



Haddon Community Learning Centre's quarterly community newspaper

A Winning Trail

Last Sunday John Kilmartin competed a six hour endurance walk for the first time in Middle Park in Melbourne convened by the 'Victorian Race Walking Club' and the 'Centurion Walking Club,' where he managed to clock up just on forty eight kilometres to win the event.

John is a 62 year old fitness walker living locally in Haddon. He regularly uses the rail trail for recreational walking either accompanied by his Samoyed dog 'Murphy' or more recently mostly solo so as to ensure a more efficient arm swinging technique. Many locals will recognise John walking anywhere from Ballarat to Linton, which is his main training route. He also walks a lot of the local roads and recently a marathon walk from Clunes to Smythes Creek.



He has entered the 'Ned Kelly Chase' a one hundred kilometres 'Ultra run,' partnering up with a Brian Glover from Portland. They will each walk a fifty kilometre leg starting in Wangaratta, along the Murray to the mountains on the bitumen sealed rail trail almost to Myrtleford and back on the 'Snow Road.' John will have the first leg setting off in the early hours of Sunday October 27th. The men both expect to do this in about six and a quarter hours.

In Johns lead up training he will attempt to walk the full length of the fifty five kilometre Ballarat to Skipton rail trail (a "bucket list" goal) in an expected seven hours. This walk will take place on **Saturday October 5th**, leaving the 'Ring Road,' Ballarat at six o'clock in the morning. John will be wearing a 'GPS' sports watch where journey data can be downloaded and printed out thus validating the walk from start to finish. John would really like to have fellow walkers also participate in this walk with him. John thinks the local rail trail is a fantastic recreational asset, perfectly situated for local residents shared by walkers/runners, cyclists and horse riders but he feels it is however surprisingly appears quite under utilised as the wonderful asset it is in the area. He knows that people from Melbourne are envious of this great local ,easily accessible facility. For more information on the walk you can contact John on kas@ncable.net.au or 0423 064396.

A FREE publication for the more than 11,000 people who live in the Woady Yaloak District.

The Woady Yaloak Herald is available to households in Haddon, Nintingbool, Cardigan Village, Smythes Creek, parts of Alfredton and is generally available for collection at General Stores in Smythesdale, Scarsdale, Ross Creek, Linton, Cape Clear, Snake Valley and through the Woady Yaloak campus.

The Woody Yaloak HERALD

is published each term as a project of the Haddon and District Community House Inc. Registration No. 12494

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Write for The Woody!

Anyone is welcome to submit articles, photos and reports for publication.

Send items to The Editorial Team, Woody Yaloak HERALD by mail, fax or email or deliver to Haddon Community House by the deadline.

DEADLINE FOR TERM 1 ISSUE IS
JANUARY 16th 2014

Preferred format is MS Publisher, typed or clearly printed, sent as an email attachment, on a computer disk, fax or post.

NO PDF files please without prior discussion and consent of the Editor

Send photographs by post or as an email attachment. If photo to be returned, send with a stamped SAE and put name/address on back.

If you would like to advertise your business, please contact the editorial team to discuss your needs.

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While every effort is made to ensure accuracy of editorial content, HDCH takes no responsibility for any errors or omissions. Send any items or questions to

media@haddonlearning.org.au



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Haddon Community Learning Centre

Dear Readers,

Welcome to the Term 4 Woody! We're going to be publishing by Term now, so four hard copies per year with two email newsletters in between each Term copy. So, join up to email lists. You can find links to do that on Page 5.

But that's not the most exciting news :-) Something has changed in Haddon, and apparently a rose by any other name would smell just as sweet...

Yep, there's a name change. The Haddon & District Community House is now going to be known as the 'Haddon Community Learning Centre.' We are also working on a new logo and we have a new website ready to go that will be added to regularly. Check us out at <http://www.haddonlearning.org.au>

Have a go at connecting with us through our various social media outlets. (Again, see Page 5 for details). We're just starting out with a couple of them, but we're getting there. If any of you would like to join the social media committee (any age and social media stage welcome!) then please do let me know as we would love some help to gather some really rich content.

I hope you enjoy this issue of 'The Woody.' Let me know if you have any feedback and ideas for future issues.

- Cheers, Jess.

ANZAC Commemorative Naming Project - Invitation

A Victorian project has been launched to name roads, suburbs and other geographic features in honour of Victorian war veterans. The ANZAC Commemorative Naming Project was recently announced by the State Government. It is being managed by the Office of Geographic Names (OGN) as part of Victoria's contribution to the national Anzac centenary commemoration 2014–2018.

OGN are asking historical societies, RSLs, schools and interested members of the community to show support for the project by researching local ex-service people and others who have displayed the Anzac spirit and suggest names that could then be assessed and proposed as part of a council's usual naming process. Grants will be provided to municipalities – to support their own research or research by local groups such as historical societies, RSLs or schools.

Historical information on successful proposals and existing Anzac names will be recorded for future generations in VIC-NAMES, the state's official register of geographic names.

The project builds on the success of a 2011 pilot project that saw five Victorian councils name 39 new roads and one new suburb after Victorian veterans, as well as civilians who supported Australia's wartime effort.

Information sessions will provide more information. The project will raise Victorians' awareness of the sacrifice of our veterans and communities and leave a lasting legacy.

Further information will be provided on the webpage: www.dse.vic.gov.au/namingplaces Anzac Commemorative Naming Project

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OCTOBER ENTERTAINMENT
THURSDAY 15TH 1.30PM – 3PM

Afternoon tea with DEAN SMITH

Today he brings to you his Australian country style singing
\$15.00 per person
Book early for a table!

*SPRING HAS ARRIVED
And so we celebrate it with an
Abundance of flowers*

TUESDAY 8TH & THURSDAY 10TH

JOIN us in our FLOWER ROOM for a
Light and pretty LUNCHEON
\$25.00
2 course lunch
Followed by tea & coffee
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1.30 – 3PM

\$15.00 per person

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Believe me, if you haven't heard him sing yet, you don't know what you're missing!





HCLC News



News from Haddon Community Learning Centre

Welcome to the new look 'Woady Herald' that will include our full term four program guide for the first time. This is just the beginning of a lot of changes being made at the Community House including a new website launch in October. So stay in touch by our Facebook page for the latest updates.

We received some very exciting news in August with the House being awarded the inaugural 'Learn Local Legend Award' for the ACFE Grampians Regional Council. The awards evening was held at the St Kilda Town Hall, on August 29th. This is a very proud achievement for the House as we are such a very small centre amongst many substantial and outstanding organisations. So I would like to thank the Committee of Management and the little band of volunteers for their hard work and support in achieving this honour.

In October we begin our final term programs for this year and we have some great courses and activities on offer. So have a look through the brochure and phone us if you find something to interest you. And if there is something that is not on the program or something that you would be willing to offer then give me a call and if possible I include it in next year activities. We are still working with the University of Ballarat and the Digital Enterprise program so if you are a business, a not for profit, sporting group or any group then you maybe eligible for some great free training. This past term we were able to offer a complete MYOB course with a full manual for free!!! That was amazing! And we had 7 participants receive this great training. So I am offering it again this term and this maybe your last opportunity so call to discuss it now. If MYOB is not for you then you could undertake an Excel class for free or any one of the computer classes on offer can be tailored for a shorter free course. Even the camera classes can qualify with an internet component so don't let the opportunity pass you by; look at the many options or suggest one that you may require and we will try to arrange it for you.

I would like to formally welcome Jess McCulloch to our great sessional tutor staff and she has some wonderful classes on offer this term including, 'Unlock The Mystery of The Most Complicated Chinese Character,' many social media classes and check out the 'Citizen Journalist Project.' Jess is an amazingly talented teacher and she will make learning fun and that is what our centre strives to do. So come in and meet Jess and join in one of her fabulous classes or any of our other great courses.

And the exciting news is that the 'Hatmobile' is coming to the centre for a 2 day workshop on October 28th and 29th where you can expect to complete up to three hats - and just in time for the racing carnival! This will be a fantastic opportunity for you to learn from the best; Waltraud Reiner. Check out the website for more information: <http://www.hatmobile.com.au/Hatmobile/index>. Will be heaps of fun!

And don't forget to book a stall for our twilight market on Saturday November 30th between 4pm and 9pm. More details will be made available over the next few weeks. Send Anna or Jess an email; annadoughan@gmail.com or jlmccull@gmail.com to register your interest in having a stall. It will be fun for all the family.

I do hope we will see some more new faces join us and we look forward to welcoming you all at the House over the next several weeks.

Cheers, Joan
Manager

"If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place." —Nora Roberts —

HADDON PRIMARY SCHOOL
1876

SHOPPING TRIP FUNDRAISER

Grab a friend and jump on board!!

This is the shopping tour to go on. Not only Excellent outlets to visit but lots of fun activities and prizes to be won en route!

Saturday 2nd November 7am-7pm \$30 per person

RSVP: October 18th 2013

Contact: Deanne 53-424-305 or 0419-552-110 or specialkays5@bigpond.com

WALA WILDLIFE SANCTUARY



The days of lovely, mild weather have meant that we can hang the littlest members of our pouch brigade outside to enjoy the sunshine and get their dose of vitamin D! The average stay for a joey that comes into our care is 18 months, so it is a lot of hours of feeding, cleaning bums, more feeding, washing pouches, making up milk formulas, more feeding, picking grass, washing pouches and feeding! When it finally comes time to say goodbye, you can imagine how much it tugs at our heart strings to let these beautiful creatures go. But go they must, as they are meant to be in the wild and that is the reason we go through the hours and hours of care.

The Spring weather has also brought in baby chicks and possums. The recent windy weather had quite a few birds and animals blown out of nests and trees, so rest assured, we are not sitting back getting a rest after Winter!!

As a way of raising funds to assist in caring for our charges we have Goldfields Free Range Eggs for sale. They are \$5 a dozen and all proceeds go to Wala Animal Sanctuary. Call or email me with your order and I can deliver them for you.

***It is easy to sit up and take notice,
what is difficult
is getting up and taking action.***

Honore de Balzac

Wala Animal Sanctuary is completely voluntary and we are constantly coming up with ideas to help our fund raising. Most organisations have a fundraising committee but unfortunately, as well as being chief cook and bottle washer, I am also the Wala fundraising committee!! So if you can forward this information on to one other person, it would help us get our message out there!

OUR NEXT QUARTERLY CRAFTERNOON IS SUNDAY 13TH OCTOBER.

**COME ALONG FOR A RELAXING AFTERNOON AND RAISE MONEY
FOR THE SANCTUARY**

WHEN: SUNDAY 13TH OCTOBER

**WHERE: HADDON COMMUNITY LEARNING CENTRE,
SAGO HILL RD, HADDON**

COST: \$25 INCLUDES LUNCH AND MATERIALS

TIME: 12PM FOR LUNCH, CRAFT BEGINS ABOUT 1PM

RSVP: KAREN EMAIL MICKEYKAZ@HOTMAIL.COM OR PH 0409137323

Watch Kaz show you what a day in the life of a wildlife carer looks like:

<http://vimeo.com/53814556>

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Vince: 0418 501508

Cherie: 0417 569318

Wildlife Victoria: 1300 094535



PADDLING FORWARDS

Story by Tomara Elisha

This year marked the 39th annual Italian 'Vogalonga,' a scenic 33km non-competitive boat race along the Venetian canals. Ballarat resident Helen Burzacott, who was a guest speaker at the Haddon International Women's Day celebration this year, participated with a boat load of others from 'Dragons Abreast,' an international movement for survivors of breast cancer. There are some local district members of this group also.

Dragons Abreast, although while not classified as a support group as such, all members are nevertheless supported. It's not a group anyone goes to give a detailed account about how unwell they've been feeling, but if they really need to talk about things, there'd be someone available one on one. "It's not a place of doom and gloom, it's a place where we're going to get out there and have a go and enjoy however long any of us have left. After all, we're here for a good time not a long time, so we're gonna make the most of it," Helen says.

Interestingly Dragons Abreast began with a man. In 1976 Canadian doctor Don McKenzie was conducting a six month study on the effects of exercise after surgery. Doctors often used to say that after having the lymph nodes removed it's best not to do any exercise or heavy lifting as this could lead to swelling in the arms. So as a keen dragon boater – a water sport where a 12 metre long canoe-like boat is powered by up to 20 people - he got a group of ladies together, put them in a dragon boat and taught them how to paddle. By the end of the six months and finding that the paddling had no ill effects, he declared the study over.

But these ladies were just getting started. "No, no, we're gonna keep going thank you very much", they said. They felt better physically and emotionally, and so Dragons Abreast was born. It has since grown enormously in popularity and can be found in most countries in the world today. In fact dragon boating is the fastest growing water sport in the world.

What particularly makes Dragons Abreast so special is that the emphasis is on participation and inclusiveness rather than competition. If people get tired from paddling it is okay to stop and rest – even during a race. Their philosophy is that it's all about being there and having a go, and you're a winner just being in the boat. "It's not about competition but personal achievement and doing your best at your own pace. And as reaching personal goals is the aim, you end up feeling good about yourself."

Helen says receiving a breast cancer diagnosis takes you on quite a journey and every time we lose someone it brings you back to your mortality. "When somebody does pass away it's quite a jolt, but then you sort of think I'm not going to let this get me; I've gotta move on." They did lose one of their ladies during the Vogalonga. As they couldn't get back for Wendy's funeral, Helen and two others did their own thing; they went to a big cathedral in Milan and just sat quietly, lit a candle and had a silent prayer.

Down the track when Wendy's family are ready, they will have a special service where they will take their ceremony boat out on the water and attach a brass plaque with Wendy's name to the front of it. Her name will remain there forever so that every time they take the ceremony boat out, she will be with them. There are seven plaques currently on the boat, with another two to put on as they lost another member just after Christmas. "So that will be nine in about seven years; that's not really such bad odds, just over one a year. That's life."

Helen believes the majority of ladies are living longer after a breast cancer diagnosis. You get the odd one that ends up with secondary complications and it comes out somewhere else, but the majority are living longer. "Originally they used to say if you got past five years you're doing well, but now it is 10 years or 20 years. We've even got ladies of 20 years or more."

Helen is not sure what this is attributed to; be it earlier diagnosis, better medications, medical advancements, positive thinking, being in the group with others, or perhaps all of these things. But one thing she is certain of is that good management plays a key role. "A lot of it is how your view it, it's a mental sort of thing. You must keep positive. Positive thinking, exercise and healthy diet all help enormously", she says.

Helen considers herself to be one of the lucky ones as she hasn't had a lot of hiccups. She had all her lymph nodes removed in surgery and has had a bit of swelling in her arm every now and again, but considers that to be neither here nor there. She's had chemo and radiation and has been fine ever since - and is now nearly six years on. "I'm looking at being here for a long time yet, I've got a lot of things to do."

And certainly participating in the event was one of those things. "When you have a cancer diagnosis you wonder how long you're going to be here, and then you go and do another amazing thing and it sort of blows you away. It is a real sense of achievement", she said. The highlight of the Vogalonga for Helen was approaching the finishing line. Everyone got a bit emotional and had tears in their eyes. "It was very emotional when we started paddling down the Grand Canal and there were people on both sides cheering with hooters. There were even some people hanging out of windows banging saucepan lids together." By the end it was a real wow-factor that she'd actually done it.



Paddling Forwards continued from page 6

Helen's journey over the last six years has had its ups and downs, but one of the positives to emerge has been the wisdom she has gained from her situation. Her diagnosis has given her a new lease on life as she doesn't dwell on insignificant problems any more. Helen's priority is staying well and so knows there is no sense in worrying about things she has no control over. "We all know that in life we can get little hiccups and bumps along the way, but in the bigger picture don't spend your time with them because they really don't matter."

Finding out you've got cancer, Helen says, is a real wake up call. It gives you the chance to put things into perspective and reassess where you've been heading. "None of us know when it's our time, but we do know that in life there are only two certainties – that you're born and that you die. And it's what you do in between that's important", she says. Certainly something that means very little to Helen these days is possessions. "As long as you've got a roof over your head and enough money to put food on the table."

Helen absolutely loves Dragons Abreast with a passion. She particularly enjoys the paddling and the camaraderie with the women, but ultimately values that she gets to do quite a bit of speaking to groups to raise awareness of the importance of early detection. She finds it surprising that in this day and age, how many well educated older ladies there are that don't have mammograms or do self-examinations.

The procedure really is quite simple. Self-examination only takes a minute and if you were to find a lump, you'd go to your GP for a mammogram and they'd do an ultrasound. Helen found her lump, which although was only about the size of a pea, it just felt a bit different. "If you think it's not right it's better to go and have it checked out. It's better to be sure than not to do anything about it," she says.

Being a huge advocate for early detection, she knows that breast cancer doesn't discriminate and can pretty much happen to anyone regardless of age, nationality or social demographic. One of the Dragons Abreast ladies has a 21 year-old granddaughter who's nearly finished treatment. "21 sort of brings you back to the field. She was at uni, had an overseas trip booked and bingo!" Ultimately while no-one would wish that kind of thing to happen to them, Helen feels it would be much harder to lose a breast at 21 than at 70 or 60. "It is more traumatic at that age because so much identification is on body image and how you look."

During chemotherapy, Helen's hair started falling out in clumps. While some people could possibly find that distressing, Helen just shaved her head and wore a wig. Her view is that being here is of more value than a head full of hair. And being here is so completely where it is at for Helen as she makes the most of each day, with Dragons Abreast being a huge part of her life.

The ladies go out paddling on Lake Wendouree three times a week and welcome anyone above the age of 12 to join them. Helen's sport-crazy grandson can't wait to turn 12 as he is really keen to have a go. Helen's daughter who used to paddle will accompany them, which will see three generations in the boat together; something which will be very special for Helen.

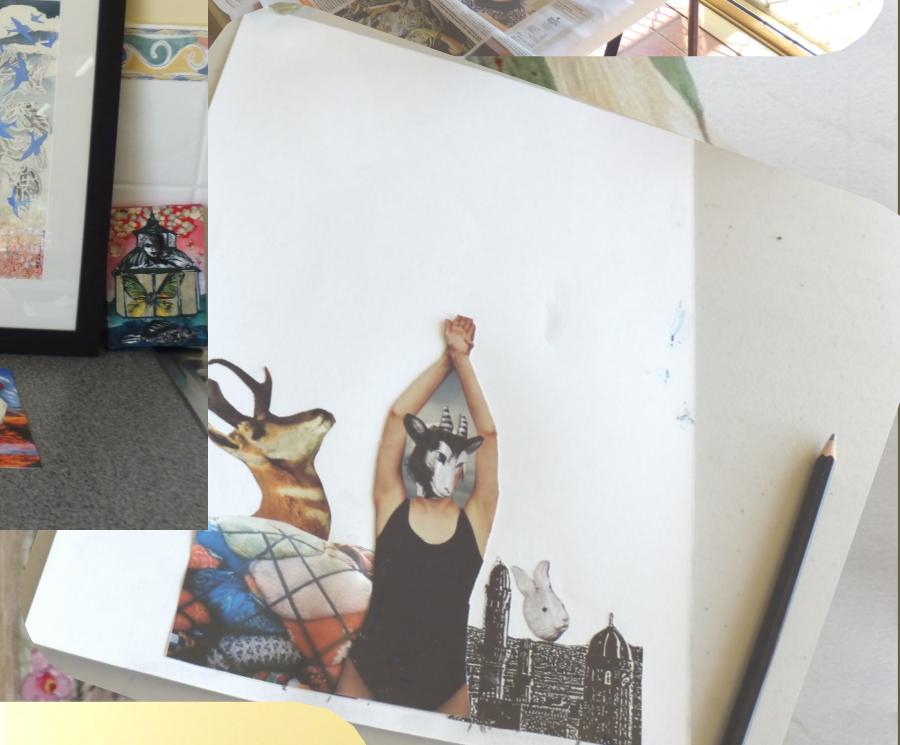
People often confuse rowing with paddling, but Helen is quick to point out that rowers go backwards and paddlers go forwards, and that's precisely where breast cancer survivors are heading. "We don't want to look at what's behind and where we've been so we paddle forwards to the future. Whatever it holds, that's where we're going."

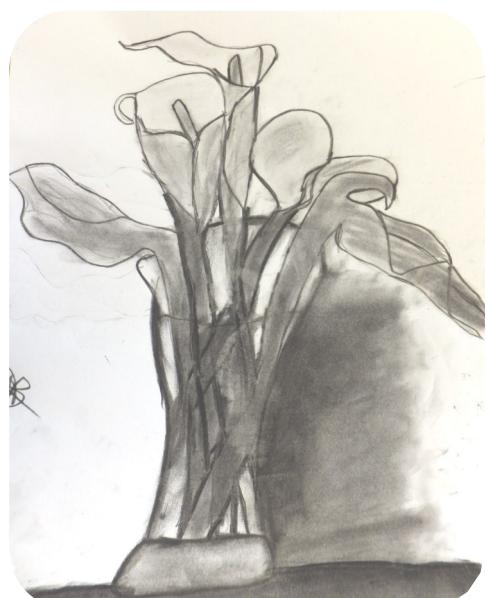


SCHOOL HOLIDAY ART WORKSHOPS AT HADDON

This September school holidays two wonderful art workshops for the children were held at the Haddon Learning Centre.

Anne Langdon and Nicole Fox Humber both local district artists guided the children in mono printing/collage and charcoal drawing. Some wonderful work was created over the two days. Well done everyone!





KIDS IN THE KITCHEN

by Joanne Lockwood

As an avid amateur cook and keen foodie I have found cooking with and for small children somewhat frustrating. My two daughters, two and four years old, love standing at the kitchen bench with a wooden spoon each, 'helping' me. The spoons quickly get discarded and small hands find their way into the bowl to feel, mix and, of course, taste the contents. This is not always appreciated and has caused some raised blood pressure and voices at times. Since there seems no deterring them from the kitchen I've started experimenting with recipes where using hands is called for and actually helpful (and I've adopted a zen-like calmness regarding the mess and final appearance of the dishes!) I let them both crack eggs into bowls (with spoon ready to scoop out any shell), press slice bases into tins, roll balls for truffles, press biscuits flat or poke a hole into them and add the toppings to mini pizzas. It doesn't matter that things are oddly shaped, not quite even (though if it's to be baked in the oven this may be problematic) or in some other way less presentable, it's all about the experience. At least that's what I tell myself! With this in mind, I thought I'd share a couple of recipes that have worked well for us. They're easy, quick (an essential part of it!) and tasty, and the perfect activity for a wet or cold afternoon.



Other than blitzing the biscuits I let my daughters do pretty much everything else involved in the making of these – they don't like the noise of the food processor! I might have to give the mixture one last good stir at the end, but other than that I give them full control until they've had enough and then I finish them off. My four year old is pretty good at rolling the balls and her two year old sister likes to roll the balls in the sprinkles at the end, they're like a little production line. The hardest part is stopping them from eating the mixture as they go! And my eldest assures me these are perfect dipped in plain yogurt before eating.

So while many of the things I enjoy cooking are not ideal for doing with little helpers, with a bit of thought and planning having kids in the kitchen can be lots of fun, but with lots of mess along the way. Setting aside some time to make something aimed specifically at their ability level and that they'll love to eat is certainly worth it. And as they get older there will be more and more recipes they will be able to help with and not have me pulling my hair out in frustration!

Did You Know...?



Kids In The Kitchen' was a Melbourne band that were quite successful in the 1980s.

For more ideas about cooking with kids, try the KidSpot Australia website. They have a great section about food and cooking.

<http://www.kidspot.com.au>



Chocolate Truffle Balls

1 packet plain biscuits
 1 tin sweetened condensed milk
 2 tablespoons cocoa powder
 1 ½ cups shredded or desiccated coconut
 Extra coconut or chocolate sprinkles for rolling.



Blitz the biscuits in a food processor until finely crushed. Add to a bowl with the condensed milk, cocoa and coconut. Mix together well and then roll into bite-sized balls. Finally roll the balls in the extra coconut or chocolate sprinkled and refrigerate.

NOTE: this recipe can turn out a little dry and crumbly depending on the biscuits you use, so try holding a bit of the biscuit crumbs back until you see what the consistency is like. If it's too sticky add the rest of the biscuit crumbs.

Mini Pizza

Grated cheese (tasty, mozzarella or both)
 2-4 rashers of raw bacon, sliced ham, salami
 whatever you choose, chopped small
 2-3 spring onions, whites and green parts,
 chopped small
 1 green pepper/red pepper, chopped small (I use
 half of each)
 1 large tomato, skinned and chopped small
 Parsley, chopped
 few drops tabasco or small amount of cayenne
 pepper – to taste obviously
 2 eggs
 Sliced bread/sourdough/English Muffins (if you
 have any stale bread this is a perfect way to use it
 up)



Everything except the tomato are optional. Other favourite toppings in our place are mushrooms, pineapple and olives. Whatever you choose chop them small and so they are roughly the same size.

Mix all together with 2 eggs and spread on sandwich bread/sourdough bread/English muffins and place on an oven tray and bake at 180C until set. Cut however you like to serve.

Makes enough topping for about 8 slices of bread.

My girls like to break an egg each into the bowl and give them a whisk with a fork. They help me cut the vegetables using child-safe knives, mushrooms are especially good for children to cut up and it's a great way to practice fine motor skills. They mix all the ingredients together and spread it over the bread or muffins.

DO YOU?

by Joanne Lockwood

An issue facing many families, my own included, is trying to encourage good eating habits and healthy food choices. There's not too many children around who are going to turn their noses up at the chocolate truffle balls, but getting them to eat a nutritious dinner, vegetables and all can be something of a battle. My four year old daughter would eat jam and butter, or peanut butter and honey (yes, together!) sandwiches for breakfast, lunch and dinner if I let her and she can turn a pleasant family meal into a warzone in a matter of minutes. As a general rule I try not to stress about her eating habits, lead by example and look out for the occasional recipe that might just win her over. Oh and hide vegetables in everything I can think of, like adding sliced mushrooms and finally grated zucchini and carrot – which doesn't really change the flavour – to a standard Bolognese sauce recipe.

It's also helpful to note what your children do eat and then expand, little by little, from this. It might be making your own version of chicken nuggets, adding herbs or spices to the breadcrumbs. For me, my fussy four year old likes carrots and chicken drumsticks or wings (for their ease of picking up and eating with hands). So when I spotted this recipe for a chicken tagine with carrots and dates on Taste.com.au I thought it would be a winner and it has been on our regular rotation ever since. The cous cous was something new for her, but I knew she liked rice so it was like an extension of that and she ate it without question.

I should note here that I've written a lot about having a fussy four year old, but not much about the two year old. The simple fact is that my two year old, for whatever reason, is a great eater and needs little encouragement to try anything. She generally eats her entire meal and then dives for the remains of her sister's, which is often almost her entire serving. She would opt for more mains instead of dessert almost without exception and put a plate of broccoli in front of her and she thinks it's heaven. I don't know what I did differently, but I suspect it's just another expression of their very different personalities. And for someone who loves to cook, serving up meal after meal to someone who turns their nose up at 80% it is beyond frustrating, having it enjoyed and appreciated is such a lovely feeling.

Finally, in my quest to conquer the food battles I've come across some excellent online resources:

SMUGGLE VEGIES?

VEGIE SMUGGLERS—A Magical Place Where Children Eat Vegetables

<http://vegiesmugglers.com.au/>



Wendy started Vegie Smugglers when doing battle with her own fussy eaters and now has a long list of recipes on her site as well as a couple of recipe books that you can buy. If you've got a child that will only eat tinned spaghetti, Wendy has a healthy, home-made version that could be just what you need. I especially like her series on "what kids eat in...." to introduce different cuisines to young eaters.

THE \$120 FOOD CHALLENGE

\$120 – A Week of Family Meals – It Can Be Done

Secondly, for family meals on a budget check out

<http://120dollarsfoodchallenge.com/>.

This site is all about great food on a small budget and has excellent ideas for menu planning, cooking for special occasions and cooking with children – her jam drop biscuits and funny faces are popular in this house!

<http://www.taste.com.au/> has several recipe collections dedicated to family or child friendly dishes as well as cooking with children. The best feature is the ability to search by ingredient. You can use this if you have couple of stray leeks (or whatever) in the bottom of the crisper that desperate need using up, or a particular food a fussy eater is into at that time.



Chicken and Carrot Tagine

35g (1/3 cup) flaked almonds

3 tsp olive oil

8 chicken drumsticks

2 brown onions, halved, thinly sliced

2 garlic cloves, thinly sliced

2 tsp ground cumin

2 tsp ground ginger

1 tsp ground turmeric

250ml (1 cup) chicken stock

1 x 400g can diced tomatoes

1 bunch baby (Dutch) carrots, ends trimmed, peeled

85g (1/2 cup) dried pitted dates

2 tsp honey

Cooked couscous (optional), to serve

Ground cinnamon, to serve

Fresh coriander sprigs, to serve

Preheat oven to 180°C. Spread the almonds over a baking tray. Bake in oven for 4 minutes or until toasted. Transfer to a heat-proof bowl.

Heat 1 teaspoon of oil in a flameproof casserole dish over medium-high heat. Add half the chicken and cook, turning occasionally, for 6 minutes or until golden. Transfer to a plate. Repeat with remaining chicken, reheating the dish between batches.

Heat remaining oil in the dish over medium heat. Add the onion and garlic, and cook, stirring occasionally, for 5 minutes or until the onion is soft. Add the cumin, ginger and turmeric, and stir to coat.

Add the stock and tomato. Bring to the boil. Add the chicken, carrots and dates. Cover and bake for 40-45 minutes or until chicken is cooked through. Stir in the honey. Season with salt and pepper.

Divide the chicken mixture and couscous, if desired, among serving dishes. Sprinkle with the almonds and cinnamon. Top with coriander to serve.

Moondallah Moments



We have been closed for September due to the need to put in a new kitchen and another toilet. However, we have been taking bookings for the next few months and it looks like Moondallah will be very busy over the Spring and Summer season.

My succulents are increasing in quantity (3,500) and are looking great for the spring/summer sales so with the worries of lack of water, Australian Natives and Succulents are the way to go.

Our fish are back on the bite, so customers can enjoy a meal, then fish or play golf. Also not to forget the "Rainbow Bird Trail" which runs right behind Moondallah and has a great display of native bush and flowers.

We hope to see you at Moondallah soon!

Sue



ANNUAL BINGO NIGHT

Saturday 19th October 2013

The Haddon Recreation Hall
promptly at 7.30 pm

Lots of prizes and a great time.

No Cash Prizes

Ladies, a plate please.

Come and support this fundraising
effort for the

Haddon Fire Brigade.

Enquires contact: Simone Morris

Phone: 0407 515 792



Haddon Primary School

ART SHOW

Wednesday October 16 , 5:30- 8:30 pm
Haddon Recreation Centre

Each student will have at least four pieces of art work on display. Bring along your family and friends and celebrate your child's creative achievements.

Local Art and Craft Stalls

Hot food available

Admission: FREE

More information Phone Lisa at HPS: 53 424487



ILLABAROOK FOOTBALL NETBALL CLUB would like to welcome the new Senior coach Glenn Treacy into the kennel. Glenn has a raft of experience having played in premierships for Northcote Park in the Diamond Valley Football League and as a playing coach for the University Football Club in the Darling Downs Football League.

The **2014** season is kicking off with a players planning day on **Sunday the 6th of October at 2 pm** at the Smythesdale Recreational Reserve. The day is for all senior players to get together and have their say on what we want to **achieve in 2014**. The day will be run by Glenn, where training dates will be announced and player expectations set for the 2014 season. There will be a BBQ and drinks available at the bar, come along and help build your part for **2014**.

We play without fear and hesitation we attack every contest like it's our last. We take the Game On!

Club Contacts:

President

Nick Gray 0409 405 391

Senior Coach

Glenn Treacy 0448 127 247

Vice President and Juniors

Dave Tuohy 0434 518 122

Ground Location

Smythesdale Rec Reserve Heales St Smythesdale

QUALITY STALL HOLDERS WANTED

Summer Twilight Market in Haddon

Saturday November 30th 4-9pm

Please contact Anna Doughan for more information:

annadoughan@gmail.com or 0402 076 809
(no trash & treasure thanks)

2014 AUSTRALIA DAY AWARDS - NOMINATE SOMEONE TODAY

Nomination are now being taken for the Golden Plains Shire Council's 2014 Australia Day Awards in the categories of: Citizen of the Year, Senior Citizen of the Year, Young Citizen of the Year and Community Event of the Year. Nominations are to be made on official nomination forms available at the Linton Shire Office or telephone 1300 363 036 or visit the GPS website goldenplains.vic.gov.au to download forms and guidelines.

Nominations close 4pm, Tuesday 26th November, 2013.



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COLUMNISTS FOR THE WOODY—

if you would be happy to write 300– 400 words about your passion every term then email:
media@haddonlearning.org.au

SOCIAL MEDIA MANAGERS—

If you would like to help out with the management of Haddon Community Learning Centre's social media then let us know! We need images of the area, content ideas for Facebook and someone to help post regularly. If you could spare a couple of hours a week then please email: **media@haddonlearning.org.au**

Smythesdale Taekwondo

A Martial Art & Sport for Men, Women & Children



@ Woady Yaloak: Recreation Centre: Multi Purpose Room

Smythesdale Wednesdays: 5pm – 6pm

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LOCAL FACEBOOK PAGES



Tez The Boardman—<https://www.facebook.com/TezTheBoardman>

Café no. 80 at Linton—<http://www.facebook.com/CafeNo.80atLinton>

Skipton Art Gallery & Café—<http://www.facebook.com/skiptongallery>

Snake Valley Hotel—<http://www.facebook.com/SnakeValleyRoyalHotel>

Vintage Lady—<http://www.facebook.com/mavis.hadfield.vintage.lady>



LOCAL BUSINESS ADVERTISING RATES

*All prices are GST inclusive

WOODY YALOAK HERALD – 4 ISSUES PER YEAR

ADVERTISEMENT SIZE	ANNUAL COST 2013-2014 YEAR	TERM CASUAL
FULL A4 PAGE	\$380	\$100
HALF A4 PAGE	\$310	\$80
QUARTER A4 PAGE	\$220	\$60
BUSINESS CARD	\$110	\$30
FRONT PAGE BANNER / SPONSORSHIP	N/A	\$150
BACK PAGE BANNER / SPONSORSHIP	N/A	\$150

EMAIL NEWSLETTER - 8 ISSUES PER YEAR

ADVERTISEMENT SIZE	ANNUAL COST	TERM CASUAL
BANNER (double business card)	\$150	\$20
BUSINESS CARD	\$75	\$10

ANNUAL COMMUNITY DIRECTORY – 1 ISSUE PER YEAR

The Directory will be published during Term 1 2014 in A5 size. Places for business card, quarter, half and full page advertisements are available. Rates will be released later this year.

*All Non-Profit Community Groups are eligible for free advertising in all publications.

NOTE: ADVERTISEMENTS WILL NOT BE PUBLISHED UNTIL INVOICES PAID IN FULL

For more information email media@haddonlearning.org.au or call Jess on 5342 7050

NEW PROJECT: COMMUNITY DIRECTORY

DEADLINE FOR SUBMISSIONS: FEBRUARY 16TH

Local businesses and community groups are now invited to express their interest in being part of the annual directory. Choose to have a business card size, quarter, half or whole A5 page on which to feature your logo, contact information and even a short profile.

Available in hardcopy as well as digital. Rates available soon.
NFP Community groups are eligible for free advertising.

Email media@haddonlearning.org.au for more information and to register your interest.

The directory will be ready for delivery and collection in March.



Linton Spring Carnival

Linton Recreation Reserve

Sunday 20th of October 2013

From 10am to 4pm

The Main Event

“The Linton Hobby Horse Cup”

Make your own hobby horse or
Turn that broom upside down and
Decorate that special horse.

Give your horse a name and if you like, dress to ride in the race.

Maybe you would like to decorate your bike
And be in the draw for a prize.

We have other fantastic events
Horse Shoe Toss, Hand Bag Toss, Sack Races,
Egg and Spoon Race, 3 Legged Races,

Food, Stalls, Car Boots Sales, Cars on Display, Giant Slide and More
Prizes, Raffles and “The Linton Cup”

For more information contact,

Fay, 0437 959 074 Or Email Julie, jeaton57@gmail.com

A Linton Community Planning Initiative,
Volunteered by the Linton Community Coordinators and the Community
Auspice by the Linton and District Progress Association Inc.



Woady Yaloak Historical Society

The Society is open each Wednesdays for researchers between 9.30am and 4pm except the first Wednesday of the month when due to the commitments of members it is only open in the afternoon. At all other times by appointment. Contact them in advance of visiting the area to arrange a time.

New Book by Margaret Roberts

There is a new book available from the Society titled “The Gallows” - Ballarat Gaol 1864-1965 by Margaret Roberts. The book is 48 pages, A5 size and relates the extraordinary story of the gallows and the men who died on it. Price is only \$10.00 plus \$3.00 postage and handling. You can contact the Society by phone/fax: 03 5342 8754 or email them on: wyhs@vic.chariot.net.au.

Linton and District Historical Society

Come to our next History Night—held on the third Monday of November and keep an eye out for notification of our Christmas celebration.

Open Days are held on the second Sunday of the month, except for the months of January, July and August, from 2-5pm with members attending on a roster basis to answer queries relating to family or Linton history. Website: www.lintonhistory.org.au



In The Next Issue Focus - Local Art

The next issue of The Woady Yaloak Herald will be published in late January and will have a local art focus. We are looking to profile local artists and art galleries, as well as any art events in the district. ‘Art’ will then be the theme for the entire term, which you will experience through the Woady as well as our email newsletters and can interact with via our social media outlets.

If you are an artist or art gallery owner who would like to be interviewed for our next edition then please do get in touch with Jess: media@haddonlearning.org.au

P.S The Term 2 theme will be ‘sport’ so keep that in mind :)

“Sometimes a majority simply means all the fools are on the same side.” – Unknown

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CONTACT US

Manager: Joan Coker manager@haddonlearning.org.au

Admin: Donna Werndley-Woodgate

Course Inquiries & Enrolments: learnlocal@haddonlearning.org.au

Woody Yaloak Herald/Newsletters/Social Media: Jess McCulloch media@haddonlearning.org.au

5342 7050

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Join the LOCAL BUSINESS & COMMUNITY GROUPS email list:

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<http://eepurl.com/D5ma1>

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WHAT, WHERE AND WHEN

OCTOBER

- 6th Victorian Welsh Choir at Carngham Uniting Church 2pm
 10th Rural Safety Expo, Rokewood 10-3pm
 14th Term 4 begins
 17th Chat & Chew, Northern Community Centre 12.30 - 2pm \$8.00
 19th Haddon CFA Bingo Night 7.30pm Rec Hall
 20th Linton Spring Carnival, Linton Rec Reserve 10am - 4pm

NOVEMBER

- 21st Chat & Chew, Northern Community Centre 12.30 - 2pm \$8.00
 30th Twilight Market, Haddon 4~9pm

DECEMBER

- 19th Chat & Chew, Northern Community Centre 12.30 - 2pm \$8.00
 21st Term 4 ends
 25th Christmas Day

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Advertisement - Authorised by Joe Helper 177 High St Maryborough 3465

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