Looking for somewhere to eat-check out our Dine Out Directory on page 32

**Last Chance Lowther St** Page 3



**Arts About -**Cascade Art Page 10



**Nature-based Experiences** Page 19





through Muckleford and Maldon last week as part of the 2024 Golden Oldies Tour. It was a marvellous sight to see all these Roaring Twenties transporters, representing the interwar period of freedom and convenience, in one many small towns all around the region, between Bendigo and Ballarat, from Colac to Castlemaine and from Marong to Maryborough. It was a great chance for the entrants to check out regional attractions and enjoy the company of their fellow enthusiasts.

historic vehicles on the road and supports motoring clubs throughout Victoria and Australia. While the name of the tour refers to the collectible cars, most of the entrants were vintage models too and hailed from across Victoria and News South Wales.

Photo by Ian Riley.



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# SUNDAY SESSIONS

Sun arvo snacks: 2-4pm Live music: 1-4pm

> 8TH SEP **Brett Parkes**

# 2024

LIONS CLUB OP SHOP, 10am to 2pm. Enq: Jenny 0407 158 833.

#### FIRST SUNDAY OF THE MONTH

CASTLEMAINE FARMERS MARKET, 9am to 1pm Western Reserve, Forest Street. Eng: www.castlemainefarmersmarket.org or 0455 332 692.

GAMES IN THE MAINE from 11.30am to 5.30pm at West End Hall, Castlemaine. For details visit gamesinthemaine.com.au.

MALDON PONY CLUB RALLY at the Maldon Campdraft grounds at 9.30am for gear checks for a 10am kick off. Enq: Kira Chalmers 0407 140 580. WALMER GUN CLUB at 11am Lewis Road, Maldon

MALDON MUSEUM, Shire Gardens, 11.30am-2pm. Admission \$2.50 adults, children

CHURCH SERVICE TIMES. Catholic: 8.30am. 5 Chapel Street North. Baptist: 10.30am. 8 Edwards Street. Anglican: 11am—Maldon—1st & 3rd, Newstead—2nd &

#### **EVERY SUNDAY FORTNIGHT**

MALDON PÉTANQUE CLUB games on every second Sunday at St. Brigid's starting on 7 January 2024 at 1pm. Eng: Sandy Noble 0429 006 130. Geoff McLennan 0419

SOCIAL PÉTANQUE We play at the Penny School pistes from 1.45 for a 2pm start, subject to the weather. Resumes Sunday 28 January 2024. For further information call 0459 093 452

#### SECOND SUNDAY OF THE MONTH

MALDON MARKET: Hand Made, Home Grown, 9am — 1.30pm. Maldon

THE MALDON VINTAGE MACHINERY & MUSEUM is a haven for enthusiasts of machinery and other curios from before and after the industrial revolution. Open 10am-4pm. Entry free-donations welcome. More info: Peter 0408 146 537.

#### LAST SUNDAY OF THE MONTH

CASTLEMAINE REPAIR CAFE, at Castlemaine Community House 30 Templeton St Castlemaine. behind the Town Hall. 10am till 1pm. Bring along broken household appliances and sewing repairs. Learn basic bicycle maintenance, get help with settings etc on mobile phones, advice for Apple Macs. First in first served. For further info call Chris 5470 5508

OCCASIONAL CHILDCARE, Maldon Neighbourhood Centre 9.30am-2.30pm. Enq. 5475 2093 or info@maldonnc.org.au.

ATHENAEUM LIBRARY, High Street, Maldon. 2-4pm. Library contact 0437 094 469. SOCIAL WALKS, No booking required, all welcome! Meet at the Neighbourhood Centre, 9.30am-11am, \$1 donation for cuppa.

**SOCIAL GOLF** – 8.30am – 9 holes, free for members or \$10 green fees. Enq: maldongolf4u@gmail.com or Gay Reid 0413 013 766.

YOGA AND RELAXATION, Open your mind and body with yoga, for all ages and abilities. 6-7.30pm Maldon Neighbourhood Centre, first class free. For enquiries ph

NORDIC POLE WALKING, (during school terms) 2pm Castlemaine Botanic Gardens

MALDON TOY LIBRARY, Maldon Neighbourhood Centre 9am-9.30am. **PUBLIC INTERNET ACCESS** 9am—3.30pm at the Maldon Neighbourhood Centre.

#### FIRST MONDAY OF THE MONTH

CRYPTIC CROSSWORD MORNINGS from 10am MNC Community garden. THIRD MONDAY OF THE MONTH

#### CRYPTIC CROSSWORD MORNINGS from 10am MNC Community garden

PARKY PALS, at Castlemaine Golf Course club rooms, 10.30-12pm. A social group for those with Parkinson's disease along with family and friends. Gold coin donation for morning tea. Info: Bronwyn: BGrieve@castlemainehealth.org.au or 0439 187 051.

#### **FOURTH MONDAY OF THE MONTH**

THE MALDON GARDEN, FLORAL ART AND CRAFT CLUB 2pm. Enqs: 0488 113 733. MONDAY ONCE A MONTH

NIGHT SKY APPRECIATION SOCIETY, At Maldon Neighbourhood Centre. Week changes according to moon phase; ring MNC on 5475 2093 to check date

COMMUNITY TRANSPORT SERVICE. Book the day prior for your door to door service. Travel to Castlemaine leave MNC at 9.50am and depart Castlemaine at 11.10am. Travel to Kangaroo Flat leave MNC at 11.55am and depart Kangaroo Flat at 2.30pm. \$3 one-way, \$5 return. Phone 5475 2093, email info@ maldonnc.org.au full timetable www.maldonnc.org.au/community-bus/ community-bus-transport-service.

CASTLEMAINE SAFE SPACES, Castlemaine Senior Citizens Centre, Mechanics Lane (next to the library) and will run from 6pm-8.30pm. No appointment or referrals are required and all are welcome to attend.

MAH JONG for seniors 10am-1pm at Maldon Community Centre. Beginners welcome. Enquiries: Kerry 0407 738 855.

MALDON BOWLING CLUB practice at 10am, new members welcome.

MALDON BRISK WALKING GROUP, No booking required, all welcome! Meet at Maldon Neighbourhood Centre 7.30am—8.15am, No cost.

MALDON CROQUET CLUB, 9:30am. All welcome. Contact. Damien 0428 130 764 or Cheryl 0428 453 042.

NORDIC POLE WALKING (during school terms), 6.30pm at Castlemaine Botanical Gardens. Further info and bookings 5479 1000.

PUBLIC INTERNET ACCESS 9am-3.30pm at the Maldon Neighbourhood Centre.

TABLE TENNIS for seniors, 1.30-3.30pm at Maldon Community Centre. Beginners welcome. Eng. John 0418 995 164. FIRST WEDNESDAY OF THE MONTH

**DIABETES SOCIAL GROUP**, 2 – 3pm. \$2 includes tea & coffee. Info: Jo Ann 0412 640 818. NUGGETTY LAND PROTECTION GROUP meeting. For further info contact Christine Fitzgerald – ckfitz5@bigpond.com – 0419 347 408.

ATHENAEUM LIBRARY, High Street, Maldon. 2-4pm. Library Contact 0437 094 469. CANASTA for seniors 10am at Maldon Community Centre. Beginners welcome. Enquiries: Lyn 0409 566 551

CASTLEMAINE FARMERS MARKET, at Camp Reserve on Forest Street from 2.30pm-5.30pm.

COMMUNITY LUNCH 12.00 noon, Maldon Community Centre, \$7 donation. Closed over the school holidays.

# **Community Diary**

Diary, please email: karen@tarrangowertimes.com.au or send details to us at PO Box 18 Maldon 3463, or drop a note into the Maldon Newsagency to have it listed. This is a free community service.

It is a good idea to advertise closer to the event

**EASY STEPS TO FITNESS**, Fitness through simple dance steps. MNC 9am – 9.45am. \$10. Bookings: Sean 0419 210 043.

HATHA YOGA, Gentle yoga class. All levels of ability. Maldon Neighbourhood Centre 5 — 6.30pm. \$15/casual or \$120/10 classes. Bookings: text Wendy 0490 064 084. **JIGSAW EXCHANGE**. Swap your completed puzzle for a new one. Baptist hall – 1.30 to 3.30pm. 8 Edwards Street (Sandra)

**BIBLE DISCUSSION GROUP**. Baptist hall – 7.30pm, 8 Edwards Street (Pastor Gavin) MALDON CHESS CLUB, 10am. Do you play? Come along. Do you want to learn? Come along. For enquiries contact John 0438 012 076.

MALDON MEN'S SHED, 10am to 4pm at rear of Vintage Machinery Museum (accessed from Phoenix Street). All welcome. Contact Barry Murfett 0403 352 753. (Note: Closed on days of Total Fire Ban or over 38°).

MALDON MUSEUM, Shire Gardens, 11.30am–2pm. Admission \$2.50 adults, children

MALDON PANTRY, milk and bread, canned and dried foods plus hygiene essentials and pet items for anyone in the community. 9-11am Holy Trinity Hall, 50 High St., Maldon. More info Maldon Neighbourhood Centre 5475 2093.

MALDON TOY LIBRARY, Maldon Neighbourhood Centre 10am-11.30am. NORDIC POLE WALKING (during school terms), 4.30pm-5.30pm at Maldon Train Station. Further info and bookings 5479 1000. Free.

THE MALDON VINTAGE MACHINERY & MUSEUM is a haven for enthusiasts of machinery and other curios from before and after the industrial revolution. Open 11am-3pm. Entry is free-donations welcome. For more info, contact Peter at 0408

YOUNG AT HEART PLAYGROUP, 10am -11.30am at Maldon Neighbourhood Centre (Except for the 3rd Wednesday of every month, when playgroup visits Maldon Hospital residents for a special intergenerational playgroup 10.30am-12pm). Further

MALDON CEMETERY FRIENDS WORKING BEE, 9.30am—11.30am. Our cemetery grounds and buildings need a little care and attention from some willing helpers on a regular basis. Training, equipment and morning tea provided. BYO Hat, sunscreen, insect repellent and especially gardening gloves.

MALDON BRIDGE CLUB, 1pm to 4.30pm at the Senior Citizens Rooms. New players welcome including solo players. Enq: Danny Murphy 0430 733 782.

MALDON CROQUET CLUB, 9:30am. All welcome. Contact. Damien 0428 130 764 or Chervl 0428 453 042.

MALDON SPINNERS AND WEAVERS have joined with the Yarnies. If you are interested in craft you are welcome to join us on Thursday mornings between 10 and 12 at the Festival Rooms, High Street Maldon.

PUBLIC INTERNET ACCESS 9am—3.30pm at the Maldon Neighbourhood Centre.

TECH HELP TO STAY CONNECTED Be Connected program and supported by friendly volunteer digital mentors. No experience needed! Thur 9.30 — 11.00am. Maldon Neighbourhood Centre. FREE.

#### FIRST THURSDAY OF EVERY MONTH except January

MALDON MASONIC CENTRE-Southern Cross Lodge #24, located on the corner of Parker and High St, Maldon: Masonic rehearsal at 7.30pm. Have you ever heard of or have been interested in Freemasonry, or what is Freemasonry? Come along and find out what the secret is. Enquiries: Dusty Miller 0401 091 737, Peter Thompson 0408 146 537, or Les Roberts 0438 208 236.

#### SECOND THURSDAY OF EVERY MONTH except January

MALDON MASONIC CENTRE-Southern Cross Lodge #24, located on the corner of Parker and High St, Maldon: Monthly meeting 7.30pm. All Freemasons welcome. Enquiries: Dusty Miller 0401 091 737, Peter Thompson 0408 146 537, or Les Roberts

#### THIRD THURSDAY OF EVERY MONTH

MALDON GOLDEN MOVIES presents a great film every month at 7.15pm for 7.30pm start. Membership \$15 for the rest of 2024. Cash only at the door. Bring a plate or packet to share if you are able. Maldon Neighbourhood Centre.

ATHENAEUM LIBRARY, High Street, Maldon. 2-4pm. Library Contact 0437 094 469. CHAIR YOGA, For people who require special consideration. Maldon Neighbourhood Centre, 11am – 12 noon. Started 4 Feb. \$15/casual or \$120/10 classes. Bookings: text Wendy 0490 064 084.

JUNIOR DEVELOPMENT PROGRAM, at Maldon Bowls Club, every Friday at 4pm,

NORDIC POLE WALKING for experienced walkers 9.30am Castlemaine Botanic

COMMUNITY TRANSPORT SERVICE. Book the day prior for your door to door service. Travel to Castlemaine leave MNC at 9.50am and depart Castlemaine at 11.10am. Travel to Maryborough from MNC at 11.55am and depart Maryborough at 2.45pm. \$3 one-way, \$5 return. Phone 5475 2093, email info@ maldonnc.org.au full timetable www.maldonnc.org.au/community-bus/ community-bus-transport-service.

HATHA YOGA, Gentle yoga class. All levels of ability. Maldon Neighbourhood Centre 9-10.30am. \$15/casual or \$120/10 classes. Bookings: text Wendy 0490 064 084. MALDON BOWLS CLUB practice at 4pm, new members welcome.

MALDON MUSEUM HISTORY RESEARCH CENTRE, 10am-1pm. Please phone 0427 752 598 for appointment. MALDON SOCIAL WALKING GROUP, No booking required, all welcome! Meet at the

Neighbourhood Centre. Fridays 9.30am—11am \$1 donation for cuppa. PUBLIC INTERNET ACCESS 9am—3.30pm at the Maldon Neighbourhood Centre.

IN MALDON TODAY a radio show about Maldon. Between 9am and 11am. You can listen to IMT on your phone using the 'TuneIn Radio' app- MAINfm 94.9, or on your computer at mainfm.net,. Send us an SMS during the program on 0488 863 186 and please sign your name.

**SOCIAL GOLF** – 8.30am – 9 holes, free for members or \$10 green fees. Enq: maldongolf4u@gmail.com or Gay Reid 0413 013 766.

#### SECOND FRIDAY OF EVERY MONTH

MALDON RSL SUB-BRANCH Monthly meeting in the Maldon RSL Hall behind the Athenaeum Library at 3pm. All Service and ex Service members are welcome to attend. No meeting in January.

NO LIGHTS NO LYCRA Maldon Neighbourhood Centre 8-9pm, \$10

MAREE EDWARDS LISTENING POSTS are postponed until further notice. My office is still available for assistance, please contact us on 5410 2444 or maree.edwards@

SHUT UP AND WRITE, 1pm at the Newstead Arts Hub. Gold coin donation. Enquiries Dimity 0475 260 051.

TARRANGOWER DEMENTIA ALLIANCE, meetings from 10.45am — 11.45am, Maldon

ATHENAEUM LIBRARY, High St, Maldon. 9.30am-12pm. Library contact 0437 094 **CASTLEMAINE SAFE SPACES**, Salvation Army Hall (next to the Castlemaine train

station) will run 1.30pm-4pm. No appointment or referrals are required and all are welcome to attend. MALDON BOWLING CLUB practice at 1pm, new members welcome.

MALDON CROQUET CLUB, 9.30am. New players welcome to come and try. Morning tea provided. Contact. Damien 0428 130 764 or Cheryl 0428 453 042 or email maldoncroquet3@gmail.com.

THE MALDON VINTAGE MACHINERY & MUSEUM is a haven for enthusiasts of machinery and other curios from before and after the industrial revolution. Open 10am-4pm. Entry free—donations welcome. More info: Peter 0408 146 537. SCRABBLE CLUB at the Library, all welcome. 10am-12pm, Maldon Athenaeum

#### Library High St, Maldon. Contact 0437 094 469. THURSDAY 18 JULY - 13 OCTOBER

**EXPRESSIONS EXHIBITION**, artists include Pamela Farmer, Michele Eastwood, Lisa Davis and Suzanne Reid at Central Goldfields Art Gallery.

#### SATURDAY 7 SEPTEMBER + EVERY WEEKEND IN SEPTEMBER

PHOTO EXHIBITION Wild Discoveries at Newstead Arts Hub from 10am to 4pm. Geoff Park will open the exhibition at 11am. Refreshments provided and all

BARINGHUP COMMUNITY COMMITTEE AGM, 7pm at the Baringhup supper room.

MALDON WALKING TOUR in partnership with Dementia Alliance, commencing 10.30am from the Maldon Neighbourhood Centre. Cancelled in the event of heavy rain. More info call 5479 1000. No booking required.

#### **WEDNESDAY 18 SEPTEMBER** MALDON HERITAGE NETWORK COMMUNITY MEETING at Maldon Neighbourhood

Centre from 7.30pm. \$2 donation. MALDON BOWLS CLUB COMMUNITY BBQ AND BAREFOOT BOWLS, all welcome,

5.30pm. Music by Classic Rewind, \$5 entry includes bowling, use of equipment, raffle ticket. Children under 12 free. BBQ from 5.30pm, well stocked bar. Free

coaching/practice and junior development from 4pm. **SATURDAY 21 SEPTEMBER** NEWSTEAD CFA COMMUNITY MARKET, starting from 8am until around 1pm.

MALDON WALKING TOUR in partnership with Maldon Urban Landcare,

#### THURSDAY 26 SEPTEMBER

commencing 10.30am at the Rotunda in the Maldon Gardens. Cancelled in the event of heavy rain. More info call 5479 1000. No booking required. OLD TIME DANCE at Maldon Community Centre, Live music kicks off at 1pm-5pm

\$12 entry with afternoon tea provided and a door raffle supporting the M&B Ag Show. Eng: Hanna Dohnt 0409 189 708.

#### **TUESDAY 8 OCTOBER** THE VILLAGE BUSINESS EXPO, 11am-5pm Maldon Golf Club. Register now as an

attendee, exhibitor, or sponsor. www.villagebusiness.com.au FRIDAY 18 OCTOBER CRICKET FOR BEGINNERS at Maldon Primary School, introduction by Muckleford

#### Cricket Club. 3.30pm - 4.30pm, Free. Contact: Brett Cole 0439 882 765

**SUNDAY 20 OCTOBER** MALDON & BARINGHUP AGRICULTURAL SHOW, 9am-4pm. Horse events, sheep and wool, clydesdales, mobile zoo, jumping castles, laser tag, pedal cars, pavilion

and heaps more. More info maldonshow.com.au NEWSTEAD YOUNG WRITERS FESTIVAL, 11am - 4pm Newstead Arts Hub.

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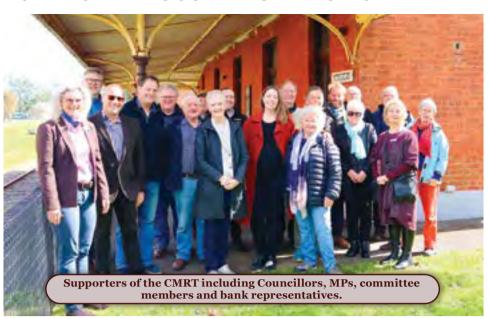
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# Rail trail steams ahead



THE Castlemaine-Maryborough Rail Trail (CMRT) project has secured funding to help it commence the next phase of planning and design. The CMRT is a proposed transformation of the 55km disused rail corridor between Castlemaine and Maryborough into a shared-use trail that can be used by cyclists, walkers and horse-riders of all ages and abilities.

On Monday 2 September, Member for Ripon Martha Haylett and Member for Bendigo West Maree Edwards announced in Newstead that the project will receive \$400,000 in state government funding. "I know how hard many of you have worked on this project over many years," Ms Edwards said. "It will really bring great benefits to the region." Ms Edwards also highlighted that the trail will be complementary to the current bid to have the Victorian Goldfields listed as a World Heritage site by the United Nations Educational, Scientific and Cultural Organization (UNESCO).

Ms Haylett said, "It's fantastic to see all the stages that we're going through and we'll continue to back the project because it's not just about tourism, it's about community well-being."

The Shire of Mount Alexander Mayor Matthew Driscoll and Central Goldfields Shire Mayor Liesbeth Long also attended the announcement in acknowledgment of the support and contribution of the local councils traversed by the trail. Community Bank Avoca Maryborough and St Arnaud (Bendigo Bank)

contributed \$20,000, while CMRT supporters and the community also raised funds for this phase of the project.

President of the CMRT Janice Simpson said that the group can now start to plan the building of the trail. "We've got fantastic ideas about how it can work," she said, describing the potential for illuminated paths plus sound and light features along the trail. "Our committee is full of enthusiasm and creativity and we can't wait to start putting the ideas into practice in 2026 when we start building," Ms Simpson said.

The announcement inspired some nostalgia amongst attendees. "I'm a local, so I can remember catching the train here to go to school sports days with kids from Guildford, Carisbrook and Maryborough," said Marg Lewis about the old Newstead station. "They were the old trains, when they used to have compartments. The teachers used to march up and down the corridors, policing behaviour," she recalled.

Just as the old train services used to provide connection between the small towns, the Castlemaine-Maryborough Rail Trail is designed to link the communities and provide access to them for tourists. Remarkable features along the trail will include the Cairn Curran Railway Bridge, the striking Moolort Plains, the ghostly Carisbrook Station and glorious views of Guildford. For more information about the CMRT project, visit: cmrailtrail.org.au.

Michelle Dorian

# 1 Lowther: last chance to respond



MOUNT Alexander Council is expected to make a decision about the future of the site at 1 Lowther Street on Tuesday 10 September after a meeting with objectors last week. The site is subject to a planning permit application for a proposed 16-lot subdivision and vegetation removal. Previously, a group of objectors had met with the applicant, Tomkinson, to offer suggested alternative planning designs in an effort to suit all parties (as reported in the *Tarrangower Times*, Friday 12 July).

Four Councillors were present at the meeting on Tuesday 27 August, during which seven residents expressed their concerns. Rosalie Hastwell, who attended the meeting, said, "Residents strongly voiced objections relating to a range of issues including flooding, neighbourhood character, density, safety and natural heritage." Ms Hastwell said that residents were pleased at the number of Councillors who had visited to view the site and engage with the process of hearing objections.

However, the group of objectors is disappointed that while Tomkinson appeared to be prepared to take on some of the suggestions for alternative approaches, recent correspondence reveals that there has been minimal change in the applicant's position. Exceptions include the possibility of increased setbacks of building envelopes and the possible inclusion of a pedestrian link through the subdivision. The alternative suggestions sought to encourage quality housing, consistency with the heritage village feel of Maldon while protecting vegetation and minimising dangerous traffic impacts due to the Lowther Street truck route.

Council will accept responses and objections to a planning application at any time until a decision is made. Details about the proposal in its current form can be seen by searching for the address at the council's planning portal, visit: planning.mountalexander.vic.gov.au.

Michelle Dorian





Immerse yourself in a sensory haven the moment you step through our door.









Maldon's Fine Art Treasure — an atmospheric art gallery set in an 1863 Gothic Revival church. Specialising in painting, limited-edition fine art prints, bronze and ceramic sculptures.



Cascade Art Gallery, The Church, 1A Fountain Street, Maldon Vic 3463 Open Thursday – Sunday 10am - 5pm (closed: July, August)
Kareen Anchen - Gallery Director: 0408 844 152 | cascadeart.com.au | e: info@cascadeart.com.au

# Spotlight on stalking

CRIME Stoppers Victoria and Victoria Police have launched a campaign called 'Stalking is a Crime' to highlight to the community the seriousness of stalking. Acting Superintendent Tom Nairn from Victoria Police Family Violence Command says that stalking is a growing problem – with the misuse of technology and social media making it easier for offenders to carry out the crime. "Becoming a victim of stalking can happen to anyone at any time - so if you suspect or know it's occurring to someone please speak up. It's incredibly harmful behaviour, and perpetrators need to be held to account."

Crime Stoppers points to figures from the Crime Statistics Agency showing that there were 2,642 stalking offences reported in the year to March 2024. More than half of these reports were related to family violence.

Stalking is not a single incident, but a pattern of repeated behaviour over time, which causes a victim to feel distressed, fearful or worried about their safety, or the safety of others. Harmful behaviours can include loitering near a victim's house, publishing material on social media, interfering with the victim's property or keeping a victim under surveillance. Someone who stalks can be an ex-partner, a family member, or a friend. It could also be someone less well known, such as a colleague or someone who lives in the neighbourhood, or even a complete stranger.

Chief Executive of Crime Stoppers Victoria Stella Smith said that as family violence offences continue to rise, understanding stalking and the harm it causes has never been so important.

"Stalking is a serious crime and we want to ensure that Victorians understand the severity of stalking, that they are not alone, and that they are confident in seeking help," she said.

The 'Stalking is a Crime' campaign is aimed at educating Victorians on how to recognise the signs of stalking, how to report the crime, and how to access the support services that are available.

Crime Stoppers Victoria and Victoria Police are committed to responding to stalking and urge those that are experiencing stalking, or know of someone who is, to make a report. Any information provided will help to stop those committing the crime of stalking and prevent them from causing further harm.

There are three ways to report stalking to police:

Call triple 000 if there is a current and imminent threat to safety, report directly to a police officer via a local police station at any time or share information with Crime Stoppers Victoria by calling 1800 333 000. There are also many support services available on the Crime Stoppers Victoria website at crimestoppersvic.com.au.

# Bite Size News and opportunities

#### Join the Baringhup **Community Committee**

The Baringhup Community Committee (BCC) will hold its Annual General Meeting in the Baringhup Supper Room on Monday 9 September from 7pm. The committee has a number of functions, including management of the Hall & Supper Room, co-ordination of the various local community events and liaison with Baringhup CFA, Baringhup Landcare, Baringhup Cemetery Trust and Mt Alexander Shire. In recent times the BCC has introduced the Baringhup '10 cent' recyclable collection point and acquired a public access defribrillator plus a new projector and big screen. The committee meets monthly and provides an opportunity to participate and contribute to local activities and issues important to Baringhup's small community. The BCC welcomes anyone who would like to contribute to support the local community.

#### New planning controls for Harcourt

One of the outcomes from the Mount Alexander Shire Council meeting on Tuesday 20 August was a commitment from Councillors to introduce new planning controls in Harcourt. Council stated that new planning controls will increase the protection of flora and fauna in Harcourt. Council worked with community groups, government agencies and expert consultants to research, consult and implement these planning controls, Council also consulted with the Harcourt community about the proposed planning controls via an online survey, drop-in sessions and discussions with community members. The Council said that the new planning controls will: protect plant and animal species identified as significant and identify 'habitat corridors' along roadside and waterways in Harcourt; apply Vegetation Protection and Environmental Significance Overlays on land in the Harcourt township; rezone land to Rural Conservation to protect larger areas of high significance and revise the township boundary to account for the findings in the Strategic Biodiversity Assessment. The new planning controls will come into effect once approved by the Minister for Planning and then published in the Victoria Government Gazette. Learn more about the planning controls at www.shape.mountalexander.vic. gov.au/proposed-planning-controls.

#### Heritage highlighted at meeting

The Maldon Heritage Network is holding a community meeting about local heritage on Wednesday 18 September at Maldon Neighbourhood Centre from 7.30pm. Maldon Heritage Network is a group of community members who share an interest in protecting, preserving and promoting Maldon's heritage. The group is keen to hear views about Maldon and district's heritage, including any concerns or priorities that need addressing. These ideas will be collated and used to inform future directions for the group, which everyone is welcome to join. A \$2 donation towards the cost of the venue hire is requested.

#### Grants for youth events

State Minister for Youth Natalie Suleyman has announced the launch of FReeZA 2025-2027, which offers grants between \$45,000 and \$120,000 over three years to help young people lead and deliver youth events. FReeZA will support community organisations, local governments, Aboriginal community organisations, and social enterprises in hosting safe, youth-friendly events for Victorians aged 12 to 25. Young people take a central role staging

events through FReeZA, which showcase their talent, open career pathways and celebrate the important contribution they make to the cultural life of their communities. Participants in the programs funded by FReeZA grants will gain practical skills such as lighting production and event management, and emerging musicians and artists will have a platform to showcase their work. Applications for FReeZA 2025-2027 are open until 30 September 2024. To apply for a grant or find out more, visit vic. gov.au/freeza-2025-27.

#### **Duvets on Display**

An exhibition by Goldfields Quilters opens on Saturday 21 September and will display the colourful, intricate and time-consuming creative work of its members. In addition to the many exhibited quilts, a trading table will be stocked with interesting handmade wares. The exhibition will take place at Castlemaine Town Hall, 25 Lyttleton St Castlemaine. It runs from Saturday 21 to Sunday 22 September, 10am - 4pm \$8 entry. Direct queries to: goldfieldsquilters@gmail.com.

#### Ales on Rails

The Victorian Goldfields Railway is offering a beer, food and railway experience on Saturday 7 September and there are still last-minute tickets available. The heritage train rides through the countryside from Castlemaine to Maldon and the chance to sample a range of specialty beers sourced from Central Victoria's finest craft brewers, with tasting notes provided. Passengers will then enjoy set menu lunch and a drink at the Maldon Hotel. The Ales on Rails experience is for adults only and it is a great day out for a couple or group of friends. To book, call the Victorian Goldfields Railway office on (03) 5470 6658. For details visit: vgr. com.au/ales-on-rails.

#### **Council Nominations Open**

Nominations to stand as a candidate in the 2024 local council elections open on Monday 9 September. Electoral Commissioner Sven Bluemmel has issued a reminder to people thinking about standing for election, "Nominations must be lodged in person during the nomination period, so prospective candidates should act quickly to make sure they are prepared." Prospective candidates must make an appointment during business hours with the election manager to lodge their nomination forms in person and pay their \$250 nomination fee. Election offices will be open for nominations during business hours from Monday 9 September until 12 noon Tuesday 17 September. Further information on nominating as a candidate is available at vec.vic. gov.au/council-candidate.

#### Real estate quotes get real

The State Government announced that it will make the Underquoting Taskforce permanent so it can continue to crack down on dodgy conduct in the real estate industry. The taskforce was initially planned as a twoyear operation but will now be a permanent enforcement arm of Consumer Affairs Victoria. The taskforce's work will protect Victorians from the illegal practice of underquoting and educate industry professionals on their responsibilities at auctions, with a focus on repeat non-compliance. The underquoting taskforce continues to receive a high volume of reports through the dedicated underquoting complaints webform, with more than 2,800 reports submitted since it launched. Making the taskforce permanent ensures there will continue to be zero tolerance for deceptive practices in the real estate industry. Information on how to report underquoting can be found at consumer.vic.gov.au/housing.





ADVERTISEMENT • Authorised by Gaelle Broad, PO Box 771, Bendigo 3552

# The Tarrangower Times is part of Australia's biggest rural news network

A platform for independent news and stories written by, for and about people living outside Australia's capital cities Australian Rural & Regional News is the first platform featuring independent news from and for the whole of rural and

There are many dedicated independent journalists and publishers based outside the Australian capitals reporting on the news from their local area and others that focus on rural and regional news.

Some independent news publications are long-established mastheads that have been the trusted source of news for their community for generations and are now in print and online. Some older independents now produce only digital editions. Other newer independents from the digital age have always been online only.

Australian Rural & Regional News also features relevant news and media releases from clubs, societies and organisations, companies and businesses, government bodies, local councils and State and Federal Ministers and Members of Parliament. Australian Rural & Regional News is a growing newsroom, separate from the mainstream media, covering Australia outside the capital cities.

arr.news





I caught up with the Golden Oldies car rally on Tuesday at the Mount Alexander Vintage Engine Club clubrooms. There were approximately 50 cars, all dated between 1919 and 1929.

This was a great experience. You could imagine yourself in a car park at an event in the twenties and this is pretty much what it would have been like. I met Don Bell, who had brought his 1928 Buick Standard Roadster, see photo. It features a 'Dickie seat' which folds out at the back, a particularly uncomfortable way to travel. He has owned it for about 10 years already restored, but he has done all the usual maintenance over the years, including rebuilding the engine. It is a lovely old thing to drive, although the steering is very heavy by today's standards; no power steering in 1928! His wife sanded all the wooden spokes on the wheels and has vowed that she will never ever do that job ever again...

Ian Riley





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# Belle Property Castlemaine and Maldon.



# 51 Berkeley Street, Castlemaine.

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Roseleigh c 1878-1890 Double Brick period prize that's one of a kind.

- Contemporary & period features throughout.
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View

Saturday 7th September: 2:00pm-2:30pm

**Rob Waller** | 0418 571 130 **Blasi Mulholland** | 0417 311 733



#### 56 Karingal Park Drive, Barkers Creek.

Elevated contemporary country retreat on Barkers Creek, with views.

- 4 bedroom, country retreat set over 7 acres with breathtaking views of Mount Alexander.
- Established garden & town water.

**For Sale** \$1,150,000

View

Saturday 7th September - 1:00pm-1:30pm

Brett Tweed | 0417 564 697 Rob Waller | 0418 571 130



45 New Year Flat Road, Vaughan

3 🖭 2 🗁 3 🚍

- Architect-designed sanctuary, a marvel of modern design positioned in the Vaughan countryside.
- 3 bedroom residence on 2.5 acres.
- Double carport & attached studio.

**Blasi Mulholland** | 0417 311 733 **Rob Waller** | 0418 571 130

Belle Property Castlemaine | 5470 5811 167 Barker Street, Castlemaine Belle Property Maldon | 5475 1055 30A Main Street, Maldon

belleproperty.com



38 Wimble Street, Castlemaine

- 4 bedroom Victorian residence with contemporary extension.
- Centrally located with breathtaking views.

**Scott Rawlings** | 0409 675 408 **Rob Waller** | 0418 571 130



17 Lisle Gully Road, Maldon

4 ⊨ 2 🗁 3 🚍

- 4 bedroom country haven set over 7 acres with unparalleled views.
- Established gardens & close to historic Maldon village.

Narelle Waller | 0408 571 131 Rob Waller | 0418 571 130



Scan to view our current listings



# News from Dhelkaya Health

## Vital health insights at Maldon Men's Shed



DHELKAYA Health's Community Health Nurses, Tim Stirling and Jenny Miko, provided a Men's Health Talk in Maldon on Wednesday 21 August. The Maldon Men's Shed hosted the event and welcomed all community members.

Tim Stirling is a community health nurse with 35 years of experience and presented some health education on continence, urinary tract infections, cancer (bowel, prostate and testicular), male sexuality and grief, loss and depression. The focus of the Men's Health Talk was to educate and inform through an interactive format.

Tim said, "The audience was very engaged in the topics and talked a little about their own experiences. It was terrific that the audience were interested and hopefully learned something, especially about the importance of having regular visits to their local doctor, screening and blood tests."

Dhelkaya Health's community nurses provide health information, promotion and education to encourage people to live well in the Mount Alexander Shire. At this event they also offered health checks to attendees.

Jenny said, "It was really great to see men and women at the presentation, asking questions and learning about how to look after their physical and mental health better. Many attendees took pamphlets and information away with them too for friends and family."

Rob, President of the Maldon Men's Shed, said, "Our members come from diverse and interesting backgrounds with various skills."

The Maldon Men's Shed members are involved in a range of activities from woodworking, restoration and metalwork. The focus of their work is a mix of community-based projects and private client projects. The Shed offers friendship and the opportunity for people to socialise together while teaching and learning from each other. The Maldon Men's Shed operates on a non-profit basis and is entirely reliant on grants, membership fees, self-generated funds and donations. Access is via Phoenix Street Maldon.

The shed is open Wednesdays from 10am to 4pm and currently some Saturday mornings. New members are always welcome.



# September walking tours in Maldon

DHELKAYA Health, in collaboration with local community groups, is excited to present two informative and leisurely walking tours in Maldon this September.

The first tour, in partnership with the Tarrangower Dementia Alliance, will take place on Tuesday 17 September during Dementia Action Week.

This year's theme is 'Act Now for a Dementia-Friendly Future'. Participants will gain insights into what it means for Maldon to be a dementia-friendly community. Attendees will hear from an Alliance member living with dementia, who will share the importance of community engagement for those affected by dementia. The walk will include visits to notable locations such as the Athenaeum Library and the Maldon Croquet Club, highlighting recent accessibility improvements. The tour will commence at 10.30am from the Maldon Neighbourhood Centre.

The second tour, scheduled for Thursday 26 September will be held in partnership with Maldon Urban Landcare Inc (MULGA). This tour offers a unique opportunity to view a remarkable 540-year-old yellow-box tree. Participants will meet at 10.30am at the Rotunda in the Maldon Gardens on High Street, near the Visitor Information Centre. Guide Bev Phillips will discuss MULGA's efforts in surveying indigenous eucalypts in and around Maldon, sharing details about tree species, GPS locations, and estimated ages based on growth rates.

Please note that both tours will be cancelled in the event of heavy rain. For additional information, please call 5479 1000. No prior booking is required.



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# for sale



37 Boundary Road, Maldon

This offering includes a 3-bedroom period home with Mt Tarrengower views, and a separately sold 1140sqm warehouse on 4755sqm. The 808sqm property features period details, a wrap-around verandah, spacious bedrooms, sunrooms, a solar system, and a low-maintenance garden. The grounds offer dual driveway access, carport, covered area, and studio. Ideal for a home base or investment, with the option to purchase the warehouse separately.

By Appointment Contact Megan Walmsley 0411 043 324 Tom Robertson 0473 642 644



33 Edwards Road, Eddington

At the heart of the Central Goldfields in Regional Victoria, with the Loddon River flowing, you will find the historic town of Eddington, a 10-minute drive to Dunolly, 16 minutes to Maryborough, 20 minutes to Maldon and 37 minutes to Bendigo. Currently used for cropping and sheep with the potential for horses, this family-friendly four-bedroom home on 39 acres (approx) offers a country experience for the whole gang.

View By Appointment Contact Megan Walmsley 0411 043 324 Tom Robertson 0473 642 644



19-21 Polsue Street, Maldon

Herrmann's Cottage is a classic Australian Miner's Cottage on 2139 sqm. Featuring 3 bedrooms, period details, a solid wood heater, and a raked ceiling, it combines historic charm with modern amenities. The private garden includes brick pathways, a carport, water tanks, a veggie garden, and mature trees. Ideal for a home base, investment, or weekend getaway, the property offers subdivision potential (STCA) and is close to Maldon's shops, cafes, and attractions

View By Appointment Contact Nick Haslam 0422 848 662 Megan Walmsley 0411 043 324



141 Whitlocks Road, Maldon

This 22.2-acre property offers stunning views of the Pyrenees and Mount Tarrengower. It features a four-bedroom house with a wrap-around verandah, spacious deck, and modern amenities. Located near historic Maldon, Castlemaine, Bendigo, and Cairn Curran Reservoir, it includes a large garage and studio, making it an ideal rural retreat.

View By Appointment Contact Megan Walmsley 0411 043 324 Tom Robertson 0473 642 644



Lot 8 Bradford Road, Shelbourne

This attractive 18.2 acre (approx) block of land is perfectly situated just 20 minutes from the centre of Bendigo, 15 minutes from Maldon and 90 minutes from Melbourne. With picturesque views overlooking farmland, this well fenced and mostly level allotment features a colorbond 16m x 9m shed with a concrete floor and additional 16m x 3m covered storage area, with power available, along with a large dam and mature eucalypts along a seasonal creek.

View By Appointment Contact Megan Walmsley

0411 043 324

0473 642 644

Tom Robertson



Wingrove, an architecturally designed 4-bedroom home, offers breathtaking views of Mt Alexander, Mt Franklin, Daylesford, and the Western District. This private retreat features floor-toceiling windows, a bespoke recycled timber wall, and modern amenities including a solar system and ducted heating/cooling. The property includes a self-contained guest accommodation with Airbnb income potential and beautifully landscaped 4046 sqm grounds. Ideal as a permanent home or weekend retreat

Saturday 7 Sept 12.15-12.45pm Contact Megan Walmsley 0411 043 324 Tom Robertson 0473 642 644



8A Grigg Street, Maldon

This 15-month-old, 3-bedroom home on a quiet street offers modern convenience with cottage charm. Enjoy stunning Mount Tarrengower views, a light-filled kitchen, and a spacious deck for entertaining. The ground floor features a main bedroom with ensuite, while 2 upstairs bedrooms share a central bathroom. Includes double-glazed windows, split systems, a secure carport, water tank, and low-maintenance garden. Perfect for downsizing or as a weekend retreat in historic Maldon.

View By Appointment Contact Megan Walmsley 0411 043 324 Tom Robertson 0473 642 644



35-37 Main Street, Maldon

Unique commercial property with a 3-street frontage on 1497 sqm in historic Maldon. Features a gallery/shop front with high ceilings, stone flooring, and period details. Includes a 4-bedroom residence with a private garden, contemporary kitchen, and multiple fireplaces. Offers flexible living and working spaces, with subdivision potential (STCA). Ideal for business and home, combining modern design with rich history.

View By Appointment Contact Megan Walmsley 0411 043 324 Tom Robertson 0473 642 644



599 Muckleford-Walmer Road, Muckleford

A rare opportunity awaits with 104.5 acres (approx) of picturesque farmland of ancient gums with rich and productive soil and a beautifully manicured garden surrounding the perfectly presented four-bedroom brick veneer home. Bendigo is an easy 30-minute commute, 10 minutes to Castlemaine and a short drive into historic Maldon, making this property the ideal country lifestyle for farming and liveability.

View By Appointment Contact Megan Walmsley 0411 043 324 Tom Robertson

0473 642 644



Lovingly restored 4-bedroom late Victorian home on 1.25 acres, perfect for country living with space for horses. Featuring a wrap-around verandah, wide arched hallway, open-plan living and dining with French doors, a country-style kitchen, and a generous bathroom. Period details include pressed metal panels, high ceilings, and timber cladding. Additional amenities include a solar system, secure garage, carport, stable, and orchard. Located within walking distance to Maldon.

View By Appointment Contact Megan Walmsley 0411 043 324 Tom Robertson 0473 642 644

t: 5472 1133

cantwellproperty.com.au 220 Barker Street, Castlemaine



# **Lucky Miss**

NEWSTEAD social enterprise owners Caroline and Dean McLaren had a lucky escape from a toppling tree on Saturday 24 August. They had paused at a Give Way sign in McKenzie Hill when a eucalyptus plummeted in front of them, leaving barely metres to spare. Caroline said they have received a lot of attention since posting about it on social media. "We've had so many people come to us and say, 'I'm so happy you're alive!"

The couple, who run a food van called Konjo Mama that specialises in Ethiopian food, were on their way home from a fundraiser for the upcoming Newstead Young Writers Festival when they had their near-death experience. Caroline confirmed that despite their good fortune, they had not purchased a lottery ticket. "But we're definitely feeling pretty happy," she said. It's a reminder, particularly during this season of wild weather, that sometimes it pays to pause.

Michelle Dorian



# Maldon Spring Market this Sunday 8 September

#### 9am to 1.30pm

YES, thats right. Spring is here and we all know what that means. The sun is coming back, and so is the wonderful fresh produce that our market gives to the town every month. Don't miss our diverse local hand made arts and crafts, along with filling your basket with delicious pantry goodies and home grown fruit and vegetables picked fresh. Then there is local music and yummy treats—what more can you ask for!

This month I had a chat with Gwen Hartland from Hartland's Eucalyptus and what an inspiring story she had to tell. Gwen gave me the history of Eucalyptus distilleries in the region, with the industry commencing as a form of employment in the Mallee bushlands and Whipstick Forest after the gold started to run out in the 1800s. The first regional distillery was set up in 1860 and Gwen's husband's descendants, the Hartlands, started their distillery in 1890. It has since been running from generation to generation with Gwen and Jeff's son Mathew now running the family distillery as a part of their farm. That's 130 years in the family; pretty impressive! In the early days, there were 28 Eucalyptus distilleries in the Bendigo region, and it was a very big source of employment; it wasn't until the importation of synthetic Eucalyptus oil that the industry was destroyed. "Now we are the only ones left producing quality and quantity in the Bendigo region," said Gwen.

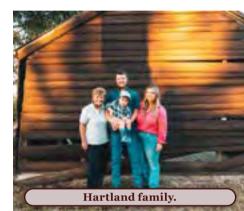
The process is quite significant, with the harvesting happening every two to three years with a heavy-duty forage harvester. This used to be all cut by hand and would take four to five days, but now it takes four to five hours. That gives you an idea of how hard the work was. The leaves are cut off at ground level, which to some might seem harsh, but the trees are consistently regenerating and the Hartland's Eucalyptus oil is made from leaves grown from the original rootstock of the Eucalyptus trees that are over 100 years old.

"It is a very sustainable industry, as it regenerates with every harvest. "We have never planted any of the trees; they are all from the native bushland and wild growing," says Gwen.

The leaves are what hold the oil, and if you hold one of them up to the light, you can see the crystallised spots of oil. They are then loaded into a stainless steel vat on the back of a truck; in the old days, the vats were kept in the ground in deep dugout holes and everything was done by hand. The large vat is taken into the shed with the clap/lid fastened, and then the steamer is put on by a diesel boiler. The oil is steamed out of the leaves and then goes through a condensing system and condenses into liquid and flows into a receiving pot that has water in it. The Eucalyptus oil comes to the top of the water and is skimmed off in its pure form.

Gwen tells me of the quality, "We make our Eucalyptus oil from Blue Mallee Eucalyptus (Polybractea), which is the best medicinal oil in the world and it only grows in a few areas north of Bendigo in the wild. There are many medicinal and cleaning uses for Eucalyptus oil and it was used widely and still is." Take the time to drop by and say hi to Gwen and get her advice on this incredible product; she really is a wealth of information for the many uses of the A-grade Hartland's Eucalyptus oil. I mean, you don't get any more Australian than the history of this hand made and home grown product.

A group who hasn't played at the Maldon Market before are Curly and the Fringe and they are very enthusiastic to entertain. Don't miss this rare chance to see these classy musicians. The Maldon Athenaeum Library will be on the gate fundraising to help keep their wonderful local service alive. Support this important work for our community.



Come along and enjoy the music, food, fun, artisan fare and wares with doggies welcome and a children's playground. Buy locally made, locally grown, and support local enterprises. For further information call Lynn McShanag 0493 368 443, or market@maldonnc.org.au.

Lynn McShanag





CASCADE Art Gallery reopened after a winter hiatus on Thursday 5 September with a beautiful exhibition of David Moore's 51 paintings of sky, landscape and domestic objects. There is an official Opening at 2pm, on Saturday 7 September. The Exhibition will be opened by well-known local arts identity Simon Dow, Choreographer, Creative Director, Performance Artist, Fine Art Photographer, renowned ballet dancer, and so much more. AND MANet's Portrait Prize for 2025 will be launched. The 2025 prize will be the fifth Maldon Portrait Prize presented by the Maldon Artist Network.

All artists who have lived or are living and/or working in Australia are eligible to enter. Maldon has a deep and rich tradition of supporting, presenting and celebrating the Visual Arts. Maldon Artist Network has previously collaborated with the contemporary EDGE Galleries and now with the established Cascade Art Gallery, Maldon's Fine Art Treasure.

The Maldon Portrait Prize is generously sponsored by the Hilary Merkus Recordati Foundation (HMR Foundation) an arts foundation established in Italy in 2021.

This is the third time David has exhibited at Cascade. The last exhibition of his work was two years ago, and I had a sneak peek at the latest one recently. David's skill in evoking mood and atmosphere from such mundane things as trees, roads, and especially clouds would make any collector lust after them. Then there are the still-life paintings of ordinary objects made extraordinary, as well as the delicate delight and subtle colours of his Tutu series. They are not all white when you look closely.

Looking at David's paintings of moody landscapes and amazing cloud formations is a very calming activity. His skill with brushwork is a foregone conclusion and can best be described as painterly. Just look carefully at

the brushwork in *Faraday Evening* in the dry grass and cloud heavy sky. Or the *Still Life Arrangement* 7 where the skilled brushwork on the objects transforms basic shapes into a thing of beauty, combined with his clever use of tone and contrast to evoke three dimensions.

Starting at an early age David learned to paint under the guidance of his father and mentored by Sir William Dargie CBE and Harley Griffiths, who was responsible for restoration at the NGV.

David's chosen medium is oil on linen of which he says, "My still life oil paintings reflect my search for space and stillness. The arrangements of flowers and objects in my work are collected from my daily surroundings: some from

our garden, others gifted or collected during sanctioned raids on the gardens of friends, or from within my eclectic assortment of op shop objects and contemporary handmade ceramics. My focus on still life began when my children were young, and I was surrounded by the domestic. I found taking moments of quiet contemplation to arrange and paint my subjects help me to move though the noise of family life. My paintings offer endless moments of quiet and calm."

His landscape paintings, to quote Cascade Art Gallery Director Kareen Anchen, "have the capacity to connect viewers with 'the senses' – to hear the cicadas, feel the warmth of the sun, smell the air, touch the tree branches."

So do yourself a favour and come to the opening of his new landscapes and still life paintings as well as the exquisite tutus, at 2pm on Saturday 7 September.

For further information or to request an exhibition catalogue prior to the opening - Phone 0408 844 152 or email info@cascadeart.com.au.





Tutu in situ in Cascade, Oil on linen.



Dusk, Castlemaine, Oil on Linen 41 x

45, Framed 58 x 68 cms

# A fragrant wonderland in

# **Spring Street**

LESLEY Einersen and Leanne Sheargold are excited to offer a sensory journey that nurtures the mind, body and soul in their beautiful new space at the Maldon Getaways building, 1 Spring Street, Maldon.

When the *Times* visited this fragrant wonderland recently, Lesley and Leanne were eager to share their extensive knowledge of the soothing qualities of their handcrafted aromatherapy products. The collection includes magnesium spray, room sprays, aromatherapy roll-ons, Himalayan salt and magnesium bath soaks, crystal energy spritz and 100% soy candles. Their products are all aimed at healing, calming, relaxing, rejuvenating and reducing the stress of daily life.

In addition to their fantastic range of products, Leanne and Lesley proudly stock products from six local women-owned businesses. Products include crafted diffusers, organic teas, artisan soaps, exclusive local jewellery and unique artworks. Leanne commented, "This commitment to women supporting women strengthens our community, creating a welcoming space where local creativity and entrepreneurship can thrive together."

At Pure Gold Holistic and Wellbeing, Lesley Einersen and Leanne Sheargold have ingeniously combined their quality aromatherapy products and essential oils with the transformative energy of massage and Reiki healing. This unique blend offers a one-of-a-kind journey for the mind, body, and soul.

Leanne, a seasoned Reiki Master and Healer, is a trusted expert in specialist energy healing. Her unique practice, which connects with Archangels, galactic beings, Dragons, and her own Golden Wave Frequency, ensures a high level of expertise and quality in her services.

With her unique blend of skills as a Reiki practitioner, Intuitive, AromaTouch® Therapist, and Dolterra wellness advocate, Lesley brings a diverse range of healing modalities to Pure Gold. Her expertise and commitment to holistic wellness make her a valuable addition to the team.



David Tobin also works out of Pure Gold. David is an expert in trigger point massage, a therapeutic technique involving applying focused pressure to specific 'trigger points' or tight areas within muscle tissue to relieve pain, reduce muscle tension, and improve mobility. David also offers relaxation massage.

ADVERTORIAL I

Lesley and Leanne form a dynamic team dedicated to creating a supportive network for women in business and other community groups, including mental health. Their inclusive approach ensures that the entire community can benefit from their services. They are also expanding their team to include a nail technician and beauty therapist, further enhancing their offerings.

For those seeking a unique and immersive experience, Pure Gold offers monthly Sound Healing Meditations and Cacao Ceremonies. These events provide a serene space for self-reflection and healing. The beautiful space is also available for rent, making it ideal for workshops and meetings.

The shop is open from 10am - 5pm Thursday to Sunday. To book a healing experience DM on Facebook or Instagram @puregoldholisticwellbeing, or email info@puregoldholisticwellbeing.com.

Kerry Cain

('88) Stars: Alec Baldwin 9:20 Movie: "Death

Becomes Her" (M v) ('92) Stars: Meryl Streep 11:20 Movie: "The Witches" (PG) ('20) Stars:

Anne Hathaway 1:20 Love Island UK (MA15+)

# TV Guide

Volcanic Odysseys (PG) 7:30 Little J & Big Cuz

7:45 Movie: "Timecrafters: The Treasure Of Pirate's Cove" (PG) ('20) Stars: Denise Richards 9:45 Movie: "White Chicks" (M s,v) ('04)

Devils" (MA15+) ('22)

#### Friday, September 6 **ABC TV** SBS SEVEN NINE Planet Shapers [s] The Bold & The Beautiful (PG) [s] The Drew Barrymore Show (PG) [s] Judge Judy (PG) [s] Sort Your Life Out (PG) [s] Entertainment Tonight (PG) [s] Everyday Gourmet With Justine Schofield [s] Sunrise [s] The Morning Show (PG) [s] Seven Morning News [s] Movie: "You May Now Kill The Bride" 6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Planet America [s] **6:00 Paralympics Paris**: Day 8: Early Morning \*Live\* [s] – Nine's Day 8 Paralympic Games coverage continues Worldwatch Cycling: La Vuelta Highlights Worldwatch 9:00 8:30 That Pacific Sports Show [s] Football: FIFA Conmebol Qualifier: and may include: Wheelchair Basketball 10:00 (M v) (°16) Stars: Tammin Sursok, Ashley Newbrough, Rocky Myers House Of Wellness (PG) [s] The Chase UK (PG) [s] Antiques Roadshow [s] ABC News At Noon [s] Argentina v Chile \*Live\* From Estadio Antonio Vespucio Liberti, Buenos Aires Men's Semi-Final, Boccia Mixed Pair 10:30 Today Extra [s] Today Extra [s] Today Extra [s] NINE News Morning [s] Bondi Vet (PG) [s] Paralympics Paris: Day 8: Encore \*Live\* [s] – Nine brings you more action from Nine's Day 8 coverage of the Paralympic Games Paris 2024. Tipping Point (PG) [s] NINE News Afternoon [s] Tipping Point Australia (PG) [s] WIN News [s] NINE News [s] Worldwatch Such Was Life: Charlie & Beer Van der Valk (M I,v) Guy Montgomery's Guy Mont Deal Or No Deal (PG) [s] Spelling Bee [s] Seven News At 4 [s] Spicks And Specks (PG) [s] World's Greatest Hotels: George V, The Chase Australia (PG) [s] 10 News First: Lunchtime [s] Family Feud (PG) [s] Seven News [s] AFL: Finals: Friday Countdown [s] AFL: Finals: First Elimination Final: Teams TBA \*Live\* From TBA [s] Love Your Garden [s 2:00 Lingo (PG) [s] 10 News First: Afternoon [s] Family Feud (PG) [s] The Bold & The Beautiful (PG) [s] Grand Designs (PG) [s] **NITV News: Nula** 5:30 6:30 Antiques Roadshow [s] Hard Quiz (PG) [s] The Cook Up With Adam Liaw (PG) Jeopardy! (PG) 3:30 4:00 ABC News [s] Gardening Australia [s] Van Der Valk (M) [s] Shaun Micallef's Eve Of Destruction **Letters And Numbers** AFL: Finals: Post Game [s] Armchair Experts (M) [s] – Join our AFL Armchair Experts as they bring you 10 News First [s] Deal Or No Deal (PG) [s] Cycling: La Vuelta Highlights Mastermind Australia (PG) 4:30 5:00 8:35 6:00 NINE News [s] A Current Affair (PG) [s] Paralympics Paris: Day 9: Late Night The Project (PG) [s] Sort Your Life Out (PG) [s] Movie: "The Lost City" (M s,v) ('22) their unique and interactive analysis **Great British Landmark Fixers:** from the week in footy. Guy Montgomery's Guy Mont London Sewers GetOn Extra [s] 12:30 Taken: Pilot (M v) [s] 1:30 Harry's Practice [s] 2:00 Home Shopping 4:00 Million Dollar Minute [s] 5:00 NBC Today [s] Spelling Bee [s] ABC Late News [s] Ancient Superstructures: Notre-Dame De Paris - Built To Survive (PG) (In English/ French) \*Live\* [s] Paralympics Paris: Day 9: Late Night Stars: Sandra Bullock 10:45 10's Late News 11:45 Grand Designs (PG) [s] 12:35 We Hunt Together (MA15+) [s] 1:20 rage New Music (MA15+) [s] The Project (PG) Lost Treasures Of Ancient Rome: The Late Show With Stephen Colbert Paralympics Paris: Day 9: Post Colosseum (PG) Midnight \*Live\* [s] ABC ENTERTAINS **SBS VICELAND** 10 BOLD 6:00 Children's Programs 11:15 Car S.O.S (PG) 12:00 Ghosts (PG) 12:30 My Family (PG) 1:00 Breeders (M I) 1:25 Penn And Teller: Fool Us (PG) 2:10 ER (PG) 2:55 Doctor Who (PG) 3:45 6:00 Home Shopping 8:00 Escape Fishing With ET 8:30 Diagnosis Murder (PG) 10:30 JAG (PG) 12:30 Dr Phil (M) 1:30 Blue Bloods (M) 2:30 Jake And The Fatman (PG) 3:30 JAG (PG) 5:30 6:00 Gideon's Way (PG) 7:00 Religious Programs 7:30 Skippy The Bush Kangaroo 8:00 Home Shopping 10:30 Tipping Point (PG) 11:30 My Favourite Martian 12:00 Days Of Our Lives (PG) 12:55 The Young And The Restless 1:00 Tinnies And True Love (M I,s) 1:30 The 8:00 Million Dollar Minute 9:00 Harry's Practice 9:30 NBC Today 12:00 Better Homes And Gardens 1:00 House Of Wellness (PG) 2:00 Discover (PG) 2:30 Sydney Weekender 3:00 Animal SOS Australia (PG) 3:30 Harry's uture Of Work (PG) 2:30 Over The Black Dot 3:20 BBC News At Ten 3:50 ABC World News Tonight With David Muir 4:15 PBS News Hour Fresh Off The Boat (PG) 4:05 Would I Lie To 5:15 Forged In Fire (PG) 6:05 Letters And Diagnosis Murder (PG) 7:30 NCIS (M v) 9:25 (PG) 1:50 Movie: "Lady With A Lamp" (G) ('51) Stars: Anna Neagle 4:00 Antiques Roadshow FBI: International: Call It Anarchy/ A Proven Liar You? (PG) 4:35 Mythbusters (PG) 5:25 Long Numbers (PG) 7:05 Jeopardy! 7:30 NITV News Practice 4:00 Better Homes And Gardens 5:00 Lost Family (PG) **6:15** Car S.O.S (PG) **7:00** My Jpdate **7:35** 8 Out Of 10 Cats Does Escaped To The Country 6:00 Bargain Hunt (M s) 11:15 CSI: Vegas: Signed, Sealed. Family (PG) **7:30** Would I Lie To You? (PG) **8:30** Movie: "Superman" (PG) ('78) Stars: Christopher Reeve **10:50** ER (PG) Countdown (M I,s) 8:30 Stacey Dooley Sleeps 5:00 Paralympic Games Paris: Day 9: Afternoon \*Live\* 7:30 NRL: Rabbitohs v Roosters \*Live\* 9:55 NRL: Golden Point Delivered (PG) 12:15 Home Shopping 2:15 7:00 Better Homes And Gardens 8:30 Escape Diagnosis Murder: Murder In The Family/ In Defense Of Murder (PG) **4:05** JAG (PG) To The Country 10:30 I Escaped To The Country 11:30 Secrets Of Beautiful Gardens Over 9:25 Threesome (Sweden) (MA15+) (In Swedish/ English) **SBS MOVIES** 10 PEACH 10:40 Movie: "The Children Act" (PG) ('17) Stars: Emma Thompson 12:40 Movie: "A Call To Spy" (M v) ('19) Stars: Sarah Megan Thomas 2:55 Movie: "Brideshead Revisited" (M s) ('08) 10:00 Blokesworld (PG) 10:30 American Restoration (PG) 11:00 American Pickers (PG) 12:00 Pawn Stars (PG) 1:00 Counting Cars (PG) 2:00 Extreme Unboxing (PG) 3:00 STIHL Timbersports (PG) 3:30 Truck Night In American 6:00 Children's Programs 9:00 Golf: US Open: Day 11 \*Live\* 3:00 The Nanny (PG) 3:30 Seinfeld (PG) 4:30 The Addams Family 5:00 10:00 Rules Of Engagement (PG) 10:30 The King Of Queens (PG) 11:00 Friends (PG) 12:00 Two And A Half Men (PG) 1:00 The Big Bang Theory (PG) 1:30 The King Of Queens (PG) 1:45 Haka Warriors 2:00 Shortland Street (PG) 2:30 The Cook Up With Adam Liaw (PG) 3:00 The Magic Canoe 3:35 Spartakus And The Sur Beneath The Sea 4:05 Mysterious Cities Of Bewitched 5:30 Transformers: Cyberverse 5:45 2:00 Becker (PG) 2:30 Frasier (PG) 3:30 Rules Of Engagement (PG) 4:00 Everyday Gourmet With Justine Schofield 4:30 The King Of Queens (PG) 5:00 Becker (PG) 5:30 Frasier (PG) 6:30 Friends (PG) 8:00 The Big Bang Theory Gold (PG) 4:35 Motown Magic 5:00 Our Stories 5:30 NITV News: Nula 6:00 Bamay 6:40 Movie: "Mr. Peabody & Sherman" (PG) ('14) Stars: Ty Burrell **7:30** Movie: "Beetlejuice" (PG) Stars: Matthew Goode 5:25 Movie: "Charade (M) ('63) Stars: Cary Grant 7:30 Movie: "American Pastoral" (M I,s) ('17) Stars: Ewan McGregor 9:30 Movie: "The Report" (M I,v) ('19) Stars: Adam Driver 11:40 Movie: "The Five (PG) 8:30 Movie: "Elysium" (MA15+) ('13) Stars:

(PG) 8:30 Thank God You're Here (PG)

#### Saturday, September 7 SBS SEVEN NINE TEN 6:00 rage (PG) [s] 7:00 Weekend Breakfast [s] 6:00 Golf Barons (PG) [s] 6:30 A Current Affair (PG) [s] 6:00 NBC Today [s] 7:00 Weekend Sunrise [s] – Wake up to a 5:00 Worldwatch 8:00 | I Fish [s] Australia By Design: Architecture [s] My Market Kitchen [s] Freshly Picked With Simon Toohey [s] Cycling: La Vuelta Highlights 7:00 Worldwatch better breakfast with Matt Doran and rage (PG) [s] rage Guest Programmer (PG) [s] Weekend Today [s] 10:30 Great Irish Interiors: Castletown Monique Wright, for all the latest Today Extra Saturday [s] ABC News At Noon [s] House, Kildare (PG) Such Was Life: Tom Doyle **Country House Hunters Australia:** Healthy Homes [s] 10:00 12:00 entertainment, news, sport and Unforgotten (M I) [s] Sister Boniface Mysteries: Dead Air The Drew Barrymore Show (PG) [s] Football: FIFA Conmebol Qualifier: Brazil v Ecuador \*Live\* From Estadio The Block: Main Ensuite Reveal/ Guest Bedroom 2 Week (PG) [s] Paralympics Paris: Day 9: Encore The Morning Show - Weekend (PG) [s] 12:30 Deal Or No Deal: Celebrity Jackpot Horse Racing: Seven's Horse Racing \*Live\* From The Valley/ Randwick [s] AFL: Finals: Pre Game [s] AFL: Qualifying Final: Sydney v GWS (PG) [s] How You RV Safe? (PG) [s] Major Antonio Couto Pereira Destination Flavour Japan Bitesize Shaun Micallef's Eve Of Destruction 12:30 \*Live" [s] – Nine brings you more action from Nine's Day 9 coverage of the Olympic Games Paris 2024. Paralympics Paris: Day 10: Afternoon Good Chef Bad Chef [s] Farm To Fork [s] 1:00 2:35 Becoming Frida Kahlo: The Making Worldwatch Live\* From The SCG [s] And Breaking (PG) [s] Portillo's Greatest Railway Journeys: The Dog Down Under [s] David Attenborough's Micro Monsters: Conflict [s] Seven News [s] AFL: Finals: Second Qualifying Final: Teams TBA \*Live\* From TBA [s] Everyday Gourmet With Justine Schofield [s] Expedition Tasmania [s] Railways And Tourism Wonders Of Scotland: Glencoe (PG) \*Live\* [s] - Coverage máy include: Para Cycling: La Vuelta Highlights Frontlines: Anzio (PG) The Assembly [s] Swimming 200m Individual Medley, Australia By Design: Innovations [s] My Market Kitchen [s] Landline [s] Australian Story [s] Back Roads (PG) [s] AFL: Finals: Post Game [s] Para Athletics Finals, Para Cycling 10:30 5:30 6:00 **SBS World News** Program To Be Advised Road Race. Cook With Luke [s] 10 News First [s] **Cumbria - The Lakes & The Coast** Taken: Ready (M v) [s] - The team NINE News Saturday [s] Paralympics Paris: Day 10: Night uncovers a group of government officials skimming refugee funds, which ABC News [s] Secrets Of A Royal Estate: Clarence Sister Boniface Mysteries: Stage The Dog House (PG) [s] Fright (PG) [s] Vera: Telling Tales (M v) [s] Fifteen-Love (M I) [s] The Beast Must Die (MA15+) [s] Thank God You're Here (PG) [s] The Dog House Australia (PG) [s] also leads Christina to reconnect with a 10:30 Paralympics Paris: Day 10: Late Night The World's Most Beautiful 8:20 9:20 \*Live\* [s] Paralympics Paris: Day 10: Post long lost love. Ambulance UK (PG) [s] The Cheap Seats (PG) [s] Landscapes: Snowdonia (PG) Harry's Practice [s] 9:50 Midnight \*Live\* [s] 10:40 10:15 Scotland's Extreme Medics (MI) 2:00 Home Shopping ABC ENTERTAINS **SBS VICELAND** 7TW0 9GEM 10 BOLD 6:00 Children's Programs 11:00 Car S.O.S (PG) 11:45 Ghosts (PG) 12:15 Movie: "The Twilight Saga: New Moon" (PG) ('08) Stars: Kristen Stewart 2:15 ER (PG) 3:00 Penn And Teller: 6:00 Home Shopping 9:00 Pooches At Play (PG) 9:30 Diagnosis Murder (PG) 11:30 Bondi Rescue (PG) 12:00 Jake And The Fatman (PG) 1:00 JAG (PG) 3:00 Tough Tested 4:00 All 4 6:00 Home Shopping 8:30 Travel Oz (PG) 10:00 Escape To The Country 11:00 Harry's Practice 11:30 GetOn Extra 12:00 Escape To The 5:00 Worldwatch 10:00 The Movie Show (PG) 7:30 Gideon's Way (PG) 8:30 Religious 12:00 Scrubs (PG) 2:05 Australiana: Rage In The Cage (M I) 2:45 BBC News At Ten 3:15 ABC World News Tonight With David Muir 3:45 PBS News Hour 4:45 Extreme Food Phobics Programs 9:30 Home Shopping 10:00 Helping Hands (PG) 10:30 My Favourite Martian 11:00 Country 1:00 House Of Wellness (PG) 2:00 NRL: Women's Premiership: Cowboys v Wests Fool Us (PG) 3:45 Fresh Off The Boat (PG) 4:05 Would I Lie To You? (PG) 4:35 Mythbusters (PG) 5:25 Long Lost Family (PG) 6:15 Car S.O.S Animal SOS Australia (PG) 2:30 Seven's Horse Racing: The Valley/ Randwick \*Live\* 5:30 ICU (PG) 6:00 Heathrow (PG) 6:30 The Highland Vet Tigers "Live" 12:30 NRL: Women's Premiership: Dragons v Raiders "Live" 2:30 NRLW Wrap 3:00 Customs (PG) 3:30 Movie: "Moby Dick" (PG) Adventures (PG) 5:00 Reel Action 5:30 Bondi Rescue (PG) 6:00 JAG (PG) 7:00 Diagnosis Murder (PG) 8:00 NCIS: The Truth Is Out There/ 5:40 Monty Python's Best Bits (Mostly) (PG) 6:15 The Secret Genius Of Modern Life (PG) (PG) **7:00** Spicks And Specks (PG) **8:00** QI (PG) **8:30** The Stand Up Sketch Show (M) **8:55** Guy (PG) 7:30 The Yorkshire Vet (PG) 8:30 Escape To The Country 11:30 The Yorkshire Vet (PG) 12:30 Escape To The Country ('56) Stars: Gregory Peck **6:00** Paralympic Games Paris: Day 10 \*Live\* **7:00** NRL: Panthers Unsealed (PG) 9:55 Bull (M v) 12:45 Dr Phil (M) 2:35 I Fish 3:00 JAG (PG) 4:00 Diagnosis Murder (PG) 5:00 Home Shopping 7:25 Impossible Engineering: Whistler (PG) 8:20 Travel Man **8:50** Cycling: La Vuelta: Stage 20 \*Live\* **1:50** Cook Up With Adam Liaw Bitesize Montgomery's Guy Mont Spelling Bee (PG) v Titans \*Live\* 9:25 NRL: Post Match 7MATE **SBS MOVIES** 960! 10 PEACH NITV 12:10 Movie: "Super Mario Bros." (M) ('93) **10:25** Movie: "On The Basis Of Sex" (MA15+) 10:00 The 4WD Adventure Show (PG) 10:30 6:00 Golf: US Open: Day 12 \*Live\* 1:00 Indycar 7:00 Becker (PG) 7:30 Deal Or No Deal 9:30 The Big Bang Theory (PG) 10:00 Rules Of Engagement (PG) 10:30 The King Of Queens (PG) 11:00 Everyday Gourmet With Justine Stars: Bob Hoskins 2:00 Movie: "Bush 18) Stars: Felicity Jones 12:40 Movie: "La La ife Off Road (PG) 11:00 Blokesworld (PG) Series Highlights 3:20 World Endurance Christmas" (PG) (\*83) Stars: John Ewart 3:50 Volcanic Odysseys (PG) 4:50 NITV News: Nula 5:20 Unsettled (PG) 5:50 Kairakau Te O Tane Land" (M I) ('16) Stars: Ryan Gosling **3:00** Movie: "The Importance Of Being Earnest" (G) ('52) Stars: Michael Redgrave **4:50** Movie: "Dar Championship Highlights **4:30** Motorway Cops - Catching Britain's Speeders (PG) **5:30** Movie: 11:30 VFL: Semi Final: Week 1: Geelong v Southport \*Live\* 2:30 Search4Hurt (PG) 3:00 "Paper Planes" (G) ('14) Stars: Ed Oxenbould Pawn Stars (PG) 4:00 Desert Collectors (PG) Schofield 11:30 The Neighborhood (PG) 1:00 In Real Life" (PG) ('07) Stars: Steve Carell 6:40 Movie: "Clue" (PG) ('85) Stars: Eileen Brennan 8:30 Movie: "There Will Be Blood" (M v) ('07) Stars: Daniel Day Lewis 11:25 Movie: "Room In (PG) 6:30 Chuck And The First Peoples' Kitchen (PG) 7:00 The Other Side (PG) 7:30 5:00 Counting Cars (PG) 5:30 Storage Wars (PG) 6:00 AFL: Post Game 6:30 AFL: Pre Game 7:30 Movie: "Cheaper By The Dozen 2" (PG) ('05) Stars: Steve Martin 9:30 Movie: "Wonder' Friends (PG) **1:30** Becker (PG) **2:00** Frasier (PG) **3:00** The King Of Queens (PG) **3:30** Becker (PG) **4:00** Frasier (PG) **5:00** Deal Or No Deal Alone Australia (M I) 8:30 Movie: "One Day In The Life Of Noah Piugattuk" (M) ('19) Stars: Apayata Kotierk 10:30 Dizzy Gillespie In Studio 7:00 Storage Wars (PG) 7:30 Movie: "Live Free Or Die Hard" (M I,v) ('07) 10:15 Movie: "Striking Distance" (M I,s) ('93) (PG) ('17) Stars: Jacob Tremblay **11:50** Movie: "The Greenhouse" (M I,v) ('21) Stars: Tel Benjamin **1:40** Indycar Series Highlights 6:00 The Big Bang Theory (PG) 10:30 Two And A Half Men (PG) Rome" (MA15+) ('10) Stars: Elena Anaya Sunday, September 8 **ABC TV** SBS SEVEN NINE NBC Today [s] Weekend Sunrise [s] Good Chef Bad Chef [s] Everyday Gourmet With Justine Schofield [s] rage (PG) [s] Weekend Breakfast [s] Worldwatch 6:00 Paralympics Paris: Day 10 \*Live\* [s] Weekend Today [s] Sunday Footy Show (PG) [s] Wide World Of Sports (PG) [s] Country House Hunters Australia: 7:00 Cycling: La Vuelta Highlights 7:00 7:00 Worldwatch The Morning Show - Weekend (PG) [s] Freshly Picked With Simon Toohey [s] Taste Of Australia - BBQ Special [s] Football: FIFA World Cup Classic Matches: Croatia v Australia (2006) House Of Wellness (PG) [s] AFL Women's: Round 2: Richmond v Offsiders [s] The World This Week [s] 10:00 12:00 10:30 Compass (PG) [s] 11:30 Great Irish Interiors: Strokestown GWS \*Live\* From Swinburne Centre [s] Intrepid Adventures [s] The Drew Barrymore Show (PG) [s] Songs Of Praise is The Block: Guest Bedroom 2 Week 11:30 House, Roscommon **AFL Women's:** Round 2: North 10:00 12:00 ABC News At Noon [s] Worldwatch Melbourne Tasmania v Geelong \*Live Hunted (PG) [s] Motorsport: Hi-Tec Oils Super Series: Round 5, Phillip Island \*Live\* Football: Etched In Gold Landline [s] From Arden Street Oval [s] Paralympics Paris: Day 10: Encore My Market Kitchen [s] Gardening Australia [s] Darby And Joan (PG) [s] Seven News At 5 [s] Melbourne Weekender (PG) [s] 1:30 1:00 \*Live\* [s] **Postcards** (PG) [s] Good Chef Bad Chef [s] **Everyday Gourmet With Justine** Seven News [s] The Voice (PG) [s] Paralympics Paris: Day 11: Afternoon Schofield [s] Nigella At My Table [s] George Clarke's Amazing Spaces [s] Farm To Fork [s] Cycling: La Vuelta Highlights 3:40 4:30 7:00 \*Live\* [s] NINE News Saturday [s] Restoration Australia [s] Frontlines: Omaha (PG) **Program To Be Advised** Cook With Luke [s] 3:30 4:30 Lingo [s] Deal Or No Deal [s] Antiques Roadshow [s] **SBS World News** The Latest Seven News [s] The Block: Guest Bedroom 2 Reveal Crime Investigation Australia - Most 6:30 The Ottoman Empire By Train Compass (PG) [s] 10:05 Infamous: The Kimberley Killer (M v) [s] Autopsy USA: Walt Disney (M) [s] 9/11 - Four Flights (PG) 60 Minutes (PG) [s] 10 News First [s] Return To Paradise: R.I.P. Tide (M v) [s] Unforgotten (M d,l) [s] Paralympics Paris: Day 11: Night The Sunday Project (PG) [s] 7:30 10:05 America After 9/11 (M v) 6:30 8:30 Hunted (PG) [s] FBI: Family Affair/ Obligation (M v) [s] Thatcher & Reagan - A Very Special 12:10 7:00 Lipstick Jungle: Bye, Bye Baby The Queen And Us (PG) [s] Paralympics Paris: Day 11: Late Night Fisk: Goddamn Flim-Flam Man (PG) [s] Spicks And Specks (PG) [s] Harry's Practice [s] 10:20 24 Hours In Emergency: On The Edge 10:05 The Real CSI: Miami: Death Of A Home Shopping Million Dollar Minute [s] 10:50 Paralympics Paris: Pre Show \*Live\* [s] Hurricane (M) [s] **The Sunday Project** (PG) [s] 2:00 12:25 Endeavour: Striker (M v) [s] 1:55 rage (MA15+) [s] 8 Out Of 10 Cats Does Countdown Paralympics Paris: Closing Ceremony NBC Today [s] 12:00 Home Shopping **SBS VICELAND** ABC ENTERTAINS 6:00 Children's Programs 11:10 Car S.O.S (PG) 5:00 Worldwatch 9:30 Small Business Secrets 9:00 Escape To The Country 10:00 House Of 6:00 Skippy The Bush Kangaroo 6:30 Religious 6:00 Home Shopping 7:30 I Fish 8:00 Pat Callinan's 4x4 Adventures 9:00 Snap Happy 10:00 Deal Or No Deal 11:00 Escape Fishing 11:55 Ghosts (PG) 12:25 Movie: "Superman" (PG) ('78) Stars: Christopher Reeve 2:45 ER (PG) 3:30 Penn And Teller: Fool Us (PG) 4:10 (PG) **10:00** The Movie Show (PG) **12:00** Hudsor & Rex (M v) **1:40** Kim's Convenience (PG) **2:10** Wellness (PG) **11:00** Escape To The Country **12:00** The Highland Vet (PG) **1:00** My Programs **9:30** Home Shopping **10:00** My Favorite Martian **10:30** Skippy The Bush How To Rob A Bank (M I) 3:00 Queer Sports (PG) 4:50 ABC World News Tonight With David Muir 5:20 PBS Washington Week With The Impossible House (PG) 2:00 The Great Kangaroo 11:00 Sunday Footy Show (PG) With ET 11:30 JAG (PG) 12:30 Diagnosis Murder (PG) 1:30 Exploring Off The Grid (PG) 2:00 Deal Or No Deal 3:00 Tough Tested 4:00 Fresh Off The Boat (PG) 4:35 Mythbusters (PG) 5:25 Long Lost Family (PG) 6:10 Car S.O.S Australian Doorstep (PG) 2:30 Discover (PG) 3:00 My Greek Odyssey (PG) 4:00 Bondi Vet 12:00 NRL: Women's Premiership: Sharks v Roosters \*Live\* 1:30 NRL: Women's (PG) 7:00 Spicks And Specks (PG) 7:30 Would Atlantic 5:45 The Machines That Built America (PG) 5:00 Escape To The Country 6:00 Greates Premiership: Eels v Titans \*Live\* 3:30 NRL: Bondi Rescue (PG) 4:30 On The Fly 5:00 I Fish Lie To You? (PG) 8:00 QI (PG) 8:30 Queen: Days Of Our Lives (M) 9:30 Take 5 With Zan (PG) **6:35** Abandoned Engineering **7:30** Abandoned Americana (PG) **8:25** God And Escapes To The Country 6:45 Escape To The Country 7:45 Mrs. Brown's Boys (PG) 8:30 Knights v Dolphins \*Live\* **6:00** Paralympic Games Paris: Day 11 \*Live\* **9:45** Footy Furnace 5:30 Bondi Rescue (PG) 6:00 JAG (PG) 7:00 Diagnosis Murder (PG) 8:00 NCIS (M) 9:50 Bull (M v) 12:40 FBI (M v) 1:35 Dr Phil (M) 3:30 I Fish Rowe (M I) 10:00 ER (PG) 11:30 rage (PG) Country: Christian Nationalism (PG) Endeavour (M) 10:30 Kath & Kim (PG) (M) 10:45 Chicago Med (MA15+) SBS MOVIES 9GO! 10 PEACH 7MATE 6:00 Golf: US Open: Day 13 \*Live\* 9:00 Children's Programs 1:00 Teen Titans Go! (PG) 1:30 Transformers: Cyberverse (PG) 1:50 Movie: "The Dust Factory" (PG) ('04) Stars: 10:25 Movie: "The Report" (M I,v) ('19) Stars: Adam Driver 12:35 Movie: "American Pastoral" (M I,s) ('17) Stars: Ewan McGregor 2:35 Movie: 12:00 Rugby League: Queensland Murri 11:00 Storage Wars (PG) 11:30 Step Outside 6:00 Becker (PG) 6:30 Frasier (PG) 7:30 Carnival Finals 2022 **1:00** Rugby League: Koori Knockout **2:50** On Country Kitchen (PG) **3:45** With Paul Burt (PG) 12:00 The Fishing Show By AFN (PG) 1:00 Al McGlahan's Fish'n With Mates Neighbours (PG) 9:30 Becker (PG) 10:00 Frasier (PG) 11:00 Family Feud (PG) 1:00 The Middle (PG) 3:30 Becker: He Said, She Said Movie: "Exile And The Kingdom" (PG) ('93) Charade" (M) ('63) Stars: Cary Grant 4:40 (PG) 2:00 Fishy Business (PG) 2:30 Step Outside Movie: "The Ipcress File" (PG) ('65) Stars: Michael Caine 6:40 Movie: "Weekend At Bernie's" (M d,I,s) ('89) Stars: Andrew McCarthy 8:30 Movie: "The Way Back" (M I) ('11) Stars: Jim Sturgess (In Russian/ English/ Polish) 10:55 Australia's Front Line (PG) 8:30 Movie: "Enemy Stars: Mike Innes 4:45 Dizzy Gillespie In Studio 5:25 Quincy Jones Big Band 6:10 NITV News Update 6:20 Wild New Zealand (PG) 7:30 Hayden Panettiere 3:50 Movie: "Superintelligence" (PG) ('20) Stars: Melissa McCarthy (PG) 4:00 Frasier (PG) 5:00 Deal Or No Deal 6:00 The Big Bang Theory (PG) 8:30 Movie: "The Gentleman" (MA15+) ('19) Stars: 6:00 NRL: Women's Premiership: Knights v Matthew McConaughey 11:00 Two And A Half Men (PG) 1:30 South Park (M) 4:30 Home Stable: The Boxing Game **8:30** Movie: "Cassius X: Becoming Ali" (PG) ('23) **10:05** Movie: "The Fifth Element" (PG) ('97) Stars: Bruce Willis Broncos \*Live\* From McDonald Jones Stadium 8:00 Seinfeld (PG) 8:30 Movie: "Birds Of Prey" Movie: "Playground" (M v) ('21) (In French) Of The State" (M I,v) ('88) Stars: Will Smith (MA15+) ('20) Stars: Margot Robbie



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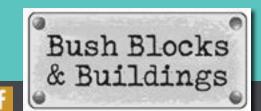


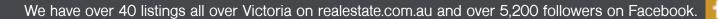
Live and work. Sack the boss, sack the bank, sack the landlord. General store, liquor, petrol and residence plus cafe.

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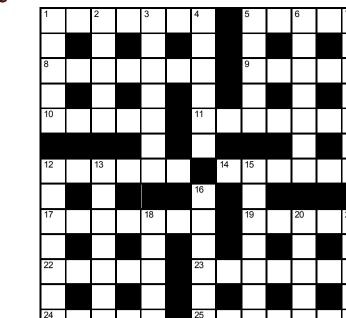


Really lovely, four bedroom, two bathroom two storey home on over one acre of beautiful gardens. Three living areas, as new condition.





# **QUICKIE CROSSIE**



#### **Across** 1 Posting **5** Deceptive 8 Wished 9 Regulator 10 Underachiever **11** Infinite **12** A, E, I, O and U 14 Entertained 17 Not one

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- 12 Sour liquid 13 Authors

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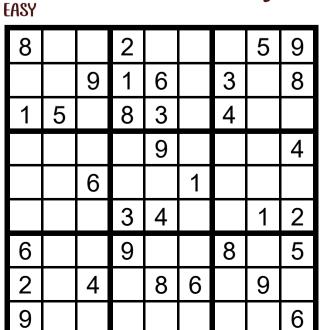
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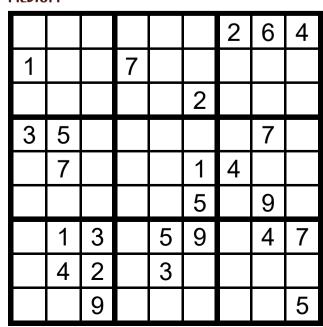
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# CIPHER BRAIN-SYPHON

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															•	

# SUDOKU TSUNAMI





#### **QUIZ OR QUITS** Whose twelve labours included slaying a hydra and cleaning stables? What city's tallest building is known as the How do you say "Merry Christmas" in Spanish?

What animal represents the Republican Party of the United States?

What is the national anthem of the U.K.? Which Australian airline cancelled all its flights in April 2024 and said they weren't

in a position to give refunds? How many years elapsed between the Summer Olympics hosted in Melbourne

and Sydney? Alphabetically, what Subway sauce comes last?

Which public figure was found dead in Ko Samui Thailand in March 2022?

10. In what city can you find the Petronas Towers?

11. What language was has over 100,000 fluent speakers?

12. In what game show must contestants answer with a question?

13. What building is located at 1600 Pennsylvania

14. In March 2020 which cruise ship was accountable for over 600 of Australia's early Covid-19 cases?

15. What group of trades people are named 'chippies'? 16. You can donate blood to the Australian Red Cross every 8 weeks-how often can you donate plasma?

17. Which Australian city's three letter airport code is OOL?

18. What is the only U.S. state whose name has only

19. What is the colloquial name for a myocardial 20. What country used the Drachma as its currency

**BONUS QUESTION:** Which European city is said to have been the first to introduce house numbers,

before switching to the Euro in 2001?

# MY WORD!

HARD

6

5

9

- Start with the first word! • Change one letter to form a new word!
- Repeat until you reach the final word!

Example: COLD CORD CARD WARD WARM

Words must actually exist Obscure words encouraged

# LASH BROW

6

8

3

8

3

6

9

5

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The person who makes it, sells it. The person who bays it never ases

5

it. The person who ases it

# never knows they're using it. What is it?

# WORD SAFARI

Lincoln Lucas Morris Motor Nash Piston Porsche Radiator Renault Riley Rover Saab Starter Steering Tailfin

Antique

Auburn

Bentley

Bonnet

Brakes

Buick

Clutch

Coupe

DeSoto

Dodge

Engine

Exhaust

Generator

Fiat

Ford

Grille

Hood

Horn

YOUR

Ignition

Boot

Lamborghini Magneto Torque

#### LINCOLNEHQOEOYFMNEXHAUSTEW J H K R E N A U L T D N B O O T B R A K E S R V R U Zenith Triumph Tucker

WFBSZSTEERINGPORSCHEDODGE

WOLSLEYAANTIQUERTOTRIUMPHR

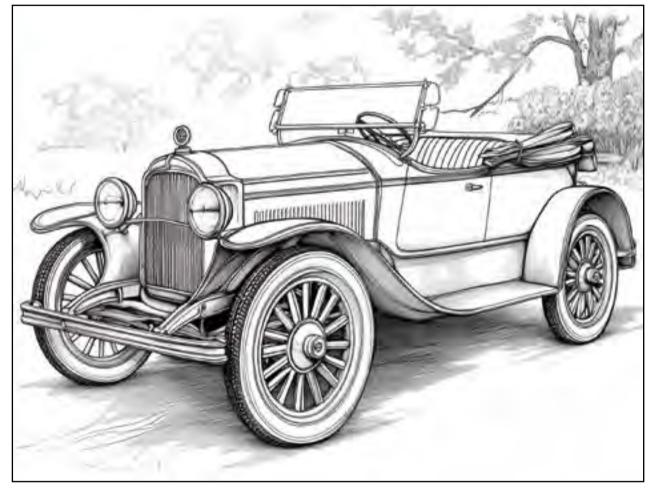
CLUTCHPGIDGEAPMOHARADIATOR

CPGNASHHNLPIIRAVTCBUICKTAY

DAGENERATORRSCFORDNHEFNVTY

Zephyr

# THEME: Vintage Automobiles



#### Sudoku

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<b>ПАК</b> Р								M	NIO:	ЭM				•							

#### MY WORD!

LASH • BASH • BASS • BAAS • BRAS • BRAW • BROW

## **QUIZ OR QUITS**

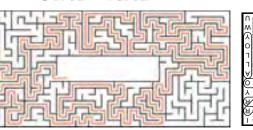
BONUS QUESTION: Paris Coast 18. Maine 19. Heart attack 20. Greece 12. Jeopardy 13. White House 14. Ruby Princess 15. Carpenters 16. Once a fortnight 17. Gold 7. Forty-four (1956 vs. 2000) 8. Tomato 9. Shane Warne 10. Kuala Lumpur 11. Esperanto 1. Hercules 2. London 3. Feliz Navidad 4. The elephant 5. God Save The King 6. Bonza

#### **QUICKIE CROSSIE**

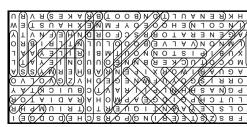
13 Writers, 15 Magnify, 16 Propel, 18 Hates, 20 Awful, 21 Silky. Down: I Medal, 2 Items, 3 Immoral, 4 Gadget, 5 Loved, 6 Illness, 7 Guessed, 12 Vinegar, 17 Neither, 19 Glass, 22 Guest, 23 Painful, 24 Roses, 25 Loyalty. Across: I Mailing, 5 Lying, 8 Dreamed, 9 Valve, 10 Loser, 11 Endless, 12 Vowels, 14 Amused,

# **MAZE HAZE**

#### **MAZE HAZE**



WORD SAFARI



#### RIDDLE WORM

A coffin.

CIPHER BRAIN-SYPHON

#### SUPPORTING NDIS PARTICIPANTS IN THE BENDIGO & CENTRAL VIC REGION

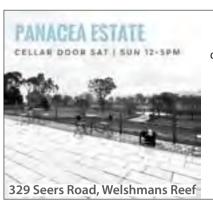


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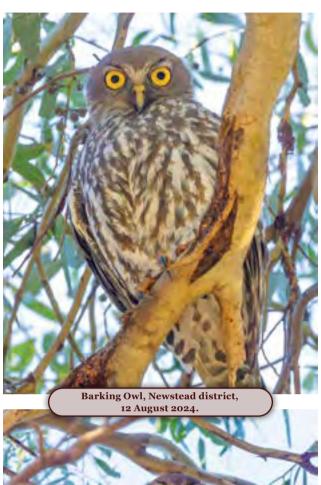
# **Natural Newstead**

THE following is a recent blog post by Geoff Park from 'Natural Newstead: Observations of flora, fauna and landscape in central Victoria'. Text and photographs are printed courtesy of Geoff Park

#### **Consorting with owls**

EARLIER [in August] I checked in on some of our local owls.

At this time of year there are baby owlets in the nest and the adults are busy ferrying food to them from their nightly forays.



Owls don't fully digest their prey – hard items are formed into large pellets comprised of a mash of bones, fur and feathers, which are regurgitated at regular intervals. The pellet below belongs to **Barking Owl** and shows the remains of a Crimson Rosella, a favourite target of this species.



While the **Southern Boobook** wasn't at home the mess of white wash and pellets under this Blackwood Wattle indicates a regular roost.



The **Eastern Barn Owl** was wary, just raising its head to peer over the lip of the hollow upon my arrival.





Monday, September 9				
ABC TV	SBS	SEVEN	NINE	TEN
6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Landline [s] 11:00 Antiques Roadshow [s] 12:00 ABC News At Noon [s] 1:00 Australia Remastered: Tasmania [s] 2:00 Parliament Question Time [s] 3:00 Yakka - Australia At Work (PG) [s] 3:55 Love Your Garden [s] 4:40 Grand Designs (PG) [s] 5:30 Antiques Roadshow [s] 6:30 Hard Quiz (PG) [s] 7:00 ABC News [s] 7:30 7.30 [s] 8:00 Australian Story [s] 8:30 Four Corners (PG) [s] 9:15 Media Watch (PG) [s] 10:35 ABC Late News [s] 10:50 The Business [s] 11:10 Planet America [s] 11:40 You Can't Ask That: Postnatal Depression (M I) [s] 12:15 Grand Designs [s] 1:00 Parliament Question Time [s]	5:00 Worldwatch 7:00 Cycling: La Vuelta Highlights 8:00 Worldwatch 10:15 Wonderland - Lewis Carol To JRR Tolkien (PG) 11:10 Auction 12:10 Worldwatch 2:00 Woven Threads Stories From Within (PG) 2:10 World's Greatest Hotels: The Plaza 3:00 Great British Railway Journeys (PG) 3:35 The Cook Up With Adam Liaw (PG) 4:05 Jeopardy! (PG) 4:30 Letters And Numbers 5:00 Cycling: La Vuelta Highlights 6:00 Mastermind Australia (PG) 6:30 SBS World News 7:30 Robson Green's Weekend Escapes: Lee Matheson Green/ Seahouses - Les Ferdinand (PG) 8:40 8 Out Of 10 Cats Does Countdown (M I,s) 9:35 24 Hours In Emergency: Tales Of The Unexpected (M I)	6:00 Sunrise [s] 9:00 The Morning Show (PG) [s] 11:30 Seven Morning News [s] 12:00 The Voice (PG) [s] 1:35 Surveillance Oz - Dashcam (PG) [s] 2:00 Catch Phrase: Celebrity Special (PG) [s] 3:00 The Chase UK (PG) [s] 4:00 Seven News At 4 [s] 5:00 The Chase Australia (PG) [s] 6:00 Seven News [s] 7:00 Home And Away (PG) [s] 7:30 My Kitchen Rules (PG) [s] 9:15 The Rookie: Trouble in Paradise (M v) [s] 10:15 S.W.A.T.: Atonement (M v) [s] 11:15 The Latest Seven News [s] 11:45 Lopez Vs. Lopez: Lopez Vs Gaslighting/ Lopez Vs Christmas (PG) [s] 12:45 The Event: One Will Live, One Will Die (M v) [s] 2:00 Home Shopping 4:00 NBC Today [s]	6:00 Paralympics Paris: Closing Ceremony  *Live* [s] 7:00 Today [s] 9:00 Today [s] 11:30 NINE News Morning [s] 11:30 Paralympics Paris: Day 11: Encore  *Live* [s] 3:00 Tipping Point (PG) [s] 4:00 NINE News Afternoon [s] 4:30 Tipping Point Australia (PG) [s] 5:30 WIN News [s] 6:00 NINE News [s] 6:00 NINE News [s] 7:00 A Current Affair (PG) [s] 7:30 The Block: Main Bedroom And WIR Week (PG) [s] 8:45 Paralympics Paris: Closing Ceremony  *Replay* [s] 11:45 La Brea: Don't Look Up (M v) [s] 12:40 Transplant: Free For What (MA15+) [s] 11:35 Tipping Point (PG) [s] 2:30 Home Shopping 4:00 Religious Programs	8:00 Neighbours (PG) [s] 9:00 The Bold & The Beautiful (PG) [s] 9:00 The Drew Barrymore Show (PG) [s] 10:00 Judge Judy (PG) [s] 10:30 Hunted (PG) [s] 11:45 Entertainment Tonight [s] 12:00 Everyday Gourmet With Justine Schofield [s] 12:30 Deal Or No Deal (PG) [s] 1:00 10 News First: Lunchtime [s] 1:00 10 News First: Lunchtime [s] 1:00 Eamily Feud (PG) [s] 1:00 Neighbours (PG) [s] 1:00 Neighbours (PG) [s] 1:00 The Bold & The Beautiful (PG) [s] 1:00 Deal Or No Deal (PG) [s] 1:00 Gebrity (PG) [s] 1:00 The Amazing Race Australia: Celebrity (PG) [s] 1:00 Ghosts: Halloween 2: The Ghost Of Hetty's Past (PG) [s]
ABC ENTERTAINS 6:00 Children's Programs 11:00 Car S.O.S (PG)	SBS VICELAND 12:00 France 24 English News 12:30 Super	<b>7TWI 6:00</b> Home Shopping <b>6:30</b> Greatest Escapes To	<b>9GEM</b> 8:00 Home Shopping 10:00 Skippy The Bush	6:00 Home Shopping 8:00 Exploring Off The
11:45 Ghosts (PG) 12:15 My Family (PG) 12:45 Gavin And Stacey (M s) 1:15 The Stand Up Sketch Show (M) 1:40 State Of The Union (PG)	12:00 Fraince 24 English News 12:30 Super Maximum Retro Show (M I) 1:00 Rise Up (M) 1:55 Lee Lin Chin's Fashionista 2:05 Insight (PG) 3:05 BBC News At Ten 3:25 ABC World News Tonight With David Muir 3:55 ABC America This Week 4:50 PBS News Weekend 5:20 Forged In Fire (PG) 6:05 Letters And Numbers (PG) 7:05 Jeopardy! 7:30 NITV News Update 7:35 8 Out Of 10 Cats Does Countdown (M I,s) 8:30 Taskmaster (M)	The Country <b>7:30</b> ICŪ (PG) <b>8:00</b> Million Dollar Minute <b>9:00</b> Harry's Practice <b>9:30</b> NBC Today <b>10:30</b> Better Homes And Gardens <b>1:00</b> This	Rangaroo 10:30 Tipping Point (PG) 11:30 My Favourite Martian 12:00 Days Of Our Lives (PG) 12:55 The Young And The Restless (PG) 1:50 Building Icons (PG) 3:00 Antiques Roadshow 3:30 Movie: "Carlton-Browne Of The F.O." (G) ("54) Stars: Peter Sellers 5:30 Yorkshire Auction House 6:30 Antiques Roadshow 7:30 Death In Paradise (PG) 8:40 Grantchester (M) 9:50 Coroner (MA15+)	Grid (PG) 8:30 Reel Action 9:30 Diagnosis Murder (PG) 10:30 Deal Or No Deal 11:30 JAG (PG) 12:30 Dr Phil (M) 1:30 Blue Bloods (PG) 2:30 Jake And The Fatman (PG) 3:30 JAG (PG) 5:30 Diagnosis Murder (PG) 7:30 NCIS (M) 9:25 FBI: International: Hail Mary/ Wheelman (M v) 11:15 Seal Team: Trust, But Verify (Part 1) (PG) 12:15 Home Shopping 2:15 Diagnosis Murder (PG) 4:05 JAG (PG)
1:45 Anthem Sessions 2:00 Shortland Street (PG) 2:30 The Cook Up With Adam Liaw (PG) 3:00 The Magic Canoe 3:25 The World According To Grandpa 3:35 Spartakus And The Sun Beneath The Sea 4:05 The Mysterious Cities Of Gold (PG) 4:35 Motown Magic 5:00 Our Stories 5:30 APTN National News 6:00 Bamay 6:35 NITV News Update 6:45 Volcanic Odysseys (PG) 7:35 Who Do You Think You Are? (PG) 8:30 Karla Grant Presents (PG)	4:55 Movie: "The Scarlet And The Black" (PG) ('83) Stars: Gregory Peck 7:35 Movie: "The Last Emperor" (M) ('87) Stars: John Lone (In Mandarin/ English/ Japanese) 10:35 Movie: "A	- Australia's Front Line (PG) <b>2:00</b> Rides Down Under (PG) <b>3:00</b> Billy The Exterminator (PG)	Dream Of Jeannie <b>6:00</b> The Nanny (PG) <b>7:00</b> Young Sheldon (PG) <b>7:30</b> Footy Classified (M)	9:00 Deal Or No Deal (PG) 9:30 Becker (PG) 10:00 The Neighborhood (PG) 11:00 Friends (PG) 12:00 The Neighborhood (PG) 1:00 The Big Bang Theory (PG) 2:00 Becker (PG) 2:30 Frasier (PG) 3:30 Rules Of Engagement (PG) 4:00 Everyday Gourmet With Justine Schofield 4:30 The King Of Queens (PG) 5:00 Becker (PG) 5:30 Frasier (PG) 6:30 Neighbours (PG) 7:00 Friends (PG) 8:00 The Big Bang Theory (PG) 9:30 Two And A Half Men (PG)
Tuesday, September 10				
ABC TV	SBS	SEVEN	NINE	TEN
6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Foreign Correspondent [s] 10:30 The Pacific [s] 11:00 ABC News At Noon [s] 12:00 ABC News At Noon [s] 1:00 The Newsreader (M I) [s] 2:00 Parliament Question Time [s] 3:00 Yakka - Australia At Work (PG) [s] 4:45 Grand Designs (PG) [s] 4:45 Grand Designs (PG) [s] 5:30 Antiques Roadshow [s] 6:30 Hard Quiz (PG) [s] 7:00 ABC News [s] 7:30 (PG) [s] 8:00 Back Roads: Bass Coast, Victoria (PG) [s]	5:00 Worldwatch 9:05 Paul O'Grady For The Love Of Dogs 10:05 Wonderland - Lewis Carol To JRR Tolkien (PG) 11:00 Auction 12:00 Worldwatch 2:00 Such Was Life: Starring Water/ Water Encore (PG) 2:20 World's Greatest Hotels: The Peninsula (PG) 3:10 Luke Nguyen's Railway Vietnam (PG) 3:40 The Cook Up With Adam Liaw (PG) 4:10 Tony Robinson - The Thames At Night (PG) 5:05 Jeopardy! (PG) 5:30 Letters And Numbers 6:00 Mastermind Australia (PG)	6:00 Sunrise [s] 9:00 The Morning Show (PG) [s] 11:30 Seven Morning News [s] 12:00 Program To Be Advised 1:45 Border Security - International (PG) [s] 2:15 Catch Phrase (PG) [s] 3:00 The Chase UK (PG) [s] 4:00 Seven News At 4 [s] 5:00 The Chase Australia (PG) [s] 6:00 Seven News [s] 7:00 Home And Away (PG) [s] 7:30 My Kitchen Rules (PG) [s] 9:05 Made In Bondi (PG) [s] 10:10 First Dates UK: Marc & Louise (PG) [s] - This time the First Daters include a singing pharmacist and a former	6:00 Today [s] 6:30 Today Extra [s] 11:30 NINE News Morning [s] 12:00 The Block: Main Bedroom And WIR Week (PG) [s] 1:15 Saltimbanco To Luzia - 25 Years Of Cirque Du Soleil In Australia [s] 1:45 My Way [s] 2:00 Pointless (PG) [s] 3:00 Tipping Point (PG) [s] 4:00 NINE News Afternoon [s] 4:30 Tipping Point Australia (PG) [s] 5:30 WIN News [s] 6:00 NINE News [s] 7:00 A Current Affair (PG) [s] 7:30 The Block: Main Bedroom And WIR	8:00 Neighbours (PG) [s] 8:30 The Bold & The Beautiful (PG) [s] 9:00 The Drew Barrymore Show (PG) [s] 10:00 Judge Judy (PG) [s] 10:30 Program To Be Advised 12:00 Everyday Gourmet With Justine Schofield [s] 12:30 Deal Or No Deal (PG) [s] 1:00 10 News First: Lunchtime [s] 2:00 Family Feud (PG) [s] 2:30 Lingo (PG) [s] 3:30 10 News First: Afternoon [s] 4:00 Neighbours (PG) [s] 4:30 The Bold & The Beautiful (PG) [s] 5:00 10 News First [s] 6:00 Deal Or No Deal (PG) [s]
8:30 The Assembly: Delta Goodrem [s] 9:15 The Art Of Ageing (PG) [s] 9:45 Anh's Brush With Fame: Kamahl (PG) [s] 10:20 ABC Late News [s] 10:35 The Business [s] 10:50 Four Corners (PG) [s]	6:30 SBS World News 7:30 Great Coastal Railway Journeys: Isles Of Scilly/ Cardigan Bay To Abergynolwyn (PG) 8:30 Insight: The Ozempic Games (M) 9:30 Dateline: A New Sheriff In Town (M) 10:00 SBS World News Late	11:40 Extended Family: The Consequences Of Considering The Consequences (PG) [s] 12:10 Holey Moley Australia (PG) [s] 4:00 NBC Today [s]	Week (PG) [s] 8:40 The Hundred With Andy Lee (PG) [s] 9:40 True Story With Hamish & Andy: Rachel/ Stubby (PG) [s] 10:40 NINE News Late [s] 11:10 Chicago Med: The Winds Of Change Are Starting To Blow (M) [s] 12:00 Transplant: Fracture (MA15+) [s]	6:30 The Project (PG) [s] 7:30 The Amazing Race Australia: Celebrity (PG) [s] 9:00 The Cheap Seats (M I) [s] 10:00 NCIS: The Good Fighter (M v) [s] 11:00 10's Late News [s] 11:25 The Project (PG) [s] 12:30 The Late Show (PG) [s]
8:30 The Assembly: Delta Goodrem [s] 9:15 The Art Of Ageing (PG) [s] 9:45 Anh's Brush With Fame: Kamahl (PG) [s] 10:20 ABC Late News [s] 10:50 Four Corners (PG) [s]  ABC ENTERTAINS	6:30 SBS World News 7:30 Great Coastal Railway Journeys: Isles Of Scilly/ Cardigan Bay To Abergynolwyn (PG) 8:30 Insight: The Ozempic Games (M) 9:30 Dateline: A New Sheriff In Town (M) 10:00 SBS World News Late	11:10 The Latest Seven News [s] 11:40 Extended Family: The Consequences Of Considering The Consequences (PG) [s] 12:10 Holey Moley Australia (PG) [s] 4:00 NBC Today [s]	8:40 The Hundred With Andy Lee (PG) [s] 9:40 True Story With Hamish & Andy: Rachel/ Stubby (PG) [s] 10:40 NINE News Late [s] 11:10 Chicago Med: The Winds Of Change Are Starting To Blow (M) [s] 12:00 Transplant: Fracture (MA15+) [s]	6:30 The Project (PG) s 7:30 The Amazing Race Australia: Celebrity (PG) s 9:00 The Cheap Seats (M I) s 10:00 NCIS: The Good Fighter (M v) s 11:00 10's Late News s 11:25 The Project (PG) s 12:30 The Late Show (PG) s
8:30 The Assembly: Delta Goodrem [s] 9:15 The Art Of Ageing (PG) [s] 9:45 Anh's Brush With Fame: Kamahl (PG) [s] 10:20 ABC Late News [s] 10:35 The Business [s] 10:50 Four Corners (PG) [s]  ABC ENTERTAINS  6:00 Children's Programs 11:00 Car S.O.S (PG) 11:45 Ghosts (PG) 12:15 My Family (PG) 12:45 Gavin And Stacey (M s) 1:15 Queen: Days Of Our Lives (M) 2:15 ER (PG) 3:00 Doctor Who (PG) 3:50 Fresh Off The Boat (PG) 4:10 Would I Lie To You? (PG) 4:40 Mythbusters (PG) 5:30 Long Lost Family (PG) 6:15 Car S.O.S (PG) 7:00 My Family (PG) 7:30 Would I Lie To You? (PG) 8:30 Breeders (M I) 9:20 Extras (M) 9:50 ER (PG) 11:20 rage (PG)	6:30 SBS World News 7:30 Great Coastal Railway Journeys: Isles Of Scilly/ Cardigan Bay To Abergynolwyn (PG) 8:30 Insight: The Ozempic Games (M) 9:30 Dateline: A New Sheriff In Town (M) 10:00 SBS World News Late  SBS VICELAND  5:00 Worldwatch 10:00 The Movie Show (PG) 12:00 France 24 English News 12:30 Land Of The Giants (M) 2:05 The Story Of Late Night (PG) 2:50 Kickin' Back With Gilbert McAdam 3:25 BBC News At Ten 3:55 ABC World News Tonight With David Muir 4:20 PBS News Hour 5:20 Forged In Fire (PG) 6:05 Letters And Numbers (PG) 7:05 Jeopardy! 7:35 8 Out Of 10 Cats Does Countdown (M I,s) 8:30 The Real Stories Of Basketball (M I)	11:10 The Latest Seven News [s] 11:40 Extended Family: The Consequences Of Considering The Consequences (PG) [s] 12:10 Holey Moley Australia (PG) [s] 4:00 NBC Today [s]  7TWII  8:00 Million Dollar Minute 9:00 Harry's Practice 9:30 NBC Today 12:00 Better Homes And Gardens 1:00 I Escaped To The Country 2:00 Creek To Coast 2:30 This Rugged Coast 3:30 Harry's Practice (PG) 4:00 ICU (PG) 4:30 Better Homes And Gardens 5:30 I Escaped To The Country 6:30 Bargain Hunt 7:30 Call The Midwife (PG) 8:30 A Touch Of Frost (M I,v) 10:35 World's Most Scenic Railway Journeys (PG) 11:35 Bargain Hunt	8:40 The Hundred With Andy Lee (PG) [s] 9:40 True Story With Hamish & Andy: Rachel/ Stubby (PG) [s] 10:40 NINE News Late [s] 11:10 Chicago Med: The Winds Of Change Are Starting To Blow (M) [s] 12:00 Transplant: Fracture (MA15+) [s]  9GEM 8:00 Home Shopping 10:30 Tipping Point (PG) 11:30 My Favourite Martian 12:00 Days Of Our Lives (PG) 12:55 The Young And The Restless (PG) 1:50 Death In Paradise (PG) 3:00 Antiques Roadshow 3:30 Movie: "Spring In Park Lane" (G) ('48) Stars: Anna Neagle 5:30 Yorkshire Auction House 6:30 Antiques Roadshow 7:30 New Tricks (PG) 8:40 Shakespeare & Hathaway (M) 9:40 Silent Witness (MA15+) 10:50 Whitstable Pearl (M v)	6:30 The Project (PG) [s] 7:30 The Amazing Race Australia: Celebrity (PG) [s] 9:00 The Cheap Seats (M I) [s] 10:00 NCIS: The Good Fighter (M v) [s] 11:00 10's Late News [s] 11:25 The Project (PG) [s] 12:30 The Late Show (PG) [s]  10 BDLD 6:00 Home Shopping 8:00 Exploring Off The Grid 8:30 Diagnosis Murder (PG) 10:30 JAG (PG) 12:30 Dr Phil (M) 1:30 Blue Bloods (M) 2:30 TBA 4:00 Bondi Rescue (PG) 4:30 JAG (PG) 5:30 Diagnosis Murder (PG) 7:30 NCIS: Rogue/ Being Bad (M v) 9:25 FBI: International: BHITW/ Someone She Knew (M) 11:15 Seal Team: Trust, But Verify (Part 2) (PG) 12:15 Home Shopping 2:15 Diagnosis Murder (PG) 4:05 JAG (PG)
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#### Wednesday, September 11 SBS SEVEN TEN NINE 5:00 Worldwatch6:20 Football: FIFA Conmebol Qualifiers: 6:00 Today [s] 6:30 Today Extra [s] 11:30 NINE News Morning [s] 8:00 Neighbours (PG) [s] 8:30 The Bold & The Beautiful (PG) [s] 9:00 The Drew Barrymore Show (PG) [s] 6:00 News Breakfast [s] **6:00 Sunrise** [s] ABC News Mornings [s] The Morning Show (PG) [s] 9:00 6:20 9:00 Seven Morning News [s] Four Corners (PG) [s] Colombia v Argentina \*Live\* From Q+A [s] ABC News At Noon [s] Judge Judy (PG) [s] Everyday Gourmet With Justine 10:45 Estadio Metropolitano Roberto 12:00 Program To Be Advised The Block: Main Bedroom And WIR 10:00 12:00 Melendez, Barranquilla, Colombia 1:35 **Border Security - International** Week (PG) [s] 10:30 National Press Club Address [s] The Hundred With Andy Lee (PG) [s] 12:30 Schofield [s] Worldwatch Media Watch [s] Parliament Question Time [s] US Presidential Debate: Harris v Trump \*Live\* From Philadelphia Catch Phrase (PG) [s] The Chase UK (PG) [s] Pointless (PG) [s] Tipping Point (PG) [s] 1:35 11:00 Harris v Trump Presidential Debate 2:00 3:00 NINE News Afternoon [s] Tipping Point Australia (PG) [s] Yakka - Australia At Work (PG) [s] Seven News At 4 [s] 1:00 10 News First: Lunchtime [s] Worldwatch Dateline: A New Sheriff In Town (M) Love Your Garden [s] Grand Designs (PG) [s] Antiques Roadshow [s] The Chase Australia (PG) [s] 3:55 2:00 5:00 4:30 2:00 Family Feud (PG) [s] Insight: The Ozempic Games (M) WIN News [s] 4:45 6:00 Seven News [s] 5:30 Lingo (PG) [s] 2:30 Such Was Life: Wedding Belles (PG) The Cook Up With Adam Liaw (PG) Tony Robinson - The Thames At Home And Away (PG) [s] NINE News [s] 10 News First: Afternoon [s] My Kitchen Rules (PG) [s] The Front Bar (M) [s] Talking Footy (M) [s] – Get all the latest in Australian Rules with Trent Cotchin, Hard Quiz (PG) [s] ABC News [s] A Current Affair (PG) [s] The Block: Main Bedroom And WIR Neighbours (PG) [s] The Bold & The Beautiful (PG) [s] 6:30 7:30 7:00 4:00 7:00 9:10 4:30 7.30 (PG) [s] Shaun Micallef's Eve Of Destruction Night (PG) Jeopardy! (PG) Human Error (M I,v) [s] Footy Classified (M v) [s] Deal Or No Deal (PG) [s] 5:05 6:00 The Project (PG) [s] Thank God You're Here (PG) [s] Letters And Numbers Joel Selwood, Mitch Cleary and others 9:40 6:30 5:30 NINE News Late [s] Ski Rescue Down Under (M) [s] 8:35 Guy Montgomery's Guy Mont Mastermind Australia (PG) The Latest Seven News [s 7:30 10:40 SBS World News Secrets Of Our Universe With Tim Spelling Bee [s] Planet America: Debate Special Inspired Unemployed (Impractical) 11:40 Air Crash Investigations: Lost Star 11:10 Footballer (PG) [s] Tipping Point (PG) [s] Jokers (M) [s] Harris v Trump [s] Would I Lie To You? (PG) [s] Peake: Stars And Black Holes Dan Snow's Greatest Discoveries: Stan Lee's Lucky Man: More Yang Pointless (PG) [s] Hello SA (PG) [s] 12:40 1:00 **Have You Been Paying Attention?** Than Yin (MA15+) [s] (M l,n,s) [s] 10's Late News [s] The Project (PG) [s] 10:00 2:00 Home Shopping ABC Late News [s] Dinosaur Valley (PG) 10:10 10:30 **Home Shopping** 9:25 10:45 The Business [s] The Sixth Commandment (M I) 4:00 NBC Today [s] 4:00 Religious Programs [s] 10:35 **SBS VICELAND** ABC ENTERTAINS 7TWO 10 BOLD 9GEM 6:00 Children's Programs 11:10 Car S.O.S (PG) 12:00 Ghosts (PG) 12:30 My Family (PG) 1:15 Gavin And Stacey (M s) 1:45 Louis Theroux Interviews... (M) 2:30 ER (PG) 3:15 Doctor Who 6:00 Home Shopping 6:30 I Escaped To The Country 7:30 ICU (PG) 8:00 Million Dollar Minute 9:00 Harry's Practice 9:30 NBC Today 12:00 8:00 Home Shopping 10:30 Pointless (PG) 11:30 My Favourite Martian 12:00 Days Of Our Lives (PG) 12:55 The Young And The Restless (PG) 1:50 Shakespeare & Hathaway (M d,v) **6:00** Home Shopping **8:00** Exploring Off The Grid **8:30** Diagnosis Murder (PG) **10:30** JAG (PG) **12:30** Dr Phil (M) **1:30** Blue Bloods (M) 5:00 Worldwatch 10:20 Football: FIFA Conmebol Qualifiers: Paraguay v Brazil \*Live\* 12:40 Cult Of Elon (M I) 2:00 One Armed Chef (M I) 2:55 The Weekly Football Wrap 3:25 BBC News At Ten 3:55 ABC World News Tonight 2:30 TBA 4:00 Bondi Rescue (PG) 4:30 JAG Better Homes And Gardens 1:00 | Escaped To (PG) **4:10** Mythbusters (PG) **5:00** Long Lost Family (PG) **5:55** Car S.O.S (PG) **6:35** My Family (PG) **7:30** Would I Lie To You? (PG) **8:30** The Country 2:00 Sydney Weekender 2:30 World's Most Scenic Railway Journeys (PG) 3:30 Happy" (G) ('57) Stars: Vera Ellen 5:30 York-shire Auction House 6:30 Antiques Roadshow (PG) 5:30 Diagnosis Murder: A Passion For Murder/ Blood Brothers Murder (PG) 7:30 With David Muir 4:20 PBS News Hour 5:20 Forged In Fire (PG) 6:05 Letters And Numbers NCIS: Privileged Information/ Love Boat (M v) Interview With The Vampire (MA15+) 9:30 Aunty Donna's Coffee Cafe (M) 9:55 ER (PG) 11:25 (PG) 7:05 Jeopardy! 7:30 NITV News Update 7:35 8 Out Of 10 Cats Does Countdown (M I,s) Homes And Gardens 5:30 I Escaped To The Country 6:30 Bargain Hunt 7:30 Heartbeat (PG) **7:30** New Tricks (PG) **8:40** Midsomer Murders (PG) **10:40** Queens Of Mystery (M) **11:40** Killer 9:25 FBI: International (M) 11:15 Seal Team: Nine Ten (M) 12:15 Home Shopping 2:15 rage (PG) 12:25 Ghosts (PG) 8:30 Movie: "The Iceman" (MA15+) ('12) 8:45 Judge John Deed (M v) Àt The Crime Scene (M v) Diagnosis Murder (PG) 4:05 JAG (PG) 10 PEACH NITV **SBS MOVIES 7MATE** 9GO! 12:45 On Country Kitchen (PG) 1:45 Anthem 10:00 Movie: "Salvation Boulevard" (M I,s,v) 8:00 America's Game 9:00 A Football Life (PG) 6:00 Children's Programs 10:00 Pokemon 10:00 Rules Of Engagement (PG) 10:30 The (11) Stars: Greg Kinnear 11:50 Movie: "A Walk In The Woods" (M I,s) ("15) Stars: Robert Redford 1:45 Movie: "The Mole Agent" (PG) ("20) Stars: Sergio Chamy (In Spanish) 3:25 10:00 Storage Wars (PG) 10:30 American Restoration (PG) 11:00 American Pickers (PG) 12:00 Pawn Stars (PG) 1:00 Outback Truckers Horizons (PG) 10:30 Ninjago: Dragons Rising Sessions 2:00 Shortland Street (PG) 2:30 The King Of Queens (PG) 11:00 Friends (PG) 12:00 Cook Up With Adam Liaw 3:00 The Magic Canoe 3:35 Spartakus And The Sun Beneath (PG) 11:00 Transformers: Cyberverse (PG) 11:30 Bakugan 12:00 Hart Of Dixie (PG) 1:00 The Neighborhood (PG) 1:00 The Big Bang Theory (PG) 1:30 The King Of Queens (PG) 2:00 Becker (PG) 2:30 Frasier (PG) 3:30 Rules The Sea 4:05 The Mysterious Cities Of Gold (PG) 2:00 Big Rig Bounty Hunters (M) 3:00 Billy Ordinary Joe (PG) 2:00 Bewitched 2:30 The Nanny (PG) 3:30 Seinfeld (PG) 4:30 The Addams Family 5:00 Bewitched 5:30 | Dream Of Jeannie 6:00 The Nanny (PG) 7:00 Young Sheldon (PG) 7:30 Seinfeld (PG) 8:30 Movie: " Am Legend" (M h,v) ('07) Stars: Will Smith Of Engagement (PG) 4:00 Everyday Gourmet With Justine Schofield 4:30 The King Of Queens (PG) 5:00 Becker (PG) 5:30 Frasier (PG) 6:30 Neighbours (PG) 7:00 Friends (PG) 8:00 The Big Bang Theory (PG) The Exterminator (PG) 3:30 Counting Cars (PG) 4:30 Storage Wars (PG) 5:00 American (PG) **4:35** Motown Magic **5:00** Our Stories **5:30** Te Ao With Moana **6:00** Barnay **6:40** Movie: "Diana" (M I) ('13) Stars: Naomi Watts 5:30 Movie: "Breaker Morant" (PG) ('80) Stars: Edward Woodward 7:30 Movie: "White Tiger" Undiscovered Vistas **7:30** Kickin' Back With Gilbert McAdam **8:00** Movie: "The Final Restoration (PG) 5:30 American Pickers (PG) 6:30 Pawn Stars (PG) 7:30 Highway Patrol (PG) 8:00 The Force - Behind The Line (PG) (M v) ('12) Stars: Aleksey Vertkov (In Russian) 9:30 Movie: "The Last Castle" (M I,s) ('01) Quarter" (PG) ('19) Stars: Adam Goodes Thursday, September 12 **SEVEN ABC TV** SBS NINE TEN 6:00 News Breakfast [s] 9:00 ABC News Mornings [s] Neighbours (PG) [s] The Bold & The Beautiful (PG) [s] 5:00 Worldwatch 9:05 Paul O'Grady For The Love Of Dogs 6:00 9:00 Sunrise [s] The Morning Show (PG) [s] Today [s] Today Extra [s] 6:00 8:00 6:30 8:30 NINE News Morning [s] Australian Story [s] Wonderland - Lewis Carol To JRR Seven Morning News [s] The Drew Barrymore Show (PG) [s] 10:00 Judge Judy (PG) [s] The Amazing Race Australia: Celebrity (PG) [s] Compass (PG) [s] Antiques Roadshow [s] Program To Be Advised 10:30 Tolkien (PG) 12:00 12:00 The Block: Main Bedroom And WIR 10:00 **Border Security - International** 11:00 Auction Week (PG) [s] 10:30 12:00 ABC News At Noon [s] Worldwatch Human Error (M I,v) [s] 12:00 **Everyday Gourmet With Justine** Catch Phrase (PG) [s] Such Was Life: The Yanks Are Coming 12:00 The Assembly [s] Parliament Question Time [s] Pointless (PG) [s] Tipping Point (PG) [s] 1:00 2:00 2:10 2:00 Tony Robinson's History Of Britain: The Chase UK (PG) [s] 2:00 3:00 Schofield [s] Yakka - Australia At Work (PG) [s] Seven News At 4 [s] NINE News Afternoon [s] Deal Or No Deal (PG) [s] Great British Railway Journeys The Cook Up With Adam Liaw (PG) Love Your Garden [s] 1:00 2:00 3:05 The Chase Australia (PG) [s] Tipping Point Australia (PG) [s] 10 News First: Lunchtime [s] 3:55 5:00 4:30 WIN News [s] Family Feud (PG) [s] 6:00 5:30 Grand Designs (PG) is Seven News [s] Home And Away (PG) [s] Abused My Mum - The Ruby Franke 5:30 6:30 Antiques Roadshow [s] Hard Quiz (PG) [s] NINE News [s] A Current Affair (PG) [s] RBT: The Rockstar/ Yes Sir (PG) [s] Lingo (PG) [s] 10 News First: Afternoon [s] Tony Robinson - The Thames At 7:00 6:00 2:30 7:00 3:30 Niaht (PG) Scandal (M) [s] – Ruby Franke's rise as a "momfluencer" with millions of Jeopardy! (PG) ABC News [s] 4:00 Neighbours (PG) [s] 7.30 (PG) [s] Foreign Correspondent [s] 5:30 6:00 The Bold & The Beautiful (PG) [s] 7:30 **Letters And Numbers** 9:30 **Casualty 24/7** (M) [s] 4:30 10 News First [s] Deal Or No Deal (PG) [s] Mastermind Australia (PG) 8:00 followers hid a nightmare: when her sor NINE News Late [s] 5:00 10:30 Return To Paradise (M v) [s] **SBS World News** fled and alerted a neighbour about 11:00 The Equalizer: The Whistleblower Great Australian Walks: Uluru & Kata George Clarke's Amazing Spaces [s] ABC Late News [s] The Project (PG) [s] Dogs Behaving (Very) Badly Australia 9:30 (M) [s] Resident Alien: Girls' Night (M) [s] 6:30 Ron Iddles - The Good Cop: Michelle 7:30 10:20 Tiuta (PG) 8:25 Junior Doctors Down Under: Home Buckingham (M I,s,v) [s] Tipping Point (PG) [s] The Business [s] Gogglebox Australia (PG) [s] The Cheap Seats (M) [s] 1:35 The Art Of Ageing [s] Grand Designs (PG) [s] Killing Eve: Take Me To The Hole! Sick (M) Rebus (M I,v) Pointless (PG) [s] Home Shopping 11:05 10:50 Air Crash Investigations: Terror Over 9:20 Michigan (PG) [s] Magnum P.I.: The Woman Who Never 2:30 9:30 11:20 4:00 Religious Programs [s] 4:30 A Current Affair (PG) [s] 10's Late News [s] **SBS World News Late** 12:05 Pray For Blood (MA15+) (In Spanish) 10:55 The Project (PG) [s] (MA15+)[s]Died/ Six Paintings, One Frame (M v) [s] **SBS VICELAND** ABC ENTERTAINS 10 BOLD 6:00 Children's Programs 11:00 Car S.O.S (PG) 12:05 France 24 English News 12:35 Planet A 6:00 Home Shopping 6:30 I Escaped To The 8:00 Home Shopping 10:30 Pointless (PG) 6:00 Home Shopping 8:00 Exploring Off The 6:00 Children's Programs 11:00 Car S.O.S (Pd) 11:45 Ghosts (PG) 12:15 My Family (PG) 12:45 Breeders 1:10 Mythbusters (PG) 2:00 ER (PG) 2:45 Doctor Who (PG) 3:45 Fresh Off The Boat (PG) 4:10 Would I Lie To You? (PG) 4:40 Mythbusters (PG) 5:30 Long Lost Family (PG) 6:15 Car S.O.S (PG) 7:00 My Family (PG) 7:30 Would I Lie To You? (PG) 9:00 Shaun Micalleis Eve Of Destruction (PG) 9:40 Gruen (M I) 10:15 ER (PG) 11:45 rage (PG) 12:45 Ghosts (PG) (PG) **1:30** The Story Of Who Let The Dogs Out (PG) **1:55** Unknown Amazon: The Incident (PG) Country **7:30** ICU (PG) **8:00** Million Dollar Minute **9:00** Harry's Practice **9:30** NBC Today 11:30 My Favourite Martian 12:00 Days Of Our Lives (PG) 12:55 The Young And The Restless Grid **8:30** Diagnosis Murder (PG) **10:30** JAG (PG) **12:30** Dr Phil (M) **1:30** Blue Bloods (M) 2:50 Wine Lovers' Guide To Australia 3:20 BBC News At Ten 3:50 ABC World News Tonight With David Muir 4:15 PBS News Hour 5:15 12:00 Better Homes And Gardens 1:00 I (PG) 1:50 As Time Goes By 3:00 Antiques 2:30 Jake And The Fatman: Lady, Be Good Roadshow **3:30** Movie: "Carry On Cleo" (PG) ('64) Stars: Kenneth Williams **5:30** Antiques Escaped To The Country **2:00** Our Town **2:30** My Impossible House (PG) **3:30** Harry's (PG) 3:30 JAG: Ares/ Skeleton Crew (PG) 5:30 Diagnosis Murder: Physician, Murder Thyself/ Forged In Fire (PG) 6:05 Letters And Numbers Practice 4:00 ICU (PG) 4:30 Better Homes And Roadshow Detectives 6:30 Antiques Roadsho Murder In The Air (PG) 7:30 NCIS: Philly/Shell (PG) 7:05 Jeopardy! 7:30 NITV News Update 7:35 8 Out Of 10 Cats Does Countdown (M I,s) Gardens 5:00 I Escaped To The Country 6:30 Bargain Hunt 7:30 Father Brown (M) 8:30 Grace 7:30 NRL: Women's Premiership: Wests Tigers v Dragons \*Live\* 9:45 See No Evil (M v) 10:45 Game (M v) 9:25 FBI: International (M) 11:15 Seal Team (M) 12:15 Home Shopping 2:15 8:30 United Gangs Of America (M I) Murdered By Morning (MA15+) ER (PG) 11:45 rage (PG) 12:45 Ghosts (PG) (M v) 10:30 Murdoch Mysteries (M v) Diagnosis Murder (PG) 4:05 JAG (PG) SBS MOVIES 9601 **10 PEACH** 7MATE 12:15 Movie: "Deep Blue Sea" (M I,v) ('99) 10:00 Movie: "Kodachrome" (M) ('17) Stars: Ed 10:00 Storage Wars (PG) 10:30 American 6:00 Children's Programs 11:00 Transformers: 10:30 The King Of Queens (PG) 11:00 Friends 6:00 Children's Programs 11:00 Iransformers: Cyberverse (PG) 11:30 Bakugan 12:00 Hart Of Dixie (PG) 1:00 Ordinary Joe (PG) 2:00 Bewitched 2:30 The Nanny (PG) 3:30 Seinfeld (PG) 4:30 The Addams Family 5:00 Bewitched 5:30 I Dream Of Jeannie 6:00 The Nanny (PG) 7:00 Young Sheldon (PG) 7:30 Seinfeld (PG) 8:30 Movie: "Lock, Stock And Two Smoking Barrels" (MA15+) ('98) Stars: Jason Statham 10:40 Seinfeld (M) 11:40 Young Sheldon (PG) Stars: Samuel L Jackson 2:05 Shortland Street (PG) 2:30 The Cook Up With Adam Liaw 3:00 The Magic Canoe 3:35 Spartakus And The Sun Harris **11:55** Movie: "An Unfinished Life" (M I) ('05) Stars: Jennifer Lopez **2:00** Movie: "On A Clear Day" (PG) ('05) Stars: Peter Mullan **3:50** Restoration (PG) 11:00 American Pickers (PG) 12:00 NFL Hard Knocks 1:15 Surveillance Oz (PG) 1:30 The Force - Behind The Line (PG) (PG) 12:00 The Neighborhood (PG) 1:00 The Big Bang Theory (PG) 1:30 The King Of Queens (PG) 2:00 Becker (PG) 2:30 Frasier Beneath The Sea 4:05 The Mysterious Cities Of Gold (PG) 4:35 Motown Magic 5:00 Our Stories 5:30 The 77 Percent 6:00 Bamay 6:40 Movie: "Eat Wheaties!" (PG) ('20) Stars: Tony Hale **5:30** Movie: "The Man Who Knew Infinity (PG) 3:30 Rules Of Engagement (PG) 4:00 Everyday Gourmet With Justine Schofield 4:30 The King Of Queens (PG) 5:00 Becker (PG) 2:00 Police Code Zero - Officer Under Attack (M) 3:00 Billy The Exterminator (PG) 3:30 Counting Cars (PG) 4:30 Storage Wars (PG) 5:00 American Restoration (PG) 5:30 American Pickers (PG) 6:30 Pawn Stars (PG) 7:30 Air (PG) ('15) Stars: Jeremy Irons 7:30 Movie: "In Undiscovered Vistas **7:30** Going Places With Ernie Dingo (PG) **8:30** The Boy, The Queen (M I) Sidney Poitier **9:35** Movie: "Lions For Lambs" (M I,v) ('07) Stars: Robert Redford **5:30** Frasier (PG) **6:30** Neighbours (PG) **7:00** Friends (PG) **8:00** The Big Bang Theory (PG) Crash Investigations (PG) 8:30 Disasters At Sea 10:40 Seinfeld (M) 11:40 Young Sheldon (PG) 8:30 2024 MTV Video Music Awards MARKET MARKET Maldon Neighbourhood Centre 1 Church Street, Maldon



DATE: Second Sunday of every month

TIME: 9.00am - 1.30pm



# Nature-based experiences

A crackling campfire, a peaceful, rejuvenating bushwalk, or the exhilarating feeling of reeling in a big fish are just some of the nature-based experiences Adam and his team offer at ENTITY Eco Therapy to help NDIS participants relax, calm the mind and body and feel consistently good.

ENTITY Eco Therapy specialises in supporting NDIS participants in enjoying nature-based recreation combined with ongoing social and community participation, everyday living, and capacity-building sessions.

Owner-manager Adam Smolak said, "We are lucky in Central Victoria to be surrounded by forests and waterways that have great visitor services and natural attractions, including BBQs, interpretive flora, fauna, heritage signage, waterfalls, lookouts, and a fantastic diversity of loop bushwalks that can cater to different fitness levels ranging from a few hundred metres to multiple kilometres."

Getting out into nature for extended periods is extremely good for our physical, mental, and spiritual health. It allows us to relax, rejuvenate, and restore our body, mind, and spirit.

Adam's business offers multi-day Eco Therapy Respite Trips to various natural places in Victoria and NSW, including, but not limited to, the Murray, Edward, Goulburn, and Loddon Rivers, the Grampians, and various beautiful beachside locations along the Great Ocean Road.

Cabin-style accommodation or camping is provided.

One of the unique services provided for people who love fishing, camping, and waterways is supporting participants on the two Quintrex 420 Explorer fishing boats (pictured)

on day sessions or Eco Therapy Respite Trips, which have been set up expressly for their participants to have every chance to land a prize Yellowbelly, Redfin, Trout, or mighty Murray Cod!

They have a committed team of management staff and 13 female and male support work-

ers currently available in Central Victoria, including but not limited to Bendigo, Castlemaine, Maldon, Newstead, and Maryborough.

Adam said, "Our Support Worker page on our website has been specifically designed to help Support Coordinators and families put a face to a name, read about our Support Workers, and see their current availability."

Each Support Worker has a short 'enquire now' dialogue box where Coordinators, Participants, and Families can quickly and efficiently enquire about starting services.

Once the initial enquiry has been completed, services can usually start within the following fortnight.

Current Support Worker bios and availability of staff can be easily accessed at www. entityecotherapy.com.au/support-workers/.

For more information about their services, please contact: Michelle Parsons, Assistant Chief Operating Officer, 0408 058 903,

michelle@entityecotherapy.com.au, or Adam Smolak, Owner/Manager, 0427 507 004, adam@entityecotherapy.com.au.

Kerry Cain



# **Body and Soul Holistic Expo returns to Bendigo**

BENDIGO'S Strathdale Community Centre will host the Body and Soul Holistic Expo this Sunday, 8 September, from 10 am to 4 pm. This event promises to be a vibrant gathering of mediums, psychics and wellbeing practitioners offering a unique blend of alternative therapies, inspirational products, and spiritual insights.

The Expo stands out for its comprehensive range of offerings, featuring not only a variety of wellbeing products and services but also a strong lineup of professional psychics and readers. Visitors will have the opportunity to consult with palmists, astrologers, tarot readers, and alternative health practitioners—all conveniently gathered in one location.

Among the many highlights is Mary's Circle, where visitors can connect with a gifted spiritual guide. From a young age, Mary has had an intense connection with spirit, allowing her to pick up information and feelings from people, as well as vibrations and messages from the spirit realm. Her mission is to empower others, helping them to discover and fulfill their

spiritual paths. Whether you are seeking answers about your present, past, or future self, Mary's Circle offers the spiritual guidance and teachings to help you find the answers within.

In addition, Witchy Ways, a Shepparton-based business, will be showcasing their unique range of witchy products, including smudge kits and blessing beads. This is an opportunity to explore tools and products designed to enhance spiritual practices and bring positive energy into your life.

Exhibitors at the event include Cynthia from Hecate's Soul, a gifted Channeler, Empath, Psychic Medium, and Reiki Master, who will be available for bookings. 'My Zen Time' will showcase unique, beautifully designed diffusers, warmers, and room sprays that promise to bring a calming atmosphere into any home.

Tickets are available at the door, with adult entry priced at \$10, or discounted tickets can be pre-booked online. Pre-booked ticket holders will also be entered into a draw for a free 30-minute psychic reading.

For more information and to book tickets, visit Body and Soul Market. Don't miss this chance to explore a world of alternative health, spiritual insights, and holistic wellbeing.



# BENDIGO BODY AND SOUL PSYCHIC EXPOS

SUNDAY 8TH OF SEPTEMBER

THIS EVENT INCLUDES MEDIUMS, PSYCHICS, CRYSTALS, CANDLES, DIFFUSERS AND MUCH MORE!



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# Uniquely Newstead

by Newstead Primary School Students

## Xavier - Grade 6

On the first of August, the Newstead Primary School 3-6 grades went across to Maryborough to compete in the Bet Bet and District Athletics. Some of the schools that entered the competition were Talbot, Dunolly, Timor, Tarnagulla, and Newstead.

Most of the students from grades 3-6 at Newstead went over to participate in multiple events. We were one of the most successful schools in the region, with students receiving multiple awards and ribbons for their performance in the events. Students were taught new things whilst participating in events by the helpers and gained lots of new sporting skills on the day. Students were able to successfully attend as many events as they wanted to on the first level, which includes other students who don't play physical sports outside of school.

Some of the events that were available for the students choice were discus, shot put, long jump, triple jump, high jump, 100m sprint, hurdles, 1500m, and 800m, whilst the 200m run was cancelled on the day due to time issues. The events were held at different times throughout the day, so different age groups that had scheduled times didn't have to wait for long between events. Each individual school cheered their athletes on throughout running races, to support their classmates from the side lines.

Newstead had many great achievements leaning towards the end of the day, and four students won their age group champion. This means they had the most points added up in their age group division by receiving ribbons; where first earns the most points

and gradually decreases if they have a third or a second ribbon. Newstead displayed great leadership and sportsmanship all day long and respected other schools' students through the process.

The great athletes who had received a first or second ribbon during the second level were allowed to participate in Bendigo. This is the third level for the best of the best, and some students from Newstead Primary got into the third level from their amazing stats. Twenty for Newstead were selected for the Bendigo Athletics, and many had won many first and second places. This means they were able to attend two track events and two field events for the whole duration of the day. The students have not yet competed in their third-level events, but will be on 16 September.

The respect from the Newstead kids was stunning towards other schools, everyone was inclusive and helping others during events. This was confirmed by teachers from other schools that Newstead students were inclusive, respectful and always bringing a positive attitude along with them. The Newstead students encouraged others to bring their best to the competition and cheered on other schools and kept giving them positive feedback on their performance in events.

It was a long day with many events held, but everyone enjoyed it because you could meet new people, make new friends, and have lots of fun all along the way. The Athletics was an awesome experience for the students and it was great fun.



### Leon - Grade 5

We have attended many excursions this term at Newstead Primary School. Most recently we went to Ecolink. Only the grade Prep, 1, 5 and 6 attended; the Prep/1s studied minibeasts while the 5/6s studied endangered animals. We all had to get up at 7.30am and all had to get on the bus to Bacchus Marsh. The drive took 1 hour and 30 minutes, but it was worth it. We had to work with another school called Anakie. We were making a stop motion out of plasticine. There was a cartoonist who showed us how to make and design our stop motions. We got to work in groups and I was with Will, Wilbur and Fynn. We had to base our stop motions out of endangered

Australian animals; we had the Hairy Nosed Wombat. The problem had to be based on one of their threats. The threat we used was bushfires. Everybody had to make their animal have a bit of personality, so we made our's a tradie. We all worked really hard on our stop motions and at the end of the day we all got to watch them. Everybody's stop motions were good and some were also really funny.

Meanwhile the Prep/1s were studying minibeasts. They built minibeasts out of plastic and went looking outside for bugs. All of the Preps and grade 1s really enjoyed it and we all learnt a lot.

Community Bank Maldon & District



Supporting Maldon & Newstead Schools

# Share your secret skills



THE wealth of knowledge and experience in this region is unparalleled, partly because it has a rich history of entrepreneurial spirit and partly because it attracts active folk, many of whom are not quite ready to retire. University of the Third Age (U3A) Castlemaine is now seeking people who are ready to share their skills and knowledge with other interested members of the community.

U3A Castlemaine is a volunteer-run organisation for retired and semi-retired people; its members from across Mount Alexander Shire are involved in a wide range of classes and activities, mostly free of charge.

"We are seeking enquiries from non-members as well as members interested in leading a class for 2025," said Class Coordinator Anna Macgowan. "If you have an interest or a passion you would like to share, then you will no doubt find a receptive and enthusiastic audience within the U3A Castlemaine community."



#### THE HIGHS AND LOWS

AS is our usual weekly routine, we arrive at our Bridge venue full of expectancy, hoping to get a good hand or two to bring a high to our afternoon's play. Unfortunately, some weeks, the lows are more prominent than the highs, but we battle on and live in the hope that things may change!

It is said, as we all well know, there will be highs and lows during our day. The important thing is to learn from them all and to be the best human we can be. Now that is all well and good, but when you are sitting at the tables, hoping for some joy in the hand you have received, it is a low feeling when you cannot count one single point in the cards you hold. Nothing can be done in play, and the end result is watching your opposing partners have the 'high' of their lives as they merrily play out the cards with minimal effort and gain a great score. It happened on a couple of occasions this week, but there is a positive as sometimes, by good defensive play, you can create a good score when the final results are revealed. How does that happen, you may well ask? Mainly by keeping the opposition from achieving a 'high' score with a winning contract!

We enjoyed a quick break for afternoon tea and Lyn's Cherry 'no fail' cake was enjoyed by all.

At the end of the play, the scores were quickly computed by Ken, and the results were announced.

In first place were Newstead Jo and Ken, who scored 46 points, which is two in a row for Ken – the hat trick remains evasive! Second place went to Annie and Lyn with 58 points. Judy Mac and Kevin earned third place with 38 points. Aileen and Judy Stack were fourth with 28 points. Liz and Werner brought up the rear in fifth place with 22 points. Well done everyone and no doubt we will be back to play out the cards and place our trust in the card shufflers who may get it right so that we can experience the 'highs' of Bridge Play!

Until next week.....

Whatever your age group or skills please feel free to join us each Thursday 1pm to 4.30pm to help us in our endeavours to

**USE IT OR LOSE IT** 

Judy McKnight

Classes can be one-off, run all year, or anything in between. A glance at the current schedule reveals a variety of options including Italian or French language lessons, accessible dance classes, history discussions about the Spanish Civil War or local Aboriginal history. There are digital photography lessons, bushwalking groups, Tai Chi, a choir and social groups. The activities take place in multiple venues across Castlemaine; the U3A can accommodate class sizes from six to 30 and some take place outdoors.

The classes and activities are hosted by locals who share their experiences, expertise and passions so the topics are guided by the applicants. There are no prerequisites, no exams, no certificates. The U3A emphasises the enjoyment of learning with like-minded friends in a welcoming, non-threatening environment. Apply to run a U3A Castlemaine at tinyurl. com/5df7kcc7 or contact Class Coordinator Anna Macgowan on 0407 925 636 or u3acm.courses@gmail.com.

# BLAST FROM THE PAST

#### THE 'VAGABOND' IN MALDON

IN 1886 journalist John Stanley James, who wrote under the pen name 'A Vagabond', visited Maldon. James became Victoria's first investigative reporter when in 1876 the Melbourne Argus published his undercover accounts of life in Melbourne's public institutions including hospitals, lunatic asylums and prisons. The account of his Maldon visit was reprinted in the Tarrangower Times on Wednesday 4 August 1886.

James was impressed by Maldon's lack of crime and disorder. He claimed that, unlike their counterparts in the 'Pirates of Penzance', the Maldon policemen's lot was indeed 'a happy one'. Only occasionally did they have to deal with trouble largely caused by visitors to town.

James was pleased to see so many local associations, including the Odd Fellows, Foresters, Rechabites and Freemasons, flourishing in Maldon. There was also a local branch of the Australian Natives' Association and the Orange Lodge also occasionally held secret meetings. James was also impressed with Maldon's Mutual Improvement Society, a self-help organisation where members encouraged the development of each other's talents. He was invited to the German clubhouse where he spent a pleasant evening. There he met an old friend and they reminisced about their younger days in Hamburg.

However not everything in Maldon was perfect. James found the condition of its footpaths, roads and old deep gutters a disgrace. He nearly dislocated his ankle when he tripped on the loose pavement. He was also unimpressed by the town's ancient street lamps and the wandering cows. James blamed all these problems on the fact that most Shire councillors were farmers living outside the town. Despite his criticism of the town centre, on Saturday night James saw many well-dressed locals promenading the streets as they shopped. He reported that businesses were prosperous and that insolvencies were virtually unheard of.

During his visit James climbed the Mount that he compared to a great lion looming over Maldon. It took him just half an hour to reach the summit, where he found that on every side, there stretched a panorama of hills and dales. Everything seemed calm and below around Maldon wreathes of smoke curved gracefully from the chimneys of its mines. Scarcely a sound could be heard except the twitter of swallows, the distant barking of a dog and the subdued pounding of the mines' batteries.

James gave a detailed description of the many features he could see from the top of the Mount, including Mount Alexander, Mount Macedon, the Pyrenees and Pyramid Hill. When he descended the Mount he noted that it was only sparsely covered with gum trees and in the gullies there were still a few ferns.

James left Maldon hoping to return. It was a pleasant town with rich quartz reefs and homely townsfolk. He ended by saying he might even miss its 'villainous' footpaths.

This information was supplied by the Maldon Museum and Archives.



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1800 Respect National Helpline: 1800 737 732

DV Connect Women's Line: 1800 811 811

13 YARN 13 92 76

Kids Helpline: 1800 55 1800

Headspace: 1800 650 890

Lifeline (24-hour Crisis Line): 13 11 14



Seen Anything Interesting?

Call Us On: 5475 2256

**Your Community Library** 

97 High Street, Maldon. Dja Dja Wurrung Country. Open Mon, Wed & Friday 2-4pm, Saturday 9.30am—12 noon. Engs: 0437 094 469 maldonathenaeumlibrary@gmail.com www.maldonlibrary.org.au

#### **Library News**

**International Literacy Day** and the role of community libraries

LITERACY is not just the ability to read and write it is also the capacity to communicate clearly, to understand and create texts and to use language effectively to transmit information to listeners. Literacy is used for personal enjoyment, to learn about the world and to allow us to be involved in our community. This week marks International Literacy Day.

A recent UNESCO report identified the critical role of community libraries, such as the Maldon Athenaeum Library, in encouraging literacy in both children and adults. Community libraries offer a wide variety of written materials to continue the habit of reading in adult lives. They also promote and facilitate education programs, encourage community engagement and provide reading and learning spaces. They are a venue for activities linked to local interests and practical livelihood concerns.

These have been the roles of the Maldon Athenaeum Library since its beginnings more than 160 years ago. Founded in 1863, only nine years after the discovery of gold at Long Gully, the town opened its Mechanics' Institute, later to be called the Athenaeum Library. The library continues to be independent, community-based, run by volunteers and financed through locally raised funds. It still takes seriously its responsibility for encouraging literacy, as well as providing a focus for social and recreational events.

Did you know that the Athenaeum Library has a collection of books focusing on language and communication? Some delve into the history and usage of words and the connection with cultural borrowings and change. Others offer advice and support for those facing the challenges of writing creatively or 'correctly'. Some 'strike a blow' for correct usage and the elimination of jargon or warn of the folly of careless use of punctuation. Here are some suggestions:

A Way With Words: A Frolic Through the Landscape of Language. Author Ruth Wajnryb entertainingly explores, examines and explains why our language works the way it does.

Weasel Words: Contemporary Cliches, Cant and Management Jargon. Author, historian, speechwriter and satirist Don Watson fights for clarity in language, exposing politicians and managers whose words 'kill brain cells and sink hearts'.

Life Lines: Australian Women's Letters and Diaries 1788-1840. In this world of emails (and, even worse, text messages), hardly anyone writes letters anymore. For the first women settlers, isolated from family and friends, there were always letters and journals to turn to. Women made the time to write: to keep in touch and to report on what was happening to them in their new land. Perhaps reading this collection will tempt someone to write a letter.

#### **Book Reviews**

#### The Silence by Susan Allott, 2020

It is 1997, and in a basement flat in Hackney, Isla Green is awakened by a call in the middle of the night: her father phoning from Sydney. Thirty years ago, in the suffocating heat of summer 1967, the Greens' next-door neighbour Mandy disappeared. At the time it was thought she had fled a broken marriage and gone to start a new life, but now Mandy's family is trying to reconnect, and there is no trace of her. Isla's father Joe was allegedly the last person to see her alive, and now he's under suspicion of murder. Isla unwillingly plans to go back to Australia for the first time in a decade to support her father. The return to Sydney will plunge Isla deep into the past, to a quiet street by the sea where two couples live side by side. Isla's parents, Louisa and Joe, have recently emigrated from England, a move that has left Louisa miserably homesick while Joe embraces this new life. Next door, Steve and Mandy are equally troubled. Mandy doesn't want a baby, even though Steve, a cop trying to hold it together under the pressures of the job, is desperate to become a father. The more Isla asks about the past, the more she learns about young couples and the secrets each marriage bore. Could her father be capable of doing something terrible? How much does her mother know? What will happen to their family if Isla's worst fears are realised? And is there another secret in this community, one that goes deeper into Australia's colonial past, which has held them in a conspiracy of silence?

#### The Geometry of Holding Hands by Alexander McCall Smith, 2020

Just when Isabel and Jamie finally seem to have some time to connect and unwind, a wealthy Edinburgh resident reaches out to Isabel with an unusual request - he would like her to become the executor of his large Highland estate. Though Isabel initially demurs, he presses on. He has only a short time to live and, without any direct heirs, is struggling to determine which of his three cousins would be the best caretaker. Should it go to the bohemian artist, the savvy city property developer, or the quiet, unassuming bachelor? As if this weren't enough to keep Isabel occupied, she's also spending more time helping her niece Cat at the deli. Cat, perennially unlucky in love, seems to have finally found her match in the leonine Leo. But Isabel is beginning to suspect that Leo might be interested in more than Cat's charms, namely her access to the family trust. Isabel will need to rely upon remarkable reserves of intelligence and compassion in order to give all parties exactly what they want and deserve, no more and no less.

#### The Good Turn by Dervla McTiernan, 2020

Police corruption, an investigation that ends in tragedy and the mystery of a little girl's silence are three unconnected things that will prove to be linked by one small town. While Detective Cormac Reilly faces enemies at work and trouble in his personal life, Garda Peter Fisher is relocated out of Galway with the threat of prosecution hanging over his head. But even that is not as terrible as having to work for his overbearing father, the local copper in the pretty seaside town of Roundstone. For some, like Anna and her young daughter Tilly, Roundstone is a refuge from trauma. But even this village on the edge of the sea isn't far enough to escape from the shadows of evil men.

With thanks to Goodreads

Maldon Athenaeum Library

# IN MALDON TODAY RADIO PROGRAM



TODAY in IMT #544 EC and Nancy will meet Bryn Davies whose involvement with Maldon Matters and Really Local resulted in a recent forum with Mount Alexander Shire's Mayor and Deputy Mayor meeting community members at the Neighbourhood Centre.

Last Friday Mike and Lynette welcomed long-term IMT host Lauren Adele Stevens (Loz) to expound on her rather brilliant 'Community Generation' project in Cambodia. Inspired by an incident as a tourist, Loz resolved to bring clean water to regional villages. It was the vital ingredient in the process of lifting people out of poverty and enriching the possibilities of their lives. She explained that the ultimate aim is to make the organisation redundant (that is, managing without outside help) before moving on to other locations.

Next week Slats and Tony will be talking with former ABC presenter Nicole Chvastek about the state of the ABC, the current quality of media and journalism and public expectations, the aged care system, voluntary euthanasia and what we think happiness is all about. That's a whole lot; you had better listen.

To catch up on our previous programs click on mixcloud. com/nancymay007.

See our ad page 26.

Mike Smythe

# Unlocking the Potential of Small Towns: The Village Business Expo

#### 8 October, 11 am – 5 pm, Maldon Golf Club



OUR small towns are brimming with untapped potential and as business owners, we are the driving force behind our local economies. With innovation and resilience, our communities can retain the vibrancy that makes them unique. In these challenging times, when the economy is under pressure, it is crucial to think creatively and seize new opportunities. The Village Business Expo is one such opportunity.

This is not just another event—it is a movement. The Expo is a unique gathering where government representatives and organisations supporting small businesses will listen to us and share how they can help us thrive. But to make this vision a reality, we need you—yes, you—and your network.

We aim for 300 attendees and 45 local exhibitors from the Loddon Campaspe area to share their stories and challenges. By joining us, you're not just attending an event; you are contributing to the future of our towns. Let's unite, support each other, and ensure our communities thrive.

#### **Key Insights:**

- Employment in Small Towns: In Australia's small towns, employment opportunities frequently depend on micro-businesses, typically comprising the founder and up to three additional employees.
- Ownership Demographics in Urban Areas: In contrast, ownership of large, medium, and small businesses in urban areas is predominantly held by white men.
- **Diverse Ownership in Regional Micro-Businesses:** In contrast a notable portion of micro-businesses, particularly in regional areas of Australia, are owned by women and migrants.

#### Agenda Highlights:

- 11am Attendee Registration and Networking
- 11.30am Opening Ceremony: The Power of Collaboration
- Speaker: Hon. Natalie Suleyman MP, Minister for Small Business
- 12.30pm Business Workshops:
  - From Micro to Small Business Rebecca Barnet, Maldon Bakery
  - Investing in Small-Town Businesses Ian Riley, Bush Blocks & Buildings
  - Well-Being for Business Owners Ash Bennallack, Thriving Minds
  - Managing Cash Flow Dennis Barnett, AFS Partners in Success
  - Business Legalities Tuanh Nguyen OAM, Norton Rose Fulbright
     Consider Very Project and Tarkey Legal
  - Growing Your Business with Technology Jarrod Robinson, ConnectedPE
  - Tips to Sell Your Business Hayley Tibbett, Indulge Chocolates
- **4pm** Panel Discussion: *How Government and Business Support Organisations Can Fuel Growth*

#### Panelists:

- Hon. Maree Edwards MP, Speaker of the Legislative Assembly
- Liesbeth Long, Mayor, Central Goldfields Shire
- Merryn Tinkler, Manager Economy and Culture, Mount Alexander Shire Council
- **4:30 pm** Final Reflections

#### **All-Day Attractions:**

- Local Business Exhibition Hall
- Small Business Bus providing FREE business advice

#### About the Organizer:

Luz Restrepo (OAM) is a connector with a decade of experience helping entrepreneurial migrant women find business opportunities or meaningful jobs. After moving to Maldon, she recognised that local microbusinesses faced similar challenges. In November 2023, she founded Made by Many Minds Holdings Pty Ltd (Village Business) to build skilled, supportive business communities in small Australian towns.

Luz and the Village Business Expo is supported by an advisory board that provides credibility, experience, and connections:

- Jamie Heffernan, Maldon Getaways
- Kate Stedman, French Fusion Travel
- Peter Veenhuizen, Bradshaw Veenhuizen Psychology
- Paul Kooperman, TEDxMaldon
- Steve Strangward, Victoria Goldfields Railway
- Renee Thompson, Maldon Machinery Museum

Join us at The Village Business Expo and join a movement strengthening local economies and communities.

Register Now: villagebusiness.com.au/village-business-expo For further information, please reach out to: Luz Restrepo (OAM), luz@madebymanyminds.com.au, 0435 831 822.

Luz Restrepo (OAM)

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#### **PUBLIC NOTICES**

#### Maldon Community Response Team CERT AGM.

Thursday, September 19th at 7pm Venue: Maldon Hotel All welcome.

#### Maldon Men's Shed Inc. ANNUAL GENERAL MEETING

Wednesday 2nd October 2024 @ 11:00am At Maldon Men's Shed, Phoenix St, Maldon BBQ Afterwards Enq: Barry Murfett 0403 352 753

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#### **PUBLIC NOTICES**

#### **Reminder: Wild Discoveries Photo Exhibition**

Don't miss the Wild Discoveries nature photography exhibition at the Newstead Arts Hub, opening Saturday 7 September. Geoff Park will open the exhibition at 11am. Featuring works by four local photographers, the exhibition is open every weekend in September, 10 am - 4 pm. Visit Newstead Arts Hub, 8A Tivey St, Newstead.

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#### PUBLIC NOTICES

# Tärrangolver Times

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#### Classified Lodgement, Bill Payments, Letters to the editor

Maldon Newsagency, 56 Main Street, Maldon

#### **ADVERTISEMENT LODGEMENT TIMES:**

•Classifieds -12noon Tuesday.

•Casual Display -12noon Tuesday.

#### **CONTRIBUTED ARTICLES:**

•Community and News 12noon Tuesday.

•Late notices such as Births and Deaths by 10.30am Wednesday.

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The Tarrangower Times acknowledges the traditional owners of this land, the Dja Dja Wurrung people and pays respect to elders past, present and emerging.



**Rio** is a male kelpie x border collie around 4 years old. Rio is playful yet affectionate. He has been around cats and dogs and would really like someone to spend quality time with he needs good fencing if left alone for long periods of time. Located in Maryborough at 70 Burns Street via appointment. Please call 5461 0610 to arrange a meet and greet. His adoption fee is \$365. BR102780 Mc978101084095822



Tank is a male, desexed, 5½ year old, grey tabby domestic short hair. Tank is a very big cat with a big voice, he is always chatting away and will call out if he knows you're there but aren't giving him the attention. He is a really affectionate and loving boy who loves to be around people and enjoys exploring. He would love to find a home where he will have a lot of love and attention. Microchip no. 956000010824467. Adoption fee \$150 + council registration. MAAW Source No. BR100938



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#### Maldon Bowls Club

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# Po9908 of the Goldfields Introducing our readers to their local doggies and what makes their tails wag!

TT: Do you live around here, Modra? Modra: My two favourite people, Paul and Valerie, bring me to Maldon regularly to visit the caravan park.

TT: Is it a long drive?

Modra: Yes, and I really enjoy it. I like to sit up and watch the scenery go past or curl up and sleep the whole way here.

TT: How do you spend your time when you visit Maldon?

Modra: We like to visit dog-friendly places. TT: Oh yes, like parks and forests?

Modra: Like beer gardens and wineries. TT: I see. And were you named after Tony Modra, the footy player?

Modra: Certainly not. My name is Irish Gaelic for dog!

TT: We won't tell Tony. Are you Irish? Modra: One of my favourite people is, so I

suppose that makes me part Irish. TT: And you have beautiful Irish colouring,

Modra: Thank you. Although I see that you are also a ginger haired breed.

TT: That's right, also part Irish. What breed are you?

Modra: Well, I am not a Nova Scotia Duck Tolling Retriever.

**TT**: I never said you were.

Modra: People often say that I look like a Nova Scotia Duck Tolling Retriever. But I've never been to Canada. And I don't know what a duck tolling\* is so I would never retrieve one. I'm actually a cavoodle, even though I don't look much like one. My family says they are happy with how I turned out.

TT: I'm sure they are, it's been lovely chatting with you.

(\*Editor's note: 'tolling' is an old word meaning to summon, like the tolling of a bell... the dog breed from Nova Scotia was used to beckon or lure ducks out of hiding...).





Modra.

Friday 6 September-OMN Keveen-from 7pm-10pm Saturday 7 September-The Jam Tarts Trio-from 7pm Sunday 8 September-Karlo Arcinou-from 4pm

Friday 13 September-TBA

Saturday 14 September-Duolian & DJ Diggerman-from 7pm

Sunday 15 September-**DBOMS**-from 4pm

Friday 20 September-The Amazing Valentinos-from 7pm-10pm

#### **Golden Nugget**

Sunday 15 September-Velvet Vagabonds-from 1pm Sunday 22 September-The Complete Unknowns-from 1pm Sunday 29 September-Dre & Harv-from 1pm

Sunday 6 October-Jessey Jackson-from 1pm

Max ML

Max ML

Cairn Curran Malmsbury

#### **Maldon Bowls Club**

Friday 20 September-Classic Rewind-from 5.30pm

R	ainfall B	aringhu	ip .		Rainfall	Maldon		Rainfall Newstead				
V	Veek End	ing 3-9-2	.4	Week Ending 3-9-24				Week Ending 3-9-24				
	4.5	mm		8.4mm				6.8mm				
М	Monthly totals so far:				Monthly totals so far:				Monthly totals so far:			
	2024	2023	2022		2024	2023	2022		2024	2023	2022	
Jan	95.1	41.8	90.4	Jan	101.4	47.0	90.0	Jan	124.8	30.0	103.4	
Feb	2.5	8.1	0.5	Feb	1.0	10.4	1.0	Feb	14.0	11.4	0.0	
Mar	0.5	53.0	68.9	Mar	0.0	54.4	74.4	Mar	0.8	34.0	48.0	
Apr	58.5	75.8	73.9	Apr	84.0	89.4	91.0	Apr	76.4	84.8	80.8	
May	32.0	24.5	27.3	May	45.8	33.2	32.2	May	34.6	30.6	30.0	
June	21.4	97.9	41.8	June	28.2	119.8	64.6	June	27.8	96.4	47.8	
July	47.2	31.9	39.7	July	63.4	25.8	55.3	July	50.0	38.2	46.6	
Aug	34.4	23.4	103.2	Aug	43.0	34.6	121.0	Aug	60.8	26.8	116.0	
Sept	3.0	13.4	79.2	Sept	5.4	20.0	91.4	Sept	5.0	16.6	88.4	
0ct		40.6	175.9	0ct		56.8	203.2	0ct		34.0	190.2	
Nov		24.9	85.0	Nov		28.4	98.6	Nov		16.6	106.0	
Dec		105.7	26.2	Dec		130.4	23.6	Dec		118.6	39.8	
Total	294.6	541.0	812.0	Total	372.2	661.2	961.6	Total	392.8	538.0	897.0	

Water Storage Capacity as at 3-9-24								
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12 118	Current MI	4 569	% Full	39.0				

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#### **RADIO**



#### **RADIO**

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## Directory

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or

# **Maldon Golf Club**



LAST Saturday, who would have expected the weather Gods to turn on the golfers on the last day of winter, with the traditional winter traits of rain, gusty winds and extreme cold/chill?

Nevertheless, golfers persevered with these challenges over their three hours of golf, but they were keen on the

warm refuge of the clubhouse for snacks and refreshments later and to applaud Gary Hutchins's fine round of 37 points as the daily winner.

#### ...INDIVIDUAL STABLEFORD EVENT...

WINNER	Gary Hutchins	37 points
RUNNER-UP	Steven Moore 33 poin	tscountback
GOOD SCORES	Peter Gerolemou	33 points
	Noel Olver	32 points
	John Purcell	31 points
NEAREST the PINS	Simon Saunders	HÖLE 9
	Bob Briggs	HOLE 17
Ca\$h-HOLE	Ryan Mulholland	HOLE 10

#### ...JACK LONG MATCHPLAY...

Second round

Noel Olver defeated Colin Francis 1up Peter Gerolemou defeated Bob Briggs 6/5

#### **GOLF TOMORROW**

Round 1 of 3 CLUB CHAMPIONSHIPS Ladies & A, B, C Grade Mens Registration 12noon...Hit-off 12.30pm



# Maldon Pétanque Club

Spring has sprung, the grass has ris I don't know where the cochonet is.



SPRING is definitely the season when you can enjoyor otherwise - all seasons at once. Sunday the first day of Spring 2024 certainly lived up to that definition with rain coats on, rain coats off. However, Spring did not stop the hardy players who turned up to play. Most players' form was like the weather; it was something different for every shot. The

computer was also affected by the weather and could not give us a result; we will have to wait till next fortnight to hear who won the prizes for the day.

Our next fortnightly games will be on Sunday 15 September, on the St Brigid's pistes starting at 1pm.

On Saturday 14 September the Ballarat PC will again be hosting the wind-up of the Golden Boule Round Robin. Unfortunately, we did not win the trophy. There will be games beginning at 9.30am made up randomly from all games, followed by lunch and presentations.

Sunday 22 September sees us on the road again. This time it it is back to Avoca to compete against the Pyrenees PC for the Rusty Poppethead trophy; we hope to bring it back home again.

Also coming up in the near future will be the Spring Challenge with Castlemaine U3A; we will be the hosts.

There is also an informal practice session each Thursday afternoon at 4.30pm, a chance to hone the skills or to learn the game. All welcome.

The Club now has its own website, maldonpetanqueclub.com, thanks to Cantwell Property and Andrew Leckie's expertise in setting it up. Check it out.

Please remember to support our sponsors: Maldon & District Community Bank and Cantwell Property; they are helping sport in Maldon.

#### STOP PRESS

The computer has recovered from its attack of hiccups and has advised us the winners on Sunday were Chris Przygoda 3 wins 12 points followed by Len Paul 2 wins 19 points and Laurie Grech 2 wins 11 points.

Geoff McLennan



# **Brags in Brief**

# Double at Warracknabeal for McKnight Racing

DASH has done it! Dashing Rebel breaks maiden at Warracknabeal Racing ClubInc.

Bought by Ash as a weanling, a big, strong colt by Dissident, Ash saw an athlete in the making. Dashing Rebel hasn't been straightforward, with soundness issues throughout his career, but the team is doing a great job managing him these days.

Christine Puls gave him a superb ride. She has ridden him at most of his starts, and he responds well to her urging.

Six placings from eight starts before today and now reward for all that effort with a well-earned victory.

Make it a double! Turn Up The Night wins as well at

Make it a double! Turn Up The Night wins as well at Warracknabeal Racing ClubInc.

The team picked this guy up from the Inglis online sale in October last year. Everything that could go wrong has gone wrong this prep; getting scratched at the barrier, drawing the car park on unsuitable surfaces, etc... We finally got a track to suit and the draw to go with it and we saw the real Charlie. He has a bit of upside and we are confident we will all get to see it.

Congrats to the big group of loyal owners who have waited patiently for this win. Thank you for your support.

Another absolute peach from Christine Puls, a double from three rides. What a superstar.

Olivia and Chappy

Olivia and Chappy are practising hard to go to the National Inter School Dressage championship in the Victorian team on 21 September at Tamworth and have to be there for five days. Good luck to you both!

Judy McKnight





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# **Maldon Football Netball Club**

#### Finals – Week Two



#### **Overview**

IT was another wild weekend of average weather for the second week of finals, with a few of our teams progressing through to the prelims and a few teams' seasons finishing up. This week we have both our under 17.5s football and our under 17s netball playing on Sunday at 11.30am in the Preliminary Final.

We would also like to congratulate Tiffany Williams on winning the under 17s Netball League Best and Fairest.

#### **Football**

#### Reserves

#### Maldon 4.3-27 Def by Carisbrook 7.9-51

It was a wet and windy day for the reserves on Saturday and Maldon had the breeze in the first quarter but weren't able to capitalise.

Although strong performances from the usual better players, like Darcy Connell, Lachy Josey, and Flynn Rowbottom in the midfield and Luke Davey and Ben Neve down back, the rest of the team failed to fire and the game slowly slipped out of reach, bringing a disappointing end to the reserves' season.

Best on: Darcy Connell, Reece Carmichael, Lachy Josey, Luke Davey, Ben Neve, Flynn Rowbottom.

#### 17.5s Maldon 7.12-54 Def Navarre 4.3-27

Maldon progressed through to the Preliminary Final with a fantastic win over Navarre on Saturday. The boys got off to a great start thanks to a ripping goal by the skipper Callum Buchanan which set the tone for the day. Maldon led from start to finish in what was a very entertaining display.

Best on: Tadgh Cananzi, Cal Buchanan, Brodie Doyle, Aihen Turner, Harry Gardner-Trott, Riley Davey.

#### 14.5s

#### Maldon 2.2-14 Def by Harcourt 20.8-128

The 14s were out-muscled by Harcourt in their second final, which brings an end to our season. All players have developed and united as a team for a fun season.

Congratulations to our leadership team for steering the side to some memorable wins in a strong competition. We had four play up from U11.5s, and we also provided four to play up with U17s, as well as a broken wrist, ankle and finger through the season. Thanks to Coach Rosco and Team Manager, Lisa Jennings, for her ability to pull everything together, as well as Simona Smith as runner/ trainer and McCabe Turner as runner.

Thanks also to all the helpers on game day - scorer, goal/ timekeepers and umps. Thanks to all families for getting our players to training and games.

Maldon is always seeking new players to join in 2025.

Best on: Jack Smith, Aihen Turner, Francis Walls, Jack Jennings, Alijoscha Turner, Elora Dickens.

#### Netball

#### Under 15s

#### Maldon 23 lost to Lexton 28

The Under 15 girls were entering unfamiliar territory on Sunday being in the semi-final game and a step closer to where they had finished in 2023.

The conditions of the game with the wind played a big part in the game's final score. The team played as they had all year, but it did not happen for the team, and it was just not their day. The Maldon girls tried right to the end and during the third quarter were able to get 3 goals ahead however Lexton were able to fight back. The Maldon girls fought right to the end; however, the game went Lexton's way in this case. It was an excellent year for the Under 15 girls, and they had all come so far from the start of the year, both individually and as a team. It was a fantastic year and an awesome effort by all girls for 2024.













