

The  
Triangle News  
is a project  
of the  
Marysville  
& District  
Lions Club Inc.  
ABN 32 727 809 965

MARYSVILLE

# triangle news

NARBETHONG

BUXTON & TAGGERTY



Friday May 8 2009

President Ken Adams

Vol. 36 No. 16

## POSTCARDS FROM MOROCCO

(The current travel diary from Megan & Marty of Buxton)

Saturday April 11: Along the Atlantic Coastline. Happy Easter! Good Friday went largely unnoticed for us, given we are in a country where the population is 99% Muslim – not a Hot Cross Bun in sight.

Today we travelled from Essaouira to Mirleft along the Atlantic coast and the scenery has been wonderful.

The cross winds however were unbelievable! Like none I've never experienced before! Two or three times they were so strong I couldn't keep the bike on the correct side of the white line – thank goodness there was nothing coming the other way at that point.

Tonight we are staying at an old French army fort which has been turned into a guest house called Trois Chameaux (three camels). The views across the town and out to the ocean are fantastic.

### Monday – Taroudannt to Agdz:

A beautiful day's ride today – perfect weather, lovely sweeping roads winding across the plateaus in the Middle Atlas region, snow-capped mountains in the background. If you have seen the movie "Babel" the scenery was very similar to the Moroccan part of that – just we didn't get shot at! It was a little surreal actually as there were a

couple of big coaches travelling along the roads too – as in the movie.

We managed to get ourselves caught up in the Tour De Maroc (Morocco's answer to the Tour De France) as the first stage started at 1pm from Taliouine where we had stopped for lunch. Thus the next 87 km while we were on the same road as the cyclists we were stuck behind them, so took plenty of opportunities to pull over and take photos along the way.

When we left the cyclists behind we took a back road winding through some mountains and some tight bends (bit of an issue when you meet a couple of tour buses coming the other way out of a blind right hand bend) then along more open plains, gorgeous little villages situated on palm-lined riverbanks. More of this until we reached the town of Agdz where we are staying for the night at a gorgeous little guest house that looks like something out of Lawrence of Arabia.

Tuesday – Agdz to M'hamid: Another great cycling day. A short morning's ride of under 200 km and we are now in the Sahara Desert! Landscape has changed to sandy plains that go on for miles. Still the palm trees line the roadside along the way but the massive mountains in the backdrop are behind us.

This evening we took a camel safari into the desert (we were all walking like cowboys after an hour and a quarter on camels!) where we are staying in a 'Million-star' bivouac. How good is this!

### Wednesday – Rest day in

M'hamid: After returning from our overnight stay in the Sahara Desert we spent the day lounging around the pool, reading and finishing off the duty free bourbon. Nice!

### Thursday M'hamid to Ait Ben

Haddou: A lovely ride out of the desert and back along the beautiful palm-lined Draa Valley. Stopped at Agdz for lunch, then the last 100 km or so into Ait Ben Haddou was some of the most spectacular scenery of the trip! Lovely high mountain roads with snow-covered mountains in the background and drop offs that give you vertigo! About 25 km from our destination I got a flat front tyre which made for some interesting cornering! But our wonderful mechanic Abdel had me fixed and back on the road in about 15 minutes.

At Ait Ben Haddou we visited the 13<sup>th</sup> century Kasbah for a look around. This was used as a film location for Lawrence of Arabia, Gladiator and Jewel of the Nile. Donkey ride across the river was interesting...

*A demain, mes amis! Marty and Magan*

Please Send Your Contributions to-

**The Triangle News**  
**P O Box 1 Buxton 3711**

**Deadline - 5.00pm Mondays**

Buxton Store & P.O.,  
Black Spur Roadhouse Narbethong,  
or by Email.

**Circulation:** 800 copies  
to Narbethong, Marysville, Buxton,  
Alexandra, Taggerty where possible

**e-mail to:**

**delice.guscott@bigpond.com**

**or PH : 5963 3353** (BH Mon-Thurs)

**or FAX: 5963 3353**

**DISCLAIMER**

The Triangle News committee does not take responsibility for opinions expressed by contributors to the Triangle News. The editor reserves the right to reject articles and advertisements and to edit submissions if necessary. **All submissions must carry the author's name, address and phone number.**

The Triangle News is currently available at Narbethong (Black Spur Inn), Marysville Golf Club, Buxton Store or the Igloo at Buxton, Taggerty Store, Alexandra Newsagency or Rescom Healesville

Triangle & Taggerty residents temporarily displaced can have a Triangle News mailed to them, courtesy of Fran Bailey's office if they are unable to pick up a copy at any of the above locations, please register a mailing address with Di Roennfeldt on 5774 7575

**ALEXANDRA  
CINEMA**

0416 241 872

**Thursday 16th @ 1.30pm**  
**"MADAGASCAR 2 - ESCAPE  
TO AFRICA" (PG)**

**Thursday 16th @ 4.00 pm**  
**AND Saturday 18th @ 4.00**  
**pm & 7.30 pm**

**"SLUMDOG MILLION-  
AIRE" (MA) to be confirmed**

**What's on When**

Thursday 7th

- Narbethong C'ty & Tourism Group General Mtg
- Triangle Community Dance Group (see notice)

**Marysville and Triangle Development**  
**Group Inc**

**VOLUNTEER PLANTERS REQUIRED**  
this Saturday 09 May in Marysville

Many hundreds of bulbs still need to be planted along the nature strip between the former Elkana site and Marysville.

Volunteers will be coming from Melbourne and Benalla to plant the bulbs, and we need some local assistance to complete the task.

The soil has already been turned, so all you need to bring along is your trowel, a rake, gloves, a hat, sunsreen, insect repellent, and a picnic lunch to eat at Gallipoli Park after the event at approximately 1.00P.M.

We will be meeting at Crossways at 9.30A.M. prior to the planting.

Please contact Lana, who is managing this project for the village, on 0439 317 003, if you are interested in helping re-green and colour the entrance into Marysville for Spring.

**Vegetarian Cooking  
Demonstrations**

***Monday, 18 May, at 11.15am***

- **Health talk by a Lifestyle Consultant**
- **Enjoy eating the food demonstrated**
- **Cost: \$10.00 per person**

**Enquiries & Bookings Highwood Health: 5963 7011**  
291 Maroondah Highway (Cnr. Manby Road), Narbethong

Lions Tools for Tradies Appeal

**Free tools available for tradespeople  
who lost their tools in the bushfires**

Lions clubs have organised for the donation of quality power tools and hand tools and these are now available free for bonafide tradespeople who lost their tools during the recent bushfires.

To collect the tools you need, please contact your local Lions club representative for an application form which will then be passed onto the coordinating Lions group.

More information?

Contact Rob Tunney: 9874 5163

0419 894 013

Fax 9874 5509



## Marysville-Lake Mountain Fire Relief Ride

On Saturday 2 May over 1500 cyclists participated in the Marysville-Lake Mountain Fire Relief Ride. The ride was not only a cycling event, but also an important part of the bushfire recovery effort, with \$25 from each entry being donated to the Victorian Bushfire Appeal.

The event kicked off on the Friday night with approximately 100 people attending a pre-ride dinner at the Marysville Golf and Bowls Club. The night was catered by Michael Jaeger, previous head chef at The Cumberland in Marysville. The bar was attended by volunteers of the Marysville Golf and Bowls Club and entertainment was provided by Ian Boyd a country musician who volunteered his time throughout the whole weekend.

On a day of perfect weather, the event was opened by Victorian Minister for Tourism Tim Holding and Federal Member Fran Bailey, which was followed by a minutes silence to pay respect to those lost in the Black Saturday bushfires. Murrindindi Shire Deputy Mayor Cr Kevin Bellingham was also present to say a few words, prior to the rides commencing.

Cyclists participated in one of two rides, the 140 km ride or the shorter 66 km ride, with both rides enduring a tough final leg with the climb from Marysville to Lake Mountain.

The rides commenced from the Marysville Golf and Bowls Club at 8.30 am, with riders passing through Buxton, Taggerty, Alexandra, Eildon and Thornton.

The event provided local traders and service clubs such as Fraga's Café, Heights Bar and Bistro and The Alexandra Lions Club with the opportunity to cater for cyclists and supporters and make some money on the day.

Ambassador of the event and 5 time Olympian Shane Kelly showed his support for the event by entering the 140 km ride. He said the event was a great way for cyclists to give something back to Victorian communities affected by the fires.

"It was an honour to be the event ambassador and it's great to see cycling playing a part in helping the fire affected communities recover and rebuild," Kelly said.

The finish line of the ride at Lake Mountain provided a festival like atmosphere with various catering outlets, a jumping castle, blacksmithing demonstrations, music and a special appearance by the Lake Mountain mascot Lenny the Leadbeater.

The event would not have been possible without the help from several volunteer groups including the Marysville SES, The Community Emergency Response Group, Alexandra Rotary Club, Taggerty Progress Group, Buxton Progress Group, Marysville CFA and the Marysville Girl Guides.

Organisers of the event CycleSport Victoria, Lake Mountain Alpine Resort and Murrindindi Shire Council were all very pleased with the success of the day and felt it went a long way in helping the bushfire recovery effort.



Lake Mountain Chief Executive Officer Richard Rogerson highlighted the importance of the event by saying "A large number of the cyclists that rode on Saturday are also keen Nordic skiers at Lake Mountain and for them to visit outside of the snow season to participate in a non snow related event is great to see."

Photos: A leading trio with wonderful views approaching the Lake Mountain summit, and left,

Cyclist amid the glorious gold poplars of Gould Memorial Drive, Buxton-Marysville Road.

Photographs courtesy of Dave Nicholson



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Lions from all over Australia, were collectively almost as delighted as Norman when he was unexpectedly presented with a replacement Melvin Jones Fellow plaque and lapel pin by Lions International President, Lion Al Brandel on Saturday at the annual convention which was held in Melbourne this year.

Norman's original pin and plaque were lost in the fire, the Melvin Jones Fellow Award is the highest honour of Lions International.

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## Narbethong Community!

***This is an exciting opportunity to recreate our  
town facility.***

What would you like to see built on the old Hall site?

What would you like to use it for?

Do you have a group that has particular needs?

It would be great to hear from all ages!

Please put your ideas in writing and post to  
 Narbethong Public Hall Committee,  
 636 Maroondah Highway, Narbethong 3778  
 Or email: [dfraser@virtual.net.au](mailto:dfraser@virtual.net.au)  
 by 13<sup>th</sup> May.

The Narbethong Public Hall Committee thanks those that have already given us their submissions on what the new building should incorporate and how they see it used in the future.



**Geoffrey Martin**  
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## **Your Health and Well-Being**

From Community Health

### **Personal Support for Bushfire Affected People**

Many people affected by the fires have taken up the offer of personal support, counselling and case management. However, many others, who thought they could manage without support, are now finding it is tougher than they expected. The support options are still available.

If you thought you could cope, don't be embarrassed to find you are now struggling. No-one knows what's ahead, and we don't know how we will cope until we are faced with the real situation.

If you need someone to talk to about your journey, personal support and/or counselling are provided locally, co-ordinated by Mitchell Community Health – phone 1300 773 352. They also provide financial counselling, drug and alcohol support, problem gambling counselling, family violence support, and various other services, in the Murrindindi Shire.

If you need someone to help you navigate the maze of grants, deal with government departments, and the many other new experiences you are faced with, a bushfire case manager can help you. Case managers are also available locally, co-ordinated by the Department of Human Services – phone 1800 050 400 to register. All these services are provided free of cost to you.

There are other support services available, which your support worker or case manager can help you to access. Don't try to cope alone – these support services have been provided to ease the journey for you.

Community Health at Yea Hospital – phone 5736 0400 and at Alexandra Hospital – phone 5772 0800

“Your Health and Well-Being” articles are available on [www.humehealth.com.au/alexandra](http://www.humehealth.com.au/alexandra) and [www.yeahospital.org.au](http://www.yeahospital.org.au).

## **FREE BUS SERVICE**

**NARBETHONG –  
MARYSVILLE –  
ALEXANDRA**

**New timetable commencing  
4<sup>th</sup> May 2009**

### **Monday to Friday**

#### **AM service**

**BlackSpur Inn 9.30 am**

**Marysville (Bakery bus stop)  
9.45 am**

**Buxton Bus stop 10.00am**

**Taggerty V Line Stop  
10.10 am**

**Alexandra 10.25 am**

#### **PM Service**

**Alexandra 2.10 pm**

**Taggerty V Line stop 2.25 pm**

**Buxton V Line stop 2.35 pm**

**Marysville (Bakery bus stop)  
2.50 pm**

**BlackSpur Inn 3.05 pm**

**Enquiries: Contact Fallons  
Bus Service Ph: 5772 1768**

## **TRIANGLE DISTRIBUTION & FIRE RELIEF CENTRE.**

(was the Narby Store)

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Need helpers to open Sundays please.



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FREE ENTRY

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**SUSTAINABLE DESIGN**

BY DUNCAN HALL OF SUSTAINABLE BUILDING SYSTEMS

**ENERGY EFFICIENT BUILDING MATERIALS**

BY ROD SHEPPARD OF ROD SHEPPARD & ASSOCIATES

**DOMESTIC WASTEWATER TREATMENT SYSTEMS**

BY ROBERT CUMMINGS OF SUPER TREAT

**BENEFITS OF A STRAW BALE HOUSE**

BY MIKE WASLEY OF GREENMAN GUIDANCE

**INFO ON GOVERNMENT REBATES WILL BE AVAILABLE**

Please RSVP to Mary at:  
[info@murrindindiclimatenetwork.org.au](mailto:info@murrindindiclimatenetwork.org.au)  
or 0402 181513

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