World Heritage Listing for Budj Bim landscape gathers pace

The bid for World Heritage Listing for the Budj Bim landscape was boosted recently when the State Government flagged its’ intention to allocate $8m in the next budget for infrastructure works to provide facilities for tourism and enhance and strengthen the bid. This is great news for the Gunditjmara people and also for local townships. The economic benefits that will flow to our community as a result of the increased tourism will be important for future growth and the viability of Macarthur and other towns in the district and will have the capacity to increase employment opportunities for young people who want to remain in the district and build a career locally.

This has been a long hard process and although they are not there yet, this announcement is encouraging and is a reward for the hard work put in over many years. Congratulations to Damein Bell, the people driving this vision. These are exciting times for both the Gunditjmara and local communities.

The next General Meeting of the Macarthur Advancement & Development Association Inc.

**Wednesday 11th May 7.30pm** at the Macarthur Senior Citizens rooms
Prostate Health –
A Naturopathic Perspective

Prostate health is an important part of a man’s life and prostate cancer has been ranked 5th in the top 10 causes of death in Australian men (Australian Bureau of Statistics 2008). “Prostate Cancer is common in the over-65 age group and affects one in seven Australian men up to the age of 75. Around 4,300 Victorians are diagnosed every year.” Any symptoms of prostate problems or difficulties in urination (frequent, urgent urination & dribbling) in men over 45 years old, is always worth an urgent medical check up.

The natural approach to a healthier prostate is to adopt a holistically balanced lifestyle- quit smoking, start a suitable aerobic exercise, reduce body weight, cutting down alcohol consumption and avoid eating instant or processed food. It is also advisable to cultivate the habit of eating more natural fresh fruits that contain antioxidants & nutraceuticals such as Selenium (in cruciferous vegetables such as broccoli, cauliflower, cabbage, Brussels sprout & kale), Lycopene (in tomatoes, melon, apricot, papaya), Phyosteroles (in Avocados) and food rich in omega-3 fatty acids (salmon fish, flax seeds), isoflavones (in Tofu bean curd) and natural zinc (pumpkin seeds, sesame seeds).

Holistically, having an appropriate amount of relaxation, keeping your body more alkaline will generally help to strengthen your defence against illnesses and pursuing a positive mental and spiritual living will help to enhance your vitality.

Macarthur and District Lions Club

Macarthur Lions Club is one of 72 clubs covering the area of Southwest Victoria, northwards including Warracknabeal, Nhill, Horsham and eastwards to Sunshine, Deer Park and all areas within. Just recently our club was represented at a District final of “Youth of the Year,” a project which encourages young people’s ability to compete in categories including general knowledge, personality, leadership in sport, cultural and community activities and public speaking. A young student from Hamilton, representing Hamilton Lions Club, won our District section and she now progresses to State level, hopefully followed by National level in May.

Lions combine fun into their curriculum and on St Patrick’s Day, March 17th, a Zone celebration, “Wild Irish,” was held in Warrnambool. Mid May another annual Zone function, Tail Twisting, was hosted here in Macarthur. 4 clubs comprise our Zone, Warrnambool, Koroi, Port Fairy and Macarthur and our club’s Tail Twister, Andrew Duyvestyn, was awarded the trophy to hold for the next 12 months.

Recent community activities have included hosting the annual Challenge Cancer Children’s visit. Many local community members supported us on a perfect autumn day at the Duyvestyn farm.

Later this year, in July, the club annual Change over dinner will take place with next year’s office bearers being inducted. President John Holcombe will be supported by Secretary, Christine Duyvestyn and Treasurer, Bill Addinsall for the 2016-2017 year.

Please do not forget the 4th annual Macarthur Market to be held in and around the Macarthur Hall on Sunday, September 25th.

Bookings for stalls are being accepted already, contact Christine Duyvestyn, Phone 55761217.

The Macarthur Bowls Club Inc

The Annual General Meeting of Macarthur Bowls Club Inc. will be held in the Clubroom, 1 Market Street, on Monday 9th May 2016 at 08:00 PM, (20:00 hrs)

All interested persons/prospective members are invited to attend.

John Bragg, Hon. Secretary
Peter Cook and his brother-in-law Tony spruce up the Cenotaph for ANZAC day.

A large number of people adjourned to the RSL Club for light refreshments and a chat!
MADA NEWS

Have you noticed the increasing number of motor homes and caravans using the Rec Reserve for overnight stays? As part of our strategy to entice more tourists to Macarthur and encourage them to stay a night or two, MADA applied for recognition as an RV Friendly Town. This status was awarded last year and we have been developing an area near the old angling club for self contained vehicles to park. A grant from AGL enabled us to weatherproof the track around this rest area. We would like to acknowledge the people who donated their time and expertise to help us complete this work.

Thank you to AGL for the funding through the Macarthur Wind Farm Community Fund, Geoff Sharrock for operating the grader, Wallace Hill donated truck time carting fill, Bruce Addinsall operated the loader, Moyne Shire donated some fill and the use of the loader, Doug Addinsall donated some road base and Nields for making a grader available.

We are grateful for the support of each of these organizations and individuals. Well done everyone!!

MARKET DAY
AT THE SENIOR CITIZENS ROOMS

Quite a few people came in to browse the stalls including some visitors staying in their caravans at the rec reserve. Enjoying a free cuppa and a chat. a great way to meet the locals and find out some of the best places to visit around the district. One couple being from WA and enjoying our lovely weather.
Eulogy for Ken Cassidy

This eulogy for Ken Cassidy was written by Dave Thomson on behalf of the Macarthur Men’s Shed, of which Ken was a well respected and highly esteemed member.

KEN CASSIDY

My name is David Thomson and I am the Secretary of the Macarthur Men’s Shed and on behalf of the Shed I would like to say a few words about Ken.

Known by some of us in the shed as young Kenneth, he was incredibly modest about the skills that he brought to the shed but, by the same token, he was very proud to show us his photo album with all the furniture that he had either created or restored.

Ken was a true craftsman and one who was willing to pass on his ideas and skills to those of us that were less experienced or just willing to listen to his outpouring of knowledge.

Ken had only been a member of the Macarthur Men’s Shed for a few years, something that he said to me on more than one occasion that he regretted, not joining in earlier. Ken would observe quietly as we involved ourselves in our various projects and would often sit back, often with a wry smile on his face, amused at the way in which we would go about things. He would quietly sit in the tea room at morning tea time and listen intently to the chatter that took place and add his comments where appropriate, he was never quite as good as Geoff Sharrock or Colin Scott at reciting jokes though, but always had a good laugh as the punch line was delivered.

I personally, will fondly remember Ken and the times that I would pick him up from home to attend either a Tuesday or Thursday morning and he would often say to me, “gee you blokes are good to an old fella like me, picking me up and taking me home again” and I would reply to him that we only do it for good blokes and that it was our time to look after him.

Ken was kind, gentle, quietly spoken, polite and never had a harsh word to say about anyone and will be sadly and sincerely missed.

We will of course never forget that curved chair that he brought into the shed in pieces and said “I think I may have taken on a bit too much with this one”. That was of course the chair that his daughter Helen picked out of one of his books and said that she would like him to make it for her. I think we only burnt out one electric sander completing the finished item, but it was a great result and one that will last in our memories forever.

In closing, I would like to express our sincere condolences to Valma and her family on the passing of one of nature’s true gentleman.

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The Bessiebelle Sheepwash

On April 24th we were privileged to be able to visit the Bessiebelle Sheepwash, an incredible experience and one we appreciate and value. The original sheepwash on the property was constructed around 1860 and is quite simple and basic compared to the later one. They are both amazing feats of construction and for many years locals were unaware of their existence, at one time they were almost lost to us. An important part of our history, they have undergone extensive repair work in recent years. If you have never had an opportunity to inspect the construction I would highly recommend that you take any opportunity that is offered to visit the site and hear the story. It is a great way to instill, in some small way, an appreciation of our agricultural past in our children and grandchildren.
MACARTHUR KINDERGARTEN WANTS TO HEAR FROM YOU!

Macarthur Kindergarten is reviewing our current program and we’re inviting input from current and prospective parents to ensure we are delivering a model that best suits our community. At present our 4-year-old program runs three 5 hour days a week from 8.45am to 1.45pm. We’d like to hear from you if in 2017 you would prefer us to run two 7.5 hour days per week (possibly 8.30am-4.00pm) to fit in with work or other commitments?

Macarthur Kindergarten offers an engaging, interactive and caring program which is unique in that children are encouraged to engage with their local community and environment. Smaller classes mean that children are given individual attention to help them develop at their own pace.

We also have a dedicated and energetic kindergarten committee that is committed to keeping fees well below comparable services (current 2016 fees are $185/term).

If you have or know of a 3 year old child in the area please contact us with your thoughts on 0459 149 280.

Jane Young
President

The woman applying for a job in a lemon orchard in Country Queensland, seemed to be far too qualified for the job; given her arts and education degrees from Melbourne University and her job as a social worker and a teacher at the local TAFE college. The foreman frowned and said, “I have to ask you this: "Have you had any actual experience in picking lemons?"

"Well, as a matter of fact, I have!" "I've been divorced three times, owned a Ford station wagon, a Leyland P76, supported Collingwood the last 4 years, voted for Julia Gillard and bought shares in Dick Smith."

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MACARTHUR PUB
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MACARTHUR
Pub News

Happy hour every Friday, 6 till 7. $4 pots $6 schooners and also support our community raffle.


Happy days!

MAY 2016
Fox & Lillie Rural would like to advise that the Macarthur store will be open Fridays only. Trading Hours will be from 9.00 am to 4.30 pm or by appointment.

For any wool buying, receivals and general inquiries please contact

Colin Petersen 0427 528 126
Macarthur store 55 761394
Hamilton Store 55 724445

Main office and store will be situated at 86-94 Lodge Road Hamilton. Colin, David, Mat, Graham & Mark will be able to help you with any inquiries in regards to receivals of clip lots and oddments.

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Playgroup is now on: FRIDAYS: 10am - 12noon
(NOTE: change of day)
Everybody Welcome

Come along for a cuppa and a chat
$2 per family - cuppa supplied and Bring eats/drinks for children
At Broadwater Community Reserve (old school)
35km north of Port Fairy on the Port Fairy/Hamilton Road.
Enquiries: Nicole (Secretary/Treasurer) 55764202
Leonie (President) 55764251

Articles for Macarthur News

Articles submitted for inclusion in this paper should be sent as a Word document using Times New Roman, font size 12.

Articles should be emailed if at all possible as this reduces the work required to prepare the paper for publication.
BROADWATER TENNIS CLUB

BLURB!

We have had a successful season this year with both senior teams in the finals again. At the end of the season one team was in the top four (classed as ‘A’ grade) and the other in the next four (classed as ‘B’) grade for the finals playoffs.

Our A grade got beaten in the semi-final by Hawkesdale and the B went into the Grand Final. On Saturday the 19th of March 2016, Broadwater played in the Hawkesdale/Purnim District Tennis Associations Grand Final at Mailors Flat.

Our B team played Minhamite and unfortunately it wasn’t our day to win. We would like to congratulate Minhamite on their win and we look forward to meeting again next season.

A BIG thankyou to our teams in the finals and we gave it our best shot. And also to all the ‘fill ins’ who have contributed to our success. Look out next season!!!

In March our male members volunteered to help erect tents at the Port Fairy Folk Festival as our major fundraiser. They raised $1,000 which is fantastic. Thank you to Peter Drendel for co-ordinating the fellas and also a big thankyou to all the guys who gave up their time and put their work on hold for our club. WELL DONE, GREATLY APPRECIATED.

Our club is in the off season at the moment, but will fire up again in October. Anyone who would like to come and have a social hit or play competition is most welcome. Our trainings are on Thursday nights, with a snack and refreshments available, this usually starts around the middle of October. More information will be in the Mac News prior to commencement.

As President, I am very proud of our club and the dedication that all our members give to make our club viable and successful. I greatly appreciate all the time and work done by members throughout the season. Enjoy the off season and hope to see everyone back in October and we might even see some new faces.

Thank you all again.
Leonie Dyson
President
0438586762

Members of the B Grade team that played in the Grand Final

CHURCH TIMES FOR NEXT MONTH FOR MACARTHUR AREA

Please note if you intend to attend any of these services it might be a good idea to check the time to be sure, (phone numbers are at bottom of this notice).

MAY

1st Catholic Church (Lay Led) 8.30 (3 in 1)
8th Anglican Church 11am
15th Catholic Church 8.30am
22nd Anglican Church 9am
29th each denomination has a different set up

for 5th Sundays

The 3-in-1 services are Ecumenical each Church has a turn at this.

Anglican Church Jodie Annett
55784223
Catholic Church Colleen Hill
55761161
Uniting Church Sylvia Luke
55761000

Shed members are advised of our next ‘general meeting’ to held at ‘The Shed’ on Thursday 12th May 2016 following 12 noon BBQ.
NEW MEMBERS WELCOME
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Macarthur Community Gym
Membership only $50.00 per year.

All new members will have a free induction to the equipment with our local fitness instructor Jodie Nicholls to get you started. You can then choose to participate in Jodie’s twice weekly circuit classes which are only $5.00 per class, and/or secure a key from the health centre so you can go whenever you like.

Membership forms are available from Macarthur Community Health, Enquiries 55522000

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