300 659 467
- Living beyond Suicide: 1300 761 193
- Men's Health Line: 1300 789 978
- Parent Helpline: 1300 364 100
- Kids Helpline: 1800 55 1800
- Rural & Remote Mental Health 1300 515 951

My Favourite Recipes

Cathy Fish

One of my favourite recipes is a good old fashioned Apricot Chicken Casserole. My lovely Mum used to make this and I always enjoyed it.

Apricot Chicken Casserole

Ingredients:

- 1 large chicken
- 1/3 cup oil
- 1 pkt French Onion Soup
- ¼ cup plain flour
- 1 x 470g tin of Apricot Nectar
- 2 chicken stock cubes
- Salt & pepper
- Cream, optional
- Parsley

Method:

Cut the chicken into pieces and brown in a large pan with oil. Remove the chicken and place in a casserole dish.

Add the French Onion Soup and flour to the pan, stir until the flour is golden brown.

Remove the pan from the heat, add the apricot nectar, 2 cups of water, chicken stock cubes and salt & pepper to taste. Return the pan to the heat, stir until the sauce thickens and stir in the cream.

Pour the sauce over the chicken and bake in a moderate oven (180 degrees) for 1 hour, garnish with chopped parsley.

Serve either with rice or mashed potato and broccoli.



 **David Basham MP**
Member for Finnis
Delivering for the community



We are bringing the 'office' to you...

Milang Mini Mart
Friday 25 August 10.30am-11.30am

The Finnis Electorate Office is located at
71 Victoria Street Victor Harbor
Open Monday to Friday, 9am-5pm

Join David Basham MP to ask a question or discuss what matters to you and your community
Book an alternative time by contacting the Finnis Electorate Office
08 8552 2152 or finnis@parliament.sa.gov.au

www.davidbasham.com.au





David Basham MP will be 'bringing his office to you' on Friday 25th August at the Milang Mini Mart between 10.30am to 11.30am.

If you have any questions for David or would simply just like to meet him and say hello, please come along.

2023 STRATHALBYN ANTIQUES AND COLLECTABLES FAIR (and other stuff) WEEKEND

SAT 19TH AUGUST 10am to 5pm

SUN 20TH AUGUST 10am to 4pm

Carruthers (Show) Hall, Coronation Rd
Town Hall, High Street

\$10 entry per day
Accompanied U12 free
covers both halls and
connecting shuttle bus
and entry to
Gilbert's Motor Museum*

Fair brought to you by
Strathalbyn Tourism Association
Email: antiques@strathtourism.org.au
Phone: 0427 674 620
  @Strathantiquefair
Visitor Info Centre: 08 8555 7282

Sunday Treasure Market
at the oval from 7.30am
\$2 entry Accompanied U16 free

Sunday Treasure Market brought to you by
Rotary Club of Strathalbyn
Email: craigmaidment1956@gmail.com
Phone: 0438 166 528

Find Something Fabulous
in beautiful Strathalbyn, SA

Supporting local tourism and community groups

All Aboard—July 2023

Our Simplex diesel locomotive wins an award

The Association of Tourist and Heritage Railways Australia (ATHRA) held their annual conference during July. It included an awards night; their version of the Oscars. One of the awards was for the best restoration of a diesel, petrol or electric locomotive and this year that award was won by the Milang Railway Museum. The restoration of the Simplex diesel locomotive was carried out by one of our volunteers, Neville Thomas, who spent a year and a quarter converting the locomotive from a rundown wreck into the pristine locomotive we see in our Light Railway Centre today. The photos below show the locomotive as it came to us in 2021 and how it looks today with Neville in the driver's seat. The plaque is now displayed on the locomotive .



Running trials and driver training on the locomotive are now complete and we are ready to put the locomotive into service on our Sunday free train rides. Initially, the Simplex will be operating only on the last Sunday of the month with the BEV battery locomotive handling the other Sundays.

The Simplex is fun to drive because you have to use all four limbs. Your right foot works the dead man's pedal (a safety device which stops the train automatically if necessary) while your left foot works the clutch (there is no synchromesh so you have to double-declutch). Your right hand works the brake while your left hand works the gears, the forward/reverse lever and the throttle.

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

Authority advice on Basin Plan implementation

Full implementation of the Basin Plan not possible by 2024 deadline.

(Information sourced from the MDBA website) Published: 25 July 2023

Attributable to: Sir Angus Houston, AK, AFC (Ret'd), Chair Murray–Darling Basin Authority



Sir Angus Houston, Murray–Darling Basin Authority Chair

Sir Angus Houston is the Chair of the Murray–Darling Basin Authority. He has served the nation in several leadership roles, and his well-honed strategic skills help focus our efforts towards a healthy working Basin, managed in the national interest.

The Murray–Darling Basin Authority provided advice to the Hon Tanya Plibersek, Minister for the Environment and Water that full implementation of the Basin Plan will not be possible by 30 June 2024.

Having considered the current progress towards legislative priorities for water recovery, the progress of projects for the Sustainable Diversion Limit Adjustment Mechanism (SDLAM), water resource plans and Northern-Basin initiatives, it is the Authority's view that the Basin Plan will not achieve its intended outcomes by the due date.

While much has been achieved in the decade of Basin Plan implementation, the Authority remains deeply concerned about key aspects of the Plan's delivery.

There will be a shortfall of water for the environment as set in the Basin Plan.

With 16 key SDLAM projects unlikely to be operable by 30 June 2024, the Authority estimates a shortfall in water recovery of between 190 and 315 gigalitres.

Very little progress has been made in achieving the 450 GL/y efficiency target, and this water will not be recovered by 30 June 2024 as required under current settings.

Only 5 of 20 water resource plans in New South Wales (NSW) have been accredited. These plans are more than 4 years behind schedule, and NSW still has 7 plans to submit for assessment by the MDBA. Accreditation of these plans brings the Basin Plan into on-ground action and ensures they can be assessed for compliance.

Critical measures for improving outcomes in the Northern Basin will not be delivered on time. Only 2 of 6 are on track for delivery by 30 June 2024. The remaining 4 measures are expected to take longer, delaying the achievement of environmental outcomes.

While these numbers help track our progress towards implementation, the Basin Plan is about much more. It is about delivering outcomes that provide healthy rivers, floodplains and ecosystems in ways that take into account socio-economic considerations.

Ten years ago the Australian Government, and the governments of NSW, Victoria, Queensland, South Australia and the ACT, made a world-leading commitment to a healthy future for the Basin.

Implementation of the Basin Plan is at a critical juncture. It is important that the challenges inhibiting the full delivery of the Basin Plan are quickly addressed to provide a clear pathway forward.

With a changing climate, implementing the Basin Plan remains central to giving our rivers and the communities that depend on them the best chance of a healthy future. Our best chance to deliver rivers, for generations.

Southern Districts Flying Club

We had such a cold, wet, miserable start to winter with little opportunity to fly throughout June. However, July has seen a turn around and although still cold we have been graced with some lovely winter flying in recent weeks.

It has been great to see our members back out at the airfield enjoying their aircraft and logging some quality flying time. Likewise, our beer & pizza night was a success with a good turn out of members enjoying a casual social evening. We now look forward to our mid-year luncheon at the Bridge hotel, Langhorne Creek, on Sunday 30th July.

Sunday 20th of August we will see the Strathalbyn Airfield used for a community event with Langhorne Creek Grape & Wine Incorporated holding their "Hangout at the Hangar" show in our long hangar and a closed off section of the airfield. We look forward to seeing many of the locals coming out and enjoying the day.

It is usual at this time of year to see the Southern Wright Whales just off the shoreline with mother and calf enjoying the warmer sheltered waters for a couple of months before continuing on their journey. It is a great privilege to see these magnificent creatures in their natural environment. However, this year, apart from the odd whale transiting the area, we are yet to see the Southern Wrights. As we near the end of July it is getting late in the season but fingers crossed they will arrive soon.

We have a couple of working Bees coming up to help tidy up the airfield and complete some clubroom maintenance. The last weekend of September is scheduled for our annual flight to Marion Bay and with luck the weather will cooperate allowing a relaxed flight there and back.

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.airsports.com.au

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

TROUBLING SIGNS AT MEC

The local recycling centre is not especially busy during the cold, wet, winter period but nevertheless among the volunteer team and within the organisation itself there is plenty of interesting activity and intrigue. Customers may have noticed that after many years the signage at the centre has been changed. The old, large sign displayed on the Weeroona Drive boundary fence has for a long time declared the centre to be perhaps a refuge for those inflicted by psychological problems: “Milang ENVIROMENTAL Centre”. The more observant of the hardworking team of volunteers who operate MEC as a community service thought this sign set an altogether wrong impression. So, the original sign has recently been replaced with a better spelt version, more palatable to the volunteer team and less off-putting for customers. The sign displayed to the left side of the entry gate showed outdated services and fees and has also been replaced with a new version which includes space for temporary notices to be written and removed as needed to keep customers informed. A new A-frame ‘MEC Open’ sign is now placed on Weeroona Road opposite the entry gate.



The original MEC sign that caused concern to volunteers and customers

The new replacement MEC sign



New entry gate services & fees sign

VIP CAR PARK CLASH

Among the hardworking team of volunteers, (aka “dinosaurs”) at MEC, a long-term struggle has endured for sole and exclusive rights to use of the one and only VIP-Valet car parking space. Last year one specific volunteer claimed the space for his car ostensibly “to protect a plover nest”. This year the struggle has intensified and recently reached a critical point when three competitive volunteers all parked at the same time on the one VIP-Valet car park space (plovers take care!). Suggestions for an equitable, rotating space sharing roster have not been accepted and senior management are reluctant to pull rank. Who would have thought that the smiling, friendly, helpful team of volunteers at MEC could be so tenacious?

MEC Volunteers battle for the one and only VIP car park space



CAKE CONFLICT

As a gesture of appreciation to the volunteers at MEC, local resident Lyla regularly presents to the team her delicious home-baked cakes which she naturally assumes are shared equally during the team’s frequent coffee breaks. However, a source has informed Milang News that the distribution of samples of these tasty cakes is far from equitable. Trouble is brewing at MEC, as indeed are many cups of tea and coffee during the cold months of winter. Anyone who has tasted Lyla The Cake Lady’s wonderful moist banana cake would understand the fracas.



Cake Lady Lyla presents a cake to MEC boss Don Boyce while volunteer Trevor looks on in anticipation

VOLUNTEER RIVALRY

Each of the individual volunteers who help at MEC (more are needed), brings unique skills and abilities to the operation. Some provide practical can-do know-how, others have heavy machinery driving qualifications and experience, while others bring business and management acumen. Perhaps it is indicative of the fact that most are retired and anxious to prove they still 'have it' that a tense, competitive atmosphere has developed at MEC with volunteers vying as rivals for specialist roles and duties. This trend is most evident among the more recent volunteers as the long-term volunteers have settled comfortably into their roles and have nothing to prove. Milang News has learned that the two newest volunteers (who will remain unnamed), have fought a serious struggle for control of the MEC crushing machine known as 'The Depressor'. Apparently, the loser has begrudgingly taken up a wide broom and can be heard muttering vague protest grumblings when sweeping the floors. Meanwhile the winner celebrated by jamming his finger in 'The Depressor' door.

MEC volunteer Micky 'Windows' Blanshard operates 'The Depressor'



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

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

Lakeside Men's Shed at the oval

**BBQ every Thursday (donation)
From 12:00 oon**

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 metal health issues and is supported by SA Health and the local community.



Managing Joint Pain

Do you experience increased aches and pains when the temperature drops? If so, you're not alone. But is this just a myth or is there some truth to this age-old complaint?

It's estimated that 15% of Australians are living with some form of arthritis. This can include osteoarthritis, rheumatoid arthritis or other rarer forms of arthritis. And it turns out, there is some truth to the weather related grumbles often heard at this time of year.

But first, some context. Osteoarthritis is the most common form of the condition and implicates the whole joint, including bone, cartilage, ligaments, and muscle.

According to Arthritis SA, Osteoarthritis may include:

- Osteoarthritis can affect any joint but most often occurs in the knees, hips, hands and toes.
- Osteoarthritis can occur at any age but is more common in people over 40 or those that have suffered joint injuries.
- Inflammation of the tissue around the joint.
- Damage to cartilage – the slippery protective cushioning at the end of bones that allows for smooth movement.
- Bony growths, called spurs around the edge of a joint.
- Deterioration of ligaments (the structures that hold bones together) and/or tendons (the structures that join muscle to bone).

While cold weather doesn't cause arthritis, the cold temperatures can affect the synovial fluid in the joint. Synovial fluid acts like a lubricant and in cold weather can stiffen up and become less effective. Additionally, colder weather is associated with an increase in pain sensitivity due to a reduction in blood circulation. Add to that cold and stiff muscles and joints are taking the brunt of more than just their usual load.

So how can we relieve the aches and pains this winter? Here's some simple tips you can follow:

- Stay warm – dress appropriately for the weather and layer up. Consider using a wheat bag on specific joints when they're stiff and sore. (Check manufacturer guidelines prior to using!) A warm shower or bath can also be relieving, especially on stiff backs and necks.

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**
- Move your body – although you may not feel like moving when you've got aches and pains, exercise is the best thing you can do to relieve stiffness and pain caused by arthritis. Walking, hydrotherapy, aqua aerobics, as well as strength training are great options. Gentle movement reduces inflammation in joints and helps synovial fluid to nourish damaged joint surfaces. Strength training builds up muscles that support the joints.
 - Eat well and maintain a healthy weight – eating foods rich in omega-3 fatty acids, such as fish, nuts and seeds is believed to have anti-inflammatory properties. Keeping weight in a healthy range reduces stress on load bearing joints and can have a significant effect on reducing pain.

If you would like advice on how to effectively manage any form of arthritis, the physiotherapists at Goolwa Physio would be happy to provide you with advice and a tailored program to get you through these chilly months.

Stay warm and keep moving!

Tam Dandridge of The Good Health Co. Goolwa.

NO. 9 – CREAM AND MILK SUPPLIERS TO MILANG BUTTER FACTORY

THE TRENGROVE FAMILY

by Alwyn Hopgood

Soon after WWII ended, Mr and Mrs Ron Trengrove established a dairy along the lake road approximately one mile east of the Milang Township, with their two sons, Roger and Bill.

The Trengrove boys attended Milang Primary School with other local students including Allan McInnes, Peter Vaughton, John Charlton, Brian Wakefield, Joyce Hopgood, Brenda Ogilvy and Margie Williams.

With water pumped from the lake, he installed a permanent irrigation scheme with the purpose of watering his pasture for his dairy herd. I understand it was one of the first permanent watering systems in the district, which consisted of an underground piped water supply and above ground sprinklers, fitted about two feet high by means of a metal stand and flexible hose connection.

A machine, the *Forage Harvester*, enabled the pasture to be cut, blown into a cage trailer, and then fed out to his dairy herd. The *Forage Harvester*, used by the Trengroves produced a loud howling noise when operating and could be heard in the Milang township. This, along with Fred Mincham's 25-horsepower diesel engine thumping next door, as it pumped water to his dairy pasture at night, caused a few noise complaints from the town's residents.



The Trengroves built a dairy which is still standing. They had a herd of about 20 Jersey milkers on a small acreage.

The Trengroves supplied milk to the Milang Butter Factory until it closed in 1951 and thereafter, they had milk pick up which went to factories in the Hills. I believe the Trengroves were at Milang until the late 1950s; a family interested in town organisations, including the Agricultural Bureau.



HISTORIC GRAVES IN THE MILANG CEMETERY

No. 28 - Varcoe

By Mervyn Hopgood

John Varcoe and his wife Susana and 8 children arrived in South Australia from Cornwall in 1849 aboard the "Samuel Broddington". John Varcoe (father) and Alfred M Varcoe (son) were first purchasers of Section 58 Hundred of Alexandrina in 1859. It consisted of 290 acres and it was valued at 3 shillings an acre. They also had a Crown Lease on the lakes edge. Alfred Varcoe built the family home which with additions and renovations is still occupied today. At one time the original house was abandoned and another house was built 200 metres to the north, this in turn was abandoned in favour of the original building. The ruin of the second house can still be seen.



When the Church of Christ was first established in the district, one of the meeting places was at Alfred Varcoe's property. The Varcoe family were involved with dairying up until 1996 when licensing and regulations caused them to quit the industry and other pursuits were then investigated. The property was eventually passed on to Alfred's son William John and then to Alfred William born 1907 and is currently owned by William and Karen Varcoe. The Milang property had two names at different times, "Memelong" and "Pultana" meaning resting place.

Alfred Masterman and Emma Chubb had two children Clara and William John. Clara married Hugh Howard who was one time owner of the Milang Butter Factory and later started another in the Landseer building. A great chrysanthemum grower of high quality and standard, took many prizes at shows. During the Second World War Hugh donated heavily to the war efforts and fund raisers.

Daughter Ruby was also very generous donating all of the carpet that graces the inside of the Milang Church of Christ. Ruby never married but lovingly cared for her mother who reached the grand old age of 94. Ruby's younger sister Emma died in infancy, Ruby was also worried that her parents grave would fall into disrepair when she died, but "The Friends of the Cemetery" sees that it is kept neat and tidy.



Clara's brother William John and his wife Emily I knew quite well. If my father was working on the farm doing repairs to the house and shedding, I would go with him (pre schooldays). Mrs Varcoe was very generous with lunches and midday meals. It was a typical farm of that era, dogs barking, cats perched in hay sheds, fowls running about, geese and ducks playing in puddles, calves tied to trees or machinery. The Varcoe's farm wasn't the most productive in the district due to sandhills and samphire but they had a very good

herd of A.I.S. Shorthorns and they had some lake frontage that helped out in dry summers. They also had a block opposite "Narilla Homestead" towards Finniss, I think about 40 acres.

When I started working on my uncles Dairy Farm we purchased 6 Heifers A.I.S. and put them over our Jersey Bull, they proved to be an excellent cross. I think "Fred" Varcoe said he wanted 25 pound each for them.

If the season broke early (that is good autumn rains) Barley Grass was excellent early feed, it tolerated salty soil and much of the Varcoe Farm (mainly the lower parts) grew Saltbush, but when the Barley Grass went to seed it caused many problems. It could easily become attached to stock's mouths as they grazed and even find their way into animal's eyes. I believe the Barley Grass was the reason Fred never wore socks.

Hay was cut with a binder each year, stooked, then carted and stacked and put through a chaff cutter and fed to the cows at milking time. Fred told me once that when they were binding they came across a swarm of 'Dragonflies' or 'Horse Stingers', I do not know what the correct name for them is. They have a long body about 3 inches long and transparent wings a bit longer. Horses hated them and on this occasion they bolted with the binder in tow. The wooden pitman rod broke and prevented much further damage to the binder. All in all a day's work in those days.

Fred married Norma Stephens and the couple had 3 children Bill, Rick and pat. Fred and Norma retired to Milang in later life where Fred died in 1988 aged 81 years.

Norma is still living well into her nineties, she has been a tireless worker for the Milang Community on many fronts. In later years she grew and potted up plants and donated the proceeds to charity. An ardent church lady with strong beliefs and strong moral character.

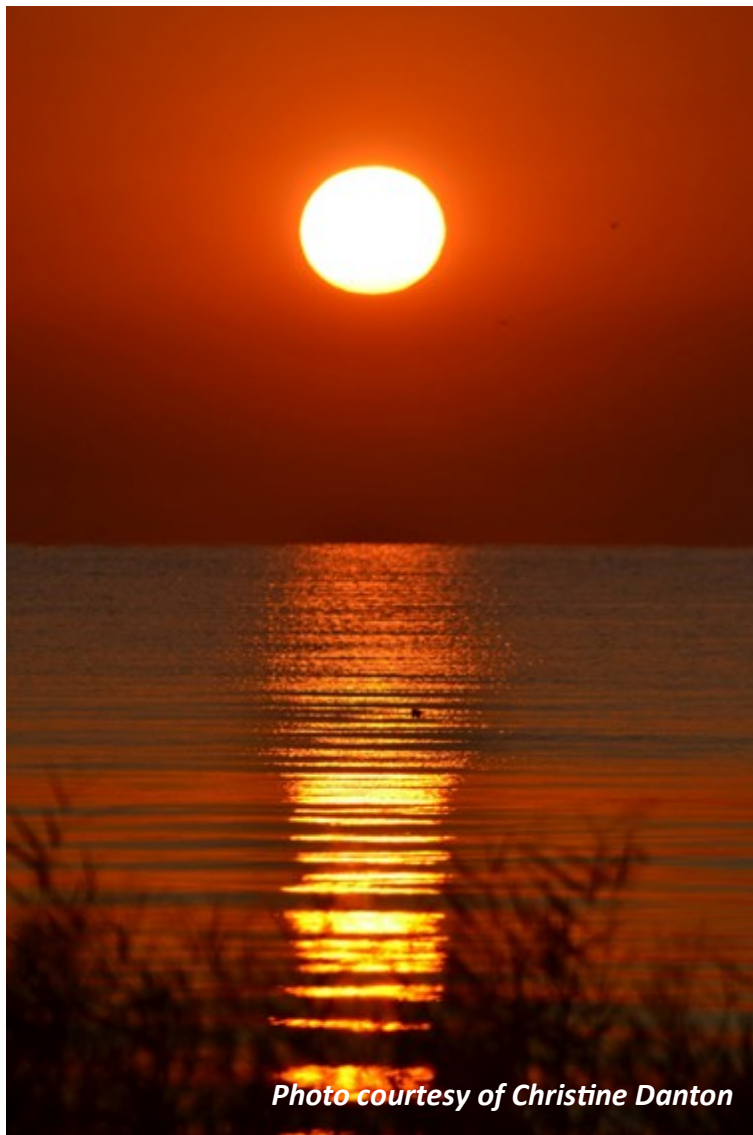


Photo courtesy of Christine Danton

Dogpro PLUS

SUPREME AUSTRALIAN WORKING SHEEPDOG CHAMPIONSHIP 2023

9 - 17 September
Strathalbyn, South Australia

Featuring:

- Ted Gaby Interstate Challenge
- Australian Working Sheepdog Championships
- Free Entry
- Food and Refreshments Available

Novice - Saturday 9 and Sunday 10 September
Championship - commences Monday 11 September

enquiries to: email echopark5@yahoo.com.au
phone Stefan 0417 817364 or Simone 0438 370235
www.sasheepdogtrials.com.au

LAKES HOME CARE

Lakes Home Care can help you with your daily activities to make life easier and give you more time for you. Call us today on 85370687

- Gardening
- Housework
- Shopping
- Transport
- Medical Appointments
- Equipment



Church Services—Milang and surrounding areas

Church Of Christ, corner of Watson & Coxe Streets , Milang

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 - August 2023

Business As Usual Down at The Garden.

The few sunny days have encouraged the new plantings to get growing and we are starting to see some more crops coming along. There has been a good pile of potatoes and sweet potatoes. Some of the greens are on their way and capsicums have been slowly ripening. The cauliflowers produced well due to the lovely stinky piles of dead fish, buried in the beds. The boys carted several loads from the beach during the big carp die off after the floods!

If you like hot chillies and jalapenos, there may be still some about. Drop by and see us.

Margo has been getting on with the fruit tree pruning in readiness for the new season.

There is still plenty of firewood on offer for \$5.00 a bag. Pop in on Tuesday morning, or contact one of our members via MOSHCC.

We are trialling a different eco weed killer at the garden this month. Non-toxic for living critters big and small. It is called 'Slasher'.

Sorry the cart is still out of action- hopefully there will be enough extra produce in the next month or two. Best to come in on Tuesday morning or contact one of our members if you are looking for something specific.

FIREWOOD – still available - \$5.00 a bag!

Out and About

Our intrepid gardeners love to explore other gardens and interesting spots. We are off to Tungkillo, late July, to visit a lady 90ys young, who has a splendid garden and enjoys a visit from old friends now and then. Then it's off to the other garden places in the area and off course a nice lunch somewhere along the way! Full report next month!

Gardening Goss: Tips n Bits n Pieces

SAHAR'S GROWING TIPS

- *Grow what you'll eat. It's tempting to grow everything, but you can end up with a glut. Stick to the herbs and veggies that you'll use.*

- *Feed the soil and it will feed you. Continue to apply organic matter to garden beds and it will improve the health of your soil. This is the foundation for plant growth, so get that right and you're on the right track.*
- *Don't be pressured to do or grow it all. Social media is wonderful for inspiration and to learn but it can lead to comparison and overwhelm. Decide what you would like in the garden and do it at your own pace.*

Ref: Gardening Australia May 2023: Soul Food; Sahar El-Chiekh. Writer- T.Huyn; Photos – B. Wilson.

Time for tomatoes

If you are serious about growing tomatoes this season, your likelihood of success can be increased considerably by burying compost and



animal manures, including chicken manure pellets, in a 30-40cm deep trench backfilled with 15-20cm of soil. This will provide the plants with ready access to slow-release nutrients over an extended period. The organic material will also play an important role in providing the plants with additional moisture during the summer months.

The secret to growing top tomatoes

Experienced tomato growers have learnt the value of burying large quantities of organic matter in a trench during winter as a prelude to planting their tomatoes during mid or late spring.

The tomatoes are planted along the sides of the trench and as the material breaks down during summer, it provides their roots with an endless supply of slow-release plant nutrients. More important, it also acts as a great reservoir of readily available moisture during the warmer weather. The trenches should be approx. 40cm wide and as long as you like.

Ref: Good Gardening by John Lamb, www.gardenandoutdoorliving.com



asis

Gardens Function Centre

726 Langhorne Creek Road

Belvedere 5255

8536 4815

www.ogfc.com.au

Email: info@ogfc.com.au

Oasis Gardens Restaurant

- NEW SHOW ANNOUNCED -

VICKI VEGAS

IS

Tina Turner



ADDICTED TO LOVE

THE ULTIMATE TRIBUTE SHOW

2 SHOWS - Sept 16th & Oct 28th 2023, is the ultimate TINA TURNER Show.

Celebrating the life and the music of Tina Turner with FEMALE IMPERSONATOR "Extraordinaire" - VICKI VEGAS.

Performing - We don't need another hero, Proud Mary, Steamy Windows, Help, Private Dancer, What's love got to do with it, I can't stand the rain, Simply The Best ... and MANY More!

\$69.90 - 2 course Dinner and Show

ARRIVAL TIME 6pm

Oasis Gardens Restaurant - 726 Langhorne Creek Road - Belvedere - SA

CALL 85364815 for BOOKINGS

- FULL PAYMENT REQUIRED WHEN BOOKING -

Vicki Vegas is putting on a 2nd Tina Turn show.

Saturday 28th October. 2 shows only, book your seats now.



Thursday and Friday Lunch Special \$16.90



Our full menu is available on our Website for everyone to view. Lots of tasty meals to enjoy.

We serve breakfast from Thursday to Sunday from 9am. Not to be missed!



It's time to book Your Christmas Function



It's never too early to start organising your Staff/Club/ or Organisations Christmas Party.





Tuesday:
 Bar opens 4pm to 8.30pm
 Meals 5.30pm to 7.30pm

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

Sunday:
 Bar opens 11.30am to 8.30pm
 Meals 11.30am to 2pm and
 5.30pm to 7.30pm

Schnitzel night Thursday nights
 5.30pm - 8pm

Bookings 8537 3010

Fine Beer



Great Food

Great Wines



Open

Monday to Friday 6:00am – 4:00pm

Saturday 8:00am – 2:00pm

Freshly cooked meals, sandwiches, salads and pies, locally roasted coffee and cold drinks, general grocery items and local produce. Catering for events available (24 hours notice)

P 8537 3023 E gday@langhorncreekstore.com.au
www.langhorncreekstore.com.au

Milang Bakery

29 Luard Street Milang

Open Mon-Fri 6:30am-4:30pm / Sat 6:30-3pm / Sun 8:45am-3pm

Pies, Pasties, Cakes, Bread, Rolls, Pastries

Party Orders Welcome Ph 08 8537 0086



Milang Mini Mart

PH 8537 0801



Open 8am to 8pm Mon – Sunday

Shop 9, 10-17 Daranda Terrace, MILANG

Groceries	Hamburgers	Sandwiches & Rolls
Fresh Meat	Hot Dogs	Pies & Pasties
Fruit & Veg	Mahalia Coffee	Cakes & Pastries
Fresh Fish	Fleurieu Milk	Ice

'Friendly Staff'

Sandy and Michael Moar

Port Milang Café

Shop 1 Daranda Tce MILANG



Monday –Saturday 8am-7pm
 Sunday and Public Holidays 8am-7pm
 Phone orders welcome!

8537 0146

Tess & Paddy are always there to welcome you

- * Hot chicken
- * Fish & chips
- * Burgers
- * Espresso coffee
- * Newspapers
- * Dine in and take away
- * Range of drinks
- * Milk

Strath Corner Bakery

8536 3570

Mon-Fri - 6am-5pm

Sat & Sun- 7am-5pm



3/1 Dawson St, Strathalbyn



Baked daily, a full rang of pies, pasties, sausage rolls, quiches, cakes , fresh rolls and sandwiches. Coffee, tea, hot chocolate and a full range of cold drinks and juices.

A great place to enjoy a snack or lunch.





Recycling for the future

Strathalbyn RECYCLING

15 Dry Plains Road, Strathalbyn. Ph 85363999

- **Pays cash for all 10c deposit items**
- **Also accepting – non deposit glass such as jars and wine bottles, paper, cardboard, scrap metal, non deposit plastics with no's 1,2 & 5 inside the recycling triangle & clear soft plastic.**



Trading hours

- Tuesday 9am-4pm
- Wednesday 9am-12pm
- Thursday 9am-4pm
- Saturday 9am-1pm
- Closed all public holidays



Recycling for the future

Murray Bridge RECYCLING

55 Thomas Street, Murray Bridge. Ph 85324551

Trading hours

- Monday to Friday 8am-5.30pm
- Saturday 8am-12.30pm
- Closed public holidays



Murray Bridge Recycling can provide Waste, Recycling and Document Destruction collections for home and business in the following areas:

Murray Bridge, Mannum, Tailem Bend, Mt Barker, Strathalbyn, Milang and Langhorne Creek.

Call Todd on 0419 829 050 for more information or to organise a quote for a bin to suit your needs.



David Basham MP

Member for Finniss

Delivering for the community



We are bringing the 'office' to you...

Milang Mini Mart

Friday 25 August 10.30am-11.30am

The Finniss Electorate Office is located at
71 Victoria Street Victor Harbor
Open Monday to Friday, 9am-5pm

Join David Basham MP to ask a question or discuss what matters to you and your community

Book an alternative time by contacting the Finniss Electorate Office
08 8552 2152 or finniss@parliament.sa.gov.au

www.davidbasham.com.au



Rebekha Sharkie MP

Federal Member for Mayo

South Coast office

26 Hindmarsh Road, McCracken
Tuesday and Thursday, 9.30am to 4.30pm
08 8398 5566



**SOUTH COAST OFFICE
NOW OPEN
TUESDAY & THURSDAY
9.30AM TO 4.30PM**

Authorised by Rebekha Sharkie, Unit 3, Barker Plaza, 20-28 Hutchinson St, Mount Barker, SA, 5251

Expert advice on health issues



More competitive prices

- * Medical certificates
- * Vaccinations
- * Medication packaging—Webster Packs
- * Sleep Apnoea management
- * Diabetes management
- * Script reminders

21 High Street, Strathalbyn

T: 08 8536 2266

10 Dawson Street, Strathalbyn

T: 08 8536 2266

Shop 5 10-17 Daranda Tce, Milang

T: 08 8537 0785

Open Mon-Fri / 1pm—5pm



ROB WHEATLEY CONSTRUCTIONAL STONEMASON

0438 584 586

Over 25 YEARS EXPERIENCE

SPECIALISE IN MATCHING
EXISTING STONEMASONRY

**RUINS RESTORATION • REPOINTING
RETAINING WALLS • SLATE PAVING
CRACK REPAIR • UNDER SETTING
FEATURE WALLS • FIREPLACES**

WE WILL TRAVEL

Milang Lakes Motel

Enjoy a delightful stay in a lakeside setting. Milang is a beautiful, friendly and historic town with nearby wineries and towns to explore.

5 Daranda Terrace, Milang SA

08 8537 0090

www.milanglakesmotel.com.au



Milang Lakeside Caravan Park

National Tourism Industry

Accredited Park

PARK FACILITIES

- ◆ Pet friendly
- ◆ Boom gate
- ◆ Kiosk
- ◆ BBQ undercover area
- ◆ Ensuite cabins
- ◆ Standard cabins
- ◆ On-site vans
- ◆ Powered sites with sullage
- ◆ Unpowered sites
- ◆ Van storage
- ◆ Dump point
- ◆ Full tourist information
- ◆ Happy friendly service

Owners—Bob & Betty

PH 08 8537 0282

1 Woodrow Drive, Milang SA 5256

Email milangpark@bigpond.com

<https://www.milangcaravanpark.com.au>



'Life is Good at the Lake'

Local Plumbing & Gas Fitting

Reliable - Friendly - Affordable

*After Hours Emergency

*All domestic plumbing repairs

*Hot water *Repair/Replace

*Gas Fitting *New/Existing

*Rain water & pumps

*All marine & mobile homes

*Gas catering equipment

Call Andy or Jay:

0408 807 212



Milang Post Office
18 Luard St,
Milang SA 5256
Ph (08) 8537 0061



- * Banking Agents
- * International Currency
- * Cash and Master Cards
- * Inter flora Agent
- * Western Union Agent
- * Full Range of Stationary & Gifts
- * Parcel Service

Mobility Scooters

Wheelchairs

Batteries

LED Lighting

Camping Accessories

Health Care Products

Solar Panels

Servicing and Repairs



12 Volt Sales

6a Rankine Street Strathalbyn

Phone: 8536 2144

www.12VoltSales.com.au



FEEL HEALTHIER NATURALLY

Louise Armitage qualified Bowen Therapist and Homeopath
Bowen Technique-gentle bodywork for all muscle pain

Homoeopathy-for all common health conditions

Around 20 years experience; health fund rebates may apply

14 Albyn Tce Strathalbyn and also Milang

Ph (Bus) 8536 8070 for more info

www.lahomoeopathy.com.au

Stratton Earth Movers & Drainage

Jon Stratton
0417 801 138

PO Box 340

Milang SA 5256

jstratton68@gmail.com



Josh Harris Painting

Phone: 0401 295 528

email: josh1992harris@gmail.com

No job too BIG or too small



JHP
PAINTING
AND
DECORATING

Builders Licence: BLD2895080

BN: 71216907419

White card: 40161-GP-00000302-0

EWP: YC112064



Julie's Hair About Town

Hair care for all the family

By appointment only

Cutting | Colouring | Perming

Ph 0413 318 663



May and Co

Hair and Beauty

Shop 5, 10-17 Daranda Tce. Milang

Call for an appointment 0439 177 151

- Male and female haircuts
- Hair colouring
- Hair styling
- Eyelash extensions

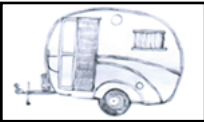


LAKESIDE CURTAINS

CARAVAN CURTAINS & SOFT FURNISHING

Unit 3, 10-17 Daranda Terrace, Milang
0413 803 797

Call Ivy for a made to measure to replace those nasty old curtains
and cushions / seating for your caravan.



Milang Auto Repairs

- ⇒ Fuels / Lubricants
- ⇒ Logbook Servicing / All Mechanical Repairs
- ⇒ All Models / Cars / Diesels / Commercial / Bikes
- ⇒ Tyres / Electronic Tune-Ups
- ⇒ Large range of hardware and fittings

27 Watson Street

Milang

8537 0005



**The
OFFICE
Shop**

Locally owned since 1989,
old fashioned face to face
friendly service

14 Coral Street Victor Harbor 5211

t: 08 8552 2177

e: sales@theofficeshopvh.com.au

w: www.officeshopvictor.com.au



- * Mobile Device Centre - Sales - Helpdesk - Accessories & Repairs
- * Phone Bill Health Checks * Stationary Supplies * Toners & Inks
- * Business cards * Office furniture and much much more

Would you like to advertise in this space?

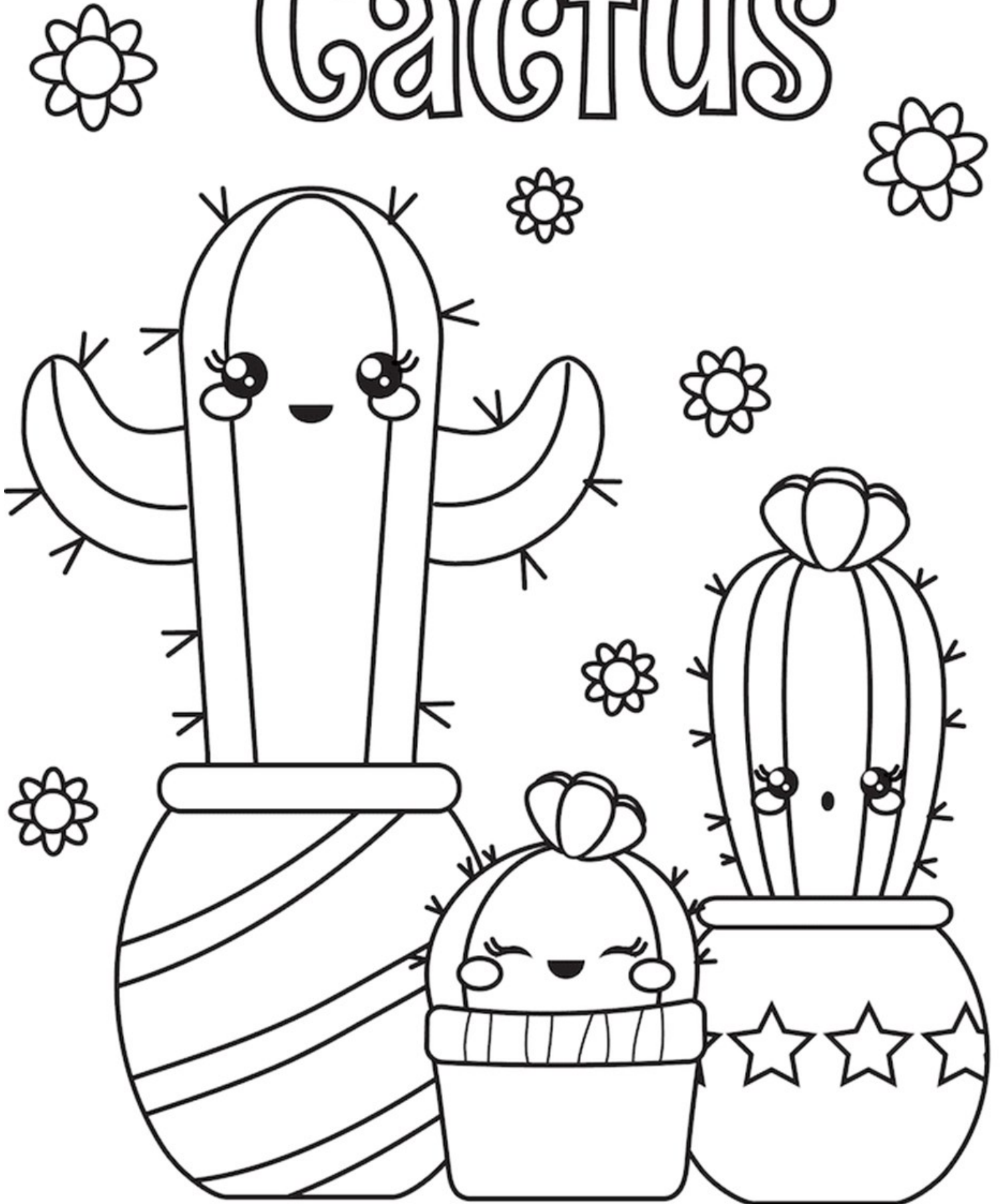
If so, please contact

John Whyte

Email: john.whyte.milang@gmail.com

0431 601 850

Cactus





What's on in our region for August 2023



11th to 20th		10 Days of Cellar Treasures will again be held throughout Langhorne Creek Wine Region from 11-20 August. ECheck out the list of events at https://www.langhornecreek.com/events
SALA 1st to 31st August		Artists of the Strathalbyn Art Trail invite you to the inaugural SALA Exhibition at the Junction Gallery, cnr Long Valley Rd and Strathalbyn Rd from 1-31 August from 11-4pm. The exhibition will be officially opened by Alexandrina North Ward Councillor Craig Maidment at 11am on Sunday 6 August .
		The Stationmaster's Gallery SALA Exhibition - Official opening will take place on Sunday 6 August at 2pm – all welcome. Featuring Judy Garrard and Glen Howlett, the exhibition will run until 28 September.
Friday	4	Milang Bowling Club - Dinner at 6.00pm
Sunday	6	The 22nd annual Strathalbyn Bands Festival will take place over two Sundays 6 and 13 August at the Oval Function Centre at the Strathalbyn Football Club. Tickets \$15 on sale at the door. Refreshments available – Devonshire teas, pies, pasties, sausage rolls and soup. Contact Daryll 0408 149 918 or daryll.telfer@gmail.com .
Thursday	10	A Free ASO Community Concert is being held at the Chapel Theatre on Thursday at 2pm. Be swept away by the magical sounds of the Adelaide Symphony Orchestra and enjoy a concert of light-hearted tunes that will have you tapping your toes and humming along. Register now to secure your seat - https://www.aso.com.au/events/community-concerts-song-dance/
Friday	11	Bingo at Milang Bowling Club - Snacks, soup, etc available for purchase - kitchen open 5-6.30pm, bar open from 5pm. All welcome, 3 games for \$10, other games and prizes. Eyes down 7pm. EFTPOS (no cash) available. Enquiries to Pam 0418 844 775.
		A Free ASO Concert at the Milang Institute at 3pm. Register now to secure your seat - https://www.aso.com.au/events/community-concerts-song-dance/
Saturday	12	ALL READY READ BOOKS - Milang Lakeside Butter Factory - 10am to 3pm
Sunday	13	ALL READY READ BOOKS - Milang Lakeside Butter Factory - 10am to 3pm
		The 22nd annual Strathalbyn Bands Festival will take place over two Sundays 6 and 13 August at the Oval Function Centre at the Strathalbyn Football Club. See Sunday 6th Vineyard Road Cellar Door is presenting a new experience – “Clay & Vines” guided by our friends at Pottering Around. Tickets \$65pp include a glass of wine or coffee and sample of Fleurieu Chocolates. book at https://vineyardroad.com.au/pages/experiences or contact 8536 8334.
Friday	18	Milang Bowling Club - Dinner at 6.00pm
Saturday	19	The Strathalbyn Antiques & Collectables Fair is on again – Saturday (10am-5pm) & Sunday (10am – 4pm) – \$10pp per day includes shuttle (wheelchair accessible) between Show Hall and Town Hall plus entry to Gilbert's Motor Museum. Also Treasure Market at the Oval on Sunday from 7.30am, \$2 entry, U16 free – brought to you by the Strathalbyn Rotary Club. Contact Linda 0427 674 620 for further information.
		SALA - Still Magic exhibition at the Clayton Bay Community Hall - 10am to 4pm
		ALL READY READ BOOKS - Milang Lakeside Butter Factory - 10am to 3pm (Book Week)
Sunday	20	See above - The Strathalbyn Antiques & Collectables Fair is on again
		Hangout at the Hanger - Strathalbyn Airport - see page 23
		The Strathalbyn High Street Market next to <u>Gilberts Motor Museum</u> . SALA - Still Magic exhibition at the Clayton Bay Community Hall - 10am to 4pm
Friday	25	David Basham MP will be bringing his office to the Milang Mini Mart - 10.30 to 11.30am
		Bingo at Milang Bowling Club - Snacks, soup, etc available for purchase - kitchen open 5-6.30pm, bar open from 5pm. All welcome, 3 games for \$10, other games and prizes. Eyes down 7pm. EFTPOS (no cash) available. Enquiries to Pam 0418 844 775.
Saturday	26	SALA - Still Magic exhibition at the Clayton Bay Community Hall - 10am to 4pm
		ALL READY READ BOOKS - Milang Lakeside Butter Factory - 10am to 3pm
Sunday	27	SALA - Still Magic exhibition at the Clayton Bay Community Hall - 10am to 4pm
		ALL READY READ BOOKS - Milang Lakeside Butter Factory - 10am to 3pm

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