



ISSUE NO: 152 October 2024

For the Mia Mia- Redesdale Region including:

- Heathcote • Derrinal • Glenhope • Baynton • Sidonia • Barfold
- Langley V Sutton Grange • Elphinstone • Kyneton • Metcalfe

# BRIDGE CONNECTION COMMUNITY NEWSPAPER



<https://www.facebook.com/groups/897527781461431/>

## Kyneton Community Lunches



L/R Kevin Foley ,Jo Smith Sargent

When Kyneton Community House reached out for assistance in preparing their weekly meals, the Redesdale & District Association stepped in without hesitation. Recognising the importance of these meals for the community, the association rallied its members from Redesdale and Mia Mia and joined resources to create a ten week menu.

*Continued page 4.*

Visit the Good Food Hub every Wednesday during school terms. 12.30pm for a fabulous community lunch.

The Good Food Hub  
35 High Street  
Kyneton



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## Editorial

Dear Readers

It's great to see that the Redesdale Hall Kitchen is getting so much use since it's makeover. Can't wait to join Marisa Leahy's cookery class in November (see page 18).

The podiatry service is going very well and we are now looking for interest in a visiting massage therapist (see page 9).

Hope everyone is preparing their property for the summer fire season and we'll see you all at the Redesdale open garden on October 19 and 20! (see page 8).



Regina Bennett

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## Bridge Connection

### - Mission Statement -

The mission of **Bridge Connection** is to bring people together by:

1. Providing information about local issues, goals and events, and to celebrate local achievements,
2. Encouraging economic growth in the area
3. Fostering geographic identity, and
4. Providing a platform for public debate

Bridge Connection is published by local people who volunteer, for local people as a **free paper** and on line at **redesdale.net** and via **face-book**



<http://www.facebook.com/groups/897527781461431/>

Keep in touch with us and what's happening in our community.



[www.redesdale.net](http://www.redesdale.net)



Redesdale & District Association



[redesdale\\_vic](https://www.instagram.com/redesdale_vic)



## BRIDGE CONNECTION COMMUNITY NEWSPAPER

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Continued from front page.

## The Kyneton Community Lunches

The initiative was about more than just food; it's about fostering connections. Each week, the meals provided by the Kyneton Community House bring people together, offering a chance for locals to share stories, build friendships, and enjoy a sense of belonging. With the support of the Redesdale & District Association, over the past ten weeks, this essential service was able to continue to thrive, reaching even more residents who may benefit from a good feed and the warmth of companionship.

In the heart of Redesdale, a new kitchen facility had recently been established. The newly equipped kitchen features modern appliances and ample space for food preparation, making it an ideal venue for cooking nutritious meals that was served to Kyneton residents. This partnership exemplifies the power of collaboration, as both communities come together to support those in need. The kitchen enabled volunteers from Redesdale to prepare meals efficiently and gave us the perfect opportunity to put the kitchen to work and it did not disappoint us. An amazing space to create fabulous food.

For many years, Kyneton Community House has provided this essential service, offering meals and fostering community spirit among those who might otherwise feel isolated so the Redesdale & District Association knew how important this service was to keep going.

The Redesdale kitchen is a testament to the strength of community spirit. The City of Greater Bendigo were very generous with their contribution to the kitchen and we can't thank them enough. By supporting the Kyneton Community House, the Redesdale & District Association helped to ensure that everyone in the area had access to a nutritious meal and a place to connect. Together, these communities are building a brighter future, one meal at a time!

The lunches will continue to be offered although our term is completed, we look forward to seeing who takes over the baton.

Visit the Good Food Hub every Wednesday during school terms. 12.30pm for a fabulous community lunch.

**Jo Smith Sargent**

The Good Food Hub

35 High Street

Kyneton



above L/R Gloria Pocock, Kathy Hall, Pan Prendergast



above Gloria Pocock



above Kathy Hall



Hi. It's that important time of year again when cleaning up your property before summer becomes very important. In a "normal year" the last chance to do this for most is the Melbourne Cup public holiday weekend. The next holiday season is Christmas, which by then is far too late to be operating mowers and slashers. As a general rule I go with the slogan "Clean up before Melbourne Cup". After that, it's too late.

Don't be that person who starts a fire. Sounds like common sense but unfortunately we keep turning up to fires at 3pm where the property owner is looking sheepish while standing next to a charred mower.

The first rule for preventing fires is "Don't mow dry grass". An extension of this rule is avoid operating machinery in the heat of the day. Any engine will have a muffler that gets hot, can give off sparks, have bearings that overheat and/or have a metal blade that can cause a spark off a rock.

Knowing the forecast and using the weather conditions to your advantage can make a great difference to your safety if you have to operate machinery during the summer conditions. An example of the changeable weather conditions is from the Elders weather app from 12 months ago:

7am 12 degrees Celsius, 88% humidity and 5 kph winds

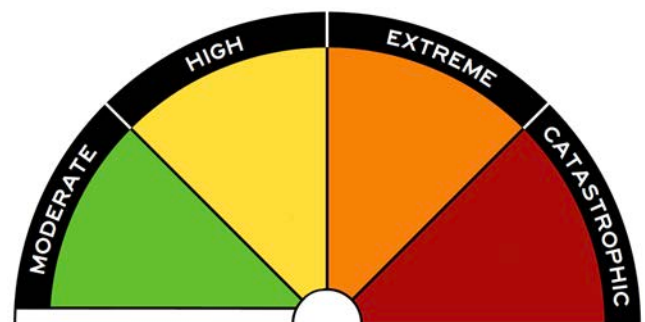
(can reasonably expect to control a fire outbreak)

2pm 34 degrees Celsius, 5% humidity and 30 kph winds

(would be difficult to get a fire under control)

My advice would be to work to the conditions and take advantage of favourable weather.

**Andrew Campbell**  
**Community Safety Officer**  
**0428253104**




<b>MODERATE</b>	<b>HIGH</b>
Plan and prepare	Be ready to act
<b>EXTREME</b>	<b>CATASTROPHIC</b>
Take action now to protect life and property	For your survival, leave bushfire risk areas

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[www.kynetonshow.org.au](http://www.kynetonshow.org.au)



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## LITTLE FREE LIBRARY

Please 'donate' by simply adding Books, Magazines and DVD's to the cabinet... *Thank you*

Located behind the  
Community Notice Board  
Inside the Redesdale Recreation Reserve  
**Redesdale Recreation Reserve,**  
2631 Kyneton - Redesdale Road  
Redesdale Vic 3444

# Canine Complementary Therapist

Hello Bridge Connection Readers.

Well, it is October Issue and the sun is finally starting to warm our bones, and our older dogs are starting to soak in some rays and move much more freely!

So, at the end of September I arranged a last-minute Canine Conditioning - Come and Try Day, with a good turnout booked and a wonderful variety of dogs and nice weather coming, it is looking to be a great day. Will update in November issue!

I am hoping to increase understanding about Canine Conditioning and have larger groups set up in Redesdale and Bendigo so that everyone can access it, so it's not just my Myo-Manipulative Functional Therapy Clients.

So, this month I am going to have a little waffle about knowing your dogs' gait (walking movement). You might think "Oh it's a dog Walking how hard can it be?". Well, every movement, good and bad actually tells me a story about them.

When I do a gait assessment on your dog when they have a session, some movements I am looking for are:

- Favoring one or more legs
- Weight baring / observing which legs holds more and less weight
- Weight Balance 60% forward 40% rear
- How the dogs head and neck is held and moves with each step.
- How the tail is set and how it moves with each step
- Tracking / Forward Flexion of the hind legs to place where the front legs take off from
- How far all of the legs extend and flex
- What movement the legs take to make the entire step itself
- Flexion or Hyperextension of whole limbs and all joints
- Toes nails and how they wear
- Hip sway and full body movement.

Gait assessments are super interesting, if you have a mobile phone with slow motion camera or an app, I highly recommend you make videos of your dogs in Slow motion. You can watch for changes in their gait and learn what their normal is. It is also a great extra way for a therapist or vet to view your dog at a visit, as some dogs are not relaxed when attending a new place, or have a stranger nearby.

Some Severe Lameness issues you may run into with farm and country living dog and are also get to your local Vet asap situations:

- Ruptured CCL (Ligament that joins the Femur and Tibia at the stifle aka Knee joint) Often Dogs will not weight bare at all on that leg, or partial Rupture they may use minimally. This is often caused by hard turns and uneven surfaces and repetitive games like fetch.
- Hip Dysplasia – From genetics, Trauma, Age or Bone issues. Increasing stiffness in the hind end, unable to sit relaxed, have excessive sway of the hips to swing the leg forward, they are also unlikely to track correctly on gait assessment.
- IVDD or Paralysis of the hind legs. Paralysis, screaming on moving, biting others or people in pain, minimal back flexion and hind legs not lifting well, refusing to get out of bed, incontinence, unable to crouch under fences, hesitation on activity. Often already present in the dog however IVDD can be exacerbated by rough playing, uneven surfaces, unfit, of leash dogs playing to rough, run-ins with livestock, uncomfortable sleeping spots.

Once assessed by a veterinarian for any of these or other issues, you can then get Clearance to proceed with Complementary Therapies, pre and post-surgery. This can support your dog's recovery or maintenance once medical homeostasis is achieved.

It's not just bodywork and physical therapies that can help, but nutrition can play a large part in recovery and maintenance. I myself have experienced my own canine go from unable to move and meds weren't strong enough, to living to the age of 17 because of a huge diet change and introduced a specific supplements to her diet. She then only needed her prescription pills if she has played to hard or as a senior, been knocked over by rough play. As a nutritionist I can point you in the right direction for optimal nutrition to suit your dogs' needs too. You can also opt for conservative management for any ailments if you choose, which is where Conditioning and myo-Therapies also slot in.

Thanks for reading yet again, see you all next month. Big pats for all your pets

**Chevelle Williams, CMFT, HCN, CCFC, DipCanCom, DipMBSR**



# THREE REDESDALE OPEN GARDENS SATURDAY OCTOBER 19 SUNDAY OCTOBER 20 10 AM TO 4.30 PM



[opengardensvictoria.org.au](http://opengardensvictoria.org.au)

[opengardensvictoria.org.au](http://opengardensvictoria.org.au)



## Rocklands

**632 North Redesdale Rd, Redesdale  
Vic 3444**

This is a peaceful, rambling garden with deep, colourful perennial beds, an abundance of roses and wonderful views of the Campaspe River. Entry \$10 Students \$6 U18 free via Trybooking <https://www.trybooking.com/CPOOZ>

## Coliban Springs

**866 Coliban Park Rd, Redesdale Vic  
3444**

An amazing mature garden full of native plants, undulating paths and quiet areas to sit and enjoy the surrounds. **Refreshments available.** Entry \$10 Students \$6 U18 free via Trybooking <https://www.trybooking.com/CPOOZ>



## Gibbards Crossing

**46 Gibbards Lane, Redesdale Vic  
3444**

A tranquil garden with individual areas of mass plantings encased by sedimentary stacked walls and a monticule with stunning views over Redesdale.

Entry \$10 Students \$6 U18 free via Trybooking <https://www.trybooking.com/CPPEF>







## Redesdale website refresh

"Got friends coming up and need to find them somewhere to stay?"

Got a weekend free and looking for something to do locally?

- Need to get in contact with the Council (there are 3 in our area!)?
- Trying to find an old copy of the Bridge Connection, but fear you may have thrown it out?
- Want to rent the Hall or the Pavilion?
- Want to attend those yoga classes but can't remember when or where?
- Most importantly, do you know where to find the community defibrillator?

Look no more! The Redesdale website

<https://www.redesdale.net> has just been refreshed. You can find the answer to these and many more questions online: faster, simpler and all from your favourite digital device.

We'll be using the Calendar to let you know when community events are happening: one off's as well as regulars. Stay tuned for Christmas (yes, it's only a few months away!) and our Summer BBQ series, both in the Reserve.

We're always looking to improve how we communicate with our community and our visitors. Let us know what else could be on the website to make it even more useful or user-friendly.

## NEED A MASSAGE THERAPIST?



**RADA is hoping to arrange for a massage therapist to visit Redesdale regularly - but we need to know how many people might like to use this service. Please indicate your interest and preferred day by texting to 0407 116899**

## Barker, Norma May

29/06/1942 - 17/09/2024



**Died peacefully**

**at Bendigo Health.**

**Wife of John, mother of Susan and David.**

**Mother-in-law of Ian and Helen, Nanna of Bryce.**

**Wife, Mother, Apple pie maker knitter and China Painter.**

**And good at them all !!!**

**Already Sadly Missed**



**Annabelle**  
**CLEELAND MP**  
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 📍 25 Bridge St E, Benalla  
 📞 Annabelle4Euroa 📞 03 5762 1600  
 ✉️ Annabelle.cleeland@parliament.vic.gov.au

Member for  
**Euroa**

## Opportunities available for community groups and sporting clubs

This month, there are some new opportunities for local community organisations to apply for grant funding that can be of great benefit to the region.

One of these opportunities is the latest round of the Victorian Government’s Tiny Towns Fund, which is open now until October 25.

This fund offers grants ranging from \$5,000 to \$50,000 to support projects that enhance tourism, liveability, and community pride in towns with populations of up to 5,000 people.

These grants have made such a positive difference for towns in the region, and I’m looking forward to seeing more projects get the support they need

Whether it be upgrades for our community halls, improved road signage, or new seating for sporting clubs – this fund has proven to be a big help for local organisations across our region.

This is a wonderful chance for organisations in our smaller towns to secure funding that can make a difference to their community, and I encourage all small towns to apply.

The fund is open to applications from incorporated not-for-profit community organisations and Local Government Authorities that operate in Victoria.

For more information visit [rdv.vic.gov.au/tinytownsfund](http://rdv.vic.gov.au/tinytownsfund) or [suburbandevelopment.vic.gov.au/grants/tiny-towns-fund](http://suburbandevelopment.vic.gov.au/grants/tiny-towns-fund)

There are also new sporting grants available for our local sporting and recreation clubs, with up to \$5000 available for equipment, upskilling coaches and volunteers, and travel costs.

Applications for the latest round of the Sporting Club Grants Program will remain open until October 7.

The grants are separated into different categories of varying funding, including \$5000 to help with

training coaches and volunteers, \$4000 for setting up a new sport or active recreation program, \$1000 for uniforms and equipment, and \$750 to help clubs get to away games and competitions.

Our local sports clubs are providing people with a strong sense of community, belonging, and an active lifestyle, and deserve all the support they can get.

Additional funding makes it just a little bit easier for our sporting and recreational clubs to operate, making sure more people are playing or assisting with the sport they love.

I encourage every club in our region, no matter the sport, to take advantage of this opportunity.

More information on how to apply can be found at: <https://sport.vic.gov.au/funding/sporting-club-grants-program>

Calling all CFA volunteers

I have also recently created a survey for all CFA volunteers, so you can have your say about any challenges, pressures, or concerns you may have.

The commitment and hard work our local volunteers demonstrate each and every day is greatly valued, and I want to ensure your voice is heard.

This survey will allow me to gather your feedback on government support and your experience on the job so that I can advocate for the improvements needed to support your vital work.

Thank you for your time and honest responses.

The survey can be found here:

<https://www.surveymonkey.com/r/6HMZBK6>



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Authorised by Lisa Chesters, ALP,  
 16 Myers St, Bendigo

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# August Rain Fall

**Redesdale 40.20mm Year to date 418.40mm**

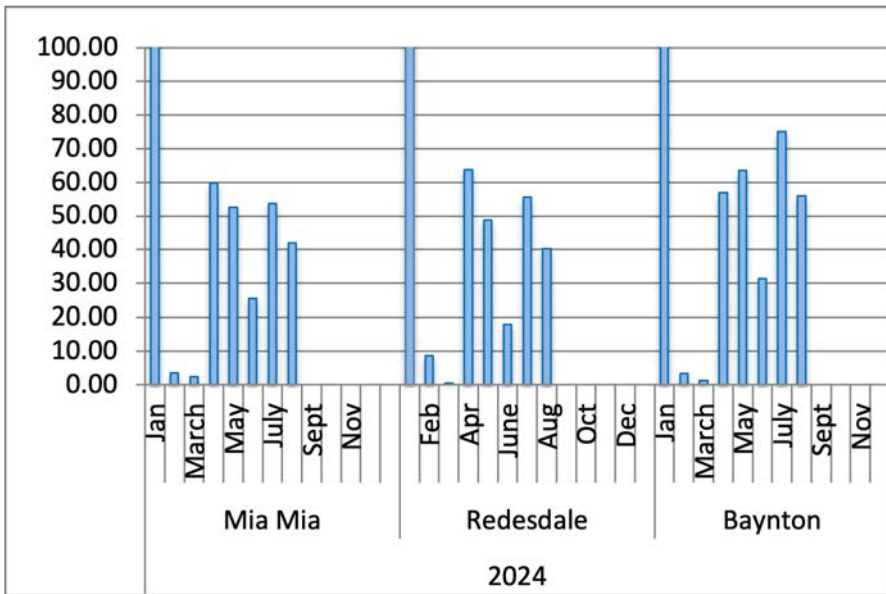
**Mia Mia 42.00mm Year to date 441.50mm**

**Baynton 56.00mm Year to date 496.40mm**

The average yearly rainfall for **Redesdale** is about 601mms.

Thank you to **Helen Bennett** for the **Mia Mia** readings & **Belinda Ryan** for **Baynton** readings

## Year Totals for Previous Years



**2017** Mia Mia 551.75  
Redesdale 479.60

**2018** Mia Mia 455.00  
Redesdale 448.40

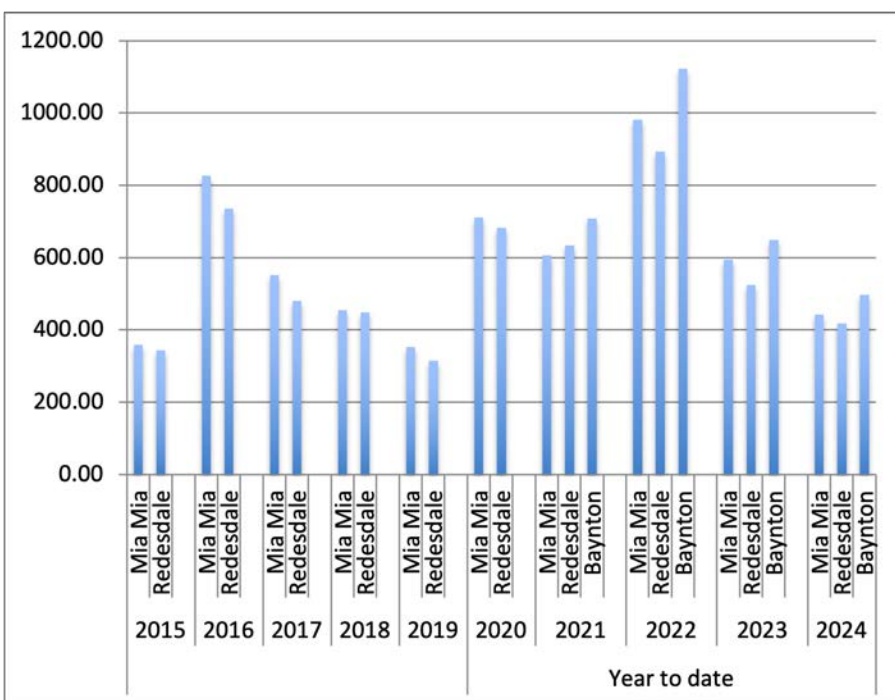
**2019** Mia Mia 352.00  
Redesdale 315.00

**2020** Mia Mia 711.25  
Redesdale 682.85

**2021** Mia Mia 593.50  
Redesdale 634.40  
Baynton 707.80

**2022** Mia Mia 981.50  
Redesdale 894.00  
Baynton 1122.30

**2023** Mia Mia 593.90  
Redesdale 524.40  
Baynton 648.40





# Redesdale & Surrounds Comming Events

## October

Sat 5th Podiatrist

Sat- Sun 19th 20th

local open gardens

Sat 26th Sisterhood project paint and Sip page 8.

## November

Sat 2nd Podiatrist

Tue 5th Nov

Melbourne Cup day

for more information - [redesdale.net](http://redesdale.net)

- <https://www.heathcote.org.au-kyneton.org.au>
- <https://www.bendigoregion.com.au>
- <https://www.bendigoregion.com.au/visit-castlemaine-maldon>

<b>Ballan</b>	Local Farmers and Makers Market. 2nd Saturday of every month.	<b>9.00 - 1.00pm</b>
<b>Castlemaine.</b>	Local Farmers Market. 1st Sunday of every month.	<b>9.00 - 1.00pm</b>
<b>CFM.</b>	Weekly Market, Wednesday.	<b>2.30 - 5.30pm</b>
<b>Clunes.</b>	Local Farmers Market 2nd Sunday each month.	<b>8.30 - 1.00pm</b>
<b>Creswick.</b>	Local Farmers Market 3rd Saturday every month.	<b>9.00 - 1.00pm</b>
<b>Daylesford.</b>	Local Market. Every Sunday.	<b>8.00 - 3.00pm</b>
<b>Gisborne.</b>	Olde Time Market. 1st Sunday every month.	<b>9.00. - 2.00pm</b>
<b>Kyneton.</b>	Local Farmers Market. 2nd Saturday every month.	<b>8.30 - 1.00pm</b>
<b>Lancefield.</b>	Local Farmers Market. 4th Saturday every month.	<b>9.00 - 1.00pm</b>
<b>Maldon.</b>	Local Farmers Market. 2nd Sunday every month.	
<b>Malmsbury.</b>	Local Farmers Market. 3rd Sunday every month.	<b>9.00 - 1.00pm</b>
<b>Talbot.</b>	Local Farmers Market. 3rd Sunday every month.	<b>9.00 - 1.00pm</b>
<b>Trentham.</b>	Local Farmers Market. 3rd Saturday every month.	<b>9.00 - 1.00pm</b>
<b>Woodend.</b>	Local Farmers Market 1st Saturday every month.	<b>9.00 - 1.00 pm</b>

**ONE STEP  PODIATRY**

**REDESDALE'S LOCAL  
PODIATRIST**

Where?

**REDESDALE COMMUNITY  
HALL**

When?

**FIRST SATURDAY MONTHLY**

How?

**BOOKINGS ESSENTIAL:  
0430 730 615**

# REDESDALE COMMUNITY HALL & PAVILION AVAILABLE FOR HIRE

Redesdale gives you a choice of venues for your next party, meeting or event:

**Redesdale Hall:** 160 sqm floor space with stage and expansive catering kitchen, as well as on-site restrooms.

**Redesdale Pavilion:** 108 sqm floor space with panoramic windows overlooking the Redesdale Reserve Oval.

Either of these wonderful facilities are available for community events (1) or public use (2).

- (1) Community - Use of facility targeting community benefit.  
Entrance/participation fees are not charged by organiser.
- (2) Retail - Use of facility for private or business use.  
Entrance/participation fees may be charged by organiser.

**Equipment Rental** Check out the extensive furniture & equipment below to help you hold your event at home

Item:	Available	Item:	Available
Commercial sized steel roaster	1	4 burner BBQ	1
Marquee (Large), 6m x 12m	1	Table cloths, white	10
Marquee (Small), 3m x 3m	1	Chairs, green steel	80
Tables, plastic, 1.8m x 1m	10	Chairs, white plastic	80
Tables, wood, 1.8m x 1m	20	Umbrellas, charcoal	10

For all inspections and enquiries contact Redesdale Recreational Reserve Committee:

E: [3444reserve@gmail.com](mailto:3444reserve@gmail.com)

M: 0408 890 060



## THE REDESDALE HOTEL

Central Victoria's Favorite Country Pub

For bookings please call (03) 4405 0601

Wednesday & Thursday 12pm – 9pm Lunch & Dinner

Friday – Sunday 12pm – Late Lunch & Dinner

PUBLIC HOLIDAYS – Phone for details

Kitchen closes at 8pm everyday

### The Redesdale Hotel

2640 Heathcote - Kyneton Road

Redesdale Vic 3444

[info@theredesdalehotel.com.au](mailto:info@theredesdalehotel.com.au)



The Redesdale Hotel

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REGISTERED Building Practitioner

## RECIPE OF THE MONTH

### CHRISTMAS CAKE

88



#### Ingredients:

250g chopped seeded raisins  
250g sultanas  
170g currants  
125g mixed peel  
60g chopped blanched almonds  
1 tbsp. Brandy  
250g unsalted butter  
250g light brown sugar  
250g plain flour  
1 tsp. baking powder  
Pinch of salt  
1/2 tsp. of cinnamon  
5 eggs, beaten

Combine fruit together in a bowl and add ¼ cup of brandy and mix well. Cover and let soak for a few days or more.

Pre-heat oven to 180o

Prepare a 24cm cake tin lining base and sides with 3 or 4 layers of baking paper.

Sift the flour, baking powder and cinnamon into a bowl.

Cream the butter and sugar together until light and fluffy.

Add the beaten eggs gradually, whisking all the time to prevent splitting.

Fold in the sifted flour mix.

Finally mix in the soaked fruit, along with any remaining liquid.

Pour mixture into the prepared cake tin and smooth the top evenly.

Cut a strip of newspaper about 12 cm wide and long enough to go around the tin and tie with string.

Cut out a circle of baking paper, butter it and place on the surface of the cake (if it is not buttered it will stick).

Place 3 or 4 circles of newspaper on top of the baking paper.

Bake cake in pre-heated oven on the bottom rack for 20minutes.

Turn the oven down to 160o and cook for another 40 minutes.

Turn down to 120o for 2 hours, remove newspaper and baking paper from the top and bake for another 30 minutes until the skewer comes out clean.

Remove from the oven, brush top with some brandy  
And wrap tightly in foil, still in cake pan and cool overnight

Next day remove from tin and do not unwrap baking powder wrapping in several layers of foil and store in an airtight tin.

The cake keeps well for up to 6 months.

Enjoy

Kyneton CWA

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# UNITING CHURCH

Morning Tea is shared 15minutes before each service



**Minister Munchies is on Wednesday  
and starts at 10am.**

For more information go to

[www.macedonrangesunitingchurch.org.au](http://www.macedonrangesunitingchurch.org.au)

## CATHOLIC CHURCH

**Redesdale** 2nd Sunday of each month 11am

You are warmly invited to

# BARFOLD

COMMUNITY  
CHURCH

10.00 am each Sunday

followed by morning tea

1691 Kyneton-Heathcote Rd, Barfold

Contact: Grant 0484 935 012

or John 0428 234 164



## Redesdale Yoga is back

So, come and join our local yoga teacher – Tania – on **Wednesdays** and/or **Saturdays** to discover the many physical and mental benefits of yoga.

*No prior experience or minimum fitness level is required.*  
Just bring a mat, hand towel and water, wearing comfortable clothing.

**Redesdale Reserve Community Pavilion**

**Wednesdays 5:30pm – 6:30pm**

**Saturdays 9:00am – 10:30am**



For space availability and prices contact

E: [glendenecottage@gmail.com](mailto:glendenecottage@gmail.com)

M: 0403 659 741

REDESDALE MIA MIA  
PRIMARY SCHOOL PRESENTS

## REDESDALE MIA-MIA PLAY GROUP

TUESDAYS  
9:15 AM - 11

FUN SOCIAL GATHERING FOR LOCAL FAMILIES.

All parents, young children and babies welcome.  
Redesdale MM Playgroup is registered with  
Playgroup Victoria.

Held weekly at Redesdale Mia Mia Primary School.

For more info email:  
[redesdalemiamiaplaygroup@gmail.com](mailto:redesdalemiamiaplaygroup@gmail.com)



# October Kitchen Garden Action

Plant or sow in Mid Spring



**PS - Plant Seedling**

**SD - Sow Direct**

**ST - Seedling Tray**

Plant or sow in Mid Spring

Amaranth – space 50 cm apart  
Artichokes – Globe plant seedlings (PS) 1m apart  
Asian Greens e.g. Bok Choy-  
Basil- PS 25 cm apart  
Beans – PS French/climbing 15 cm apart  
Beetroot – SD 10cm apart  
Broccoli – SD or (PS)  
Brussels Sprouts - ST  
Cabbage – PS 30cm apart  
Capsicum-PS under cover  
Carrot - SD  
Cauliflower – seedling tray (ST)  
Celery – ST  
Celeriac – ST  
Celtuce – SD or PS 20 cm apart  
Chervil – SD 20cm apart  
Chicory - SD  
Chinese Cabbage -PS  
Chilli – ST  
Chives – ST or SD 10cm apart  
Choko – SD 1mt apart  
Coriander – SD or PS 25 cm apart  
Cucumber – PS undercover o SD 70cm apart  
Cress – PS  
Dill – SD 25cm apart  
Eggplant – PS 50 cm apart  
Endive - PS 25 cm apart  
Fennel - SD 30 cm apart  
Jerusalem Artichoke  
Kale- - 30 cm apart  
Kohlrabi – SD or PS 20 cm apart  
Leek –SD 10cm apart

Lettuce – SD 20 cm apart  
Mediterranean herbs  
Melons – PS 2mt apart  
Mustards – SD  
Onion – PS 20 cm apart  
Parsley – SD or PS 25 cm apart  
Parsnips – SD 10 cm apart  
Peas – SD 15 cm apart (soak overnight)  
Potatoes – SD 40 cm apart  
Pumpkin – SD 2 mt apart  
Radish – SD  
Rocket – PS  
Rosella SD 1 mt apart  
Salsify  
Silverbeet – SD 25 cm apart  
Snow Peas – SD 15cm apart, soak overnight  
Spring Onions – SD 15 cm apart  
Swedes – SD 10 cm apart  
Sweet Corn – SD 20 cm apart  
Tomatoes –PS 1mt apart  
Turnip –SD 5cm apart  
Zucchini – SD 70 cm apart

As soon as your soil temp starts to warm up to 16 degrees and above it is ideal to plant your tomato seedlings. The same applies if you have had 7 consecutive nights at 10° or above.

Companions for tomato - basil, asparagus, beans, beets, cabbage, chilli, capsicums, eggplant, marigolds and .potatoes

Check for aphids on roses and veg.

It is not too late to plant bare rooted ornamentals e.g. Crab apples, roses and lilacs.

Continue to plant a carpet of flowering natives e.g.; paper daisies, yellow buttons, everlasting daisies, kangaroo paw, petunia, blue lace flowers, cosmos, dianthus, phlox, bedding salvia's and sunflowers.

Keep picking Sweet Pea flowers to promote continual blooms.

Prune wisteria immediately after flowering.

Cyclamens should be moved to a dry cool outdoor area for summer.

**Happy Spring planting in your Kitchen Garden**



# Rustic Italian Cuisine Class

**The Sisterhood PROJECT**

**Rustic Italian Cuisine Class**  
 Redesdale Community Hall  
 30 November 2024 @ 11.00 AM

**Click Link Below to Buy Tickets**  
<https://www.intix.com.au/event/rustic-italian-cuisine-class>

## The Sisterhood PROJECT

Buy Rustic Italian Cuisine Class Tickets

Nothing is as synonymous with Italian Cooking as pasta and no food has such mythology surrounding it!

From the Roman tagliatelle to the Sicilian and Calabrian maccheroni, the making and cooking of pasta in Italy has always been and still is deeply regional. The contrasts in styles and flavours is truly remarkable!

In this Rustic Italian Cuisine Class you will be learning the techniques of the Albruzzese style of cooking from Marisa Leahy.

Hailing from the Abruzzo region in Italy, Marisa is passionate about using traditional ingredients to create delicious, simple food from her home village.

Come along and enjoy the hospitality of the Abruzzo Region and authentic Italian cuisine.

Participants will observe as Marisa creates an Italian lunch, thoughtfully matched with local wine from Mia Valley Estate.

All utensils and ingredients are provided.

Saturday 30th November

11 - 1pm

Redesdale Hall

Redesdale, Victoria

\$50 per person

<https://www.intix.com.au/event/rustic-italian-cuisine-class>



# The Buff-banded Rail

I had never seen one of these striking birds until last summer when one found its way into our chicken enclosure and couldn't find its way out. Judging by the number of people approaching birding sites on the internet and asking for identification, there must have been a population explosion in rail numbers last summer.

They are about the size of a small chicken and their plumage is very handsome. The dark stripe across its eye and the white strip above is very distinctive.


The books tell us that it is widespread in mainland Australia, South East Asia and new Zealand – so why haven't we seen them on our property over the last 20 years? I suspect that their numbers have grown lately because of the last two wet years. They tend to habit dense reeds and vegetation bordering many types of wetlands or crops. They make widespread use of artificial wetlands like sewage ponds and drainage channels. Our pair spent the summer and autumn around our dam.

Rails feed on crustaceans, molluscs, insects, seeds, fruit, frogs, carrion and refuse. It mostly feeds early in the morning and the evening.

For a bird that is apparently widespread – very little is known about this bird's habits. Breeding is poorly known, but it nests in long grass, tussocks, rushes or crops. It makes an unlined cup-shaped nest of grasses or reeds. Both parents incubate and the young will leave the nest within 24 hours. Both parents remain with the young, which usually feed themselves, though the female may feed them as well. Two broods may be raised in some seasons.

Happy Rail spotting this summer!

Kathy Hall



*Redesdale*

RaDA AGM Meeting

November 2nd, 2024  
11.30am.

@  
The Redesdale Pavilion

All welcome to attend.  
Light refreshments will be offered.



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