



TOWN TALK

with Marnie



'Tis the season for sustainable gifting

Welcome.

Where has this year gone? I've asked a number of people, and they laugh and tell me it's because I'm getting older.

I clearly remember my mother complaining about time going too fast and, with the arrogance of youth, I explained that an hour has 60 minutes and a minute has 60 seconds — for everyone.

Then, sometime in the 1990s, I read that the Earth has a pulse (discovered in the 1960s) — and that the pulse was quickening.

I thought that was worthy of more research.

What if time was actually going faster? But there was no further information available.

Last Tuesday, I received a number of calls regarding the heritage open days.

During the last call of the day, Margaret and I discovered that we had known one another (just a little) during our younger days.

She said, "Where have the last few decades gone?"

I laughed because I agreed. So, I revisited the 'pulse' just now.

My question was, "Does the Earth have a pulse?"

"Every 26 seconds, a pulse from the Earth is captured by seismic stations worldwide. Lars Eivind Augland, Associate Professor in the Department of Geosciences at the University of Oslo, explains that the pulse consists of regular micro-tremors in the Earth's crust."

And this from AI, on Google — I didn't ask for an AI response but got an answer from it anyway.

"Yes, Earth has a pulse in multiple ways: Every 26 seconds the Earth has a 'heartbeat' that causes slight tremors every 26 seconds. These tremors are captured by seismic stations around the world. The cause of these tremors is unclear, but possible explanations include: Ocean waves, volcanoes, pressure build-up and release in water-filled cracks below the seabed."

My next question was, "Does the Earth's heartbeat affect humanity?"

There were a lot of opinions here — the pulse is either getting faster, but very slowly, or it is getting slower.

What?

However, it does not affect the Earth's rotation — or time.

Back in your box, Marnie!

Christmas trees

As I write, we have just finished putting up the Christmas trees — with me thinking "it can't be more than six months since we took this down".

It's definitely age-related!

However, there may be an



Ready to serve you at the Eco Store are Danika, Jack, Health, Caleb and Geoffrey.



GMCU is proud to be Greater Shepparton's local bank.

element of how much you need to do in a given time — when our focus is on the job at hand and not the day or date.

We have two Christmas trees — not because we are obsessed — but because the main tree has a blue and gold theme.

Each member of the family

has a ball with their name on it and these ornaments are red, green and gold — and can't be hung on the main tree without destroying its appeal.

So, there is another one in the entrance hall — with traditional colours.

It amuses me when

someone comes to the door.

They walk past the tree in the window and, when I open the front door, there is another one.

Our friends know what is happening — but if people are attempting to sell me something, or are delivering groceries, I just can't be bothered

with the explanation.

They probably go away mumbling, "That woman is a Christmas freak!"

Christmas and The Eco Store

Please consider The Eco Store as you look for Christmas gifts.

The hampers are fantastic and varied — from bath salts and bombs to chutneys and sauces.

I can think of at least two members of our family who would love a 'pamper pack'.

And there are special, 'limited editions' just for Christmas: Aussie Bush Jam is created from blackberries with subtle hints of vanilla, mint, bay leaf and pepper, while Christmas Salts (Orange and Rosemary) is just right for seasoning your chicken or turkey.

But do check out the pottery; once again, handmade by the participants and their teachers.

Shepparton Access, a not-for-profit organisation, has been active in Shepparton for nearly 30 years.

Its main task is to provide employment opportunities for adults with a disability.

It receives some funding from the Federal Government, through the NDIS, but it is insufficient to run the organisation.

So, it needs to make additional money. Social enterprise initiatives are the answer — Eco Park, The Eco Store and The Eco Café are providing additional funds — as well as giving the participants experience in many fields.

When you've chosen your purchases, why not pop across the street to The Eco Café, for a coffee.

The Eco Store is opposite Lovell's Newsagency in Wyndham St and is open from 9am to 4pm.

Your Christmas reading — The Book Inn

When you are buying for Christmas, don't forget yourself.

When it's all over, you'll be looking for some 'me time' with a good book.

Whatever your genre — or genres — you will find books of interest at The Book Inn, priced at 50 cents for children's books, \$1 for paperbacks and \$2 for hardcovers. And the carefully selected stock is quite good enough to add to a gift; I found one that had not been read at all.

In fact, when chatting with Andrea Tuohey, of Shepparton Access, she told me that the volunteers

selected books with the criterion that they must be in good enough condition to be given as a gift.

This wonderful little store is — similar to The Eco Store — a win-win opportunity.

While you are getting an incredible bargain, Family Care is making a small profit to assist with its programs for the community.

The Book Inn is situated at 94 Wyndham St.

It's a small red brick building south of the RSL Club. You can park in Welsford St — there is a walk through to the store.

Congrats, Goulburn Murray Credit Union

For me, television advertising is something interrupting the news or — more obviously — *The Chase*.

However, recently, my attention was well and truly grabbed by the GMCU.

With good supporting pictures, it is reminding local people of all the things they do locally, such as shop, fill their cars, swim, eat — and suggesting they also bank locally.

It then offers a real benefit to banking with GMCU; the interest rate.

It is, without doubt, the best local TV advertising I have seen for just over 20 years.

I contacted the bank's chief operating officer, Justin Bice, and he sent me the following quote.

"More than ever, consumers value close-knit, accessible and community-focused products and services, and banking is no different."

"Our recent home loan campaign is a celebration of our thriving region."

"We are proud to be the Goulburn Valley's 'local bank' and to be able to reinvest in the communities where we operate."

"Our origins date back to 1955, so our connection to the Goulburn Valley community, and the relationships our people hold within those communities, is truly unique."

That's it for this week.

"The goal of life is to make your heartbeat match the beat of the universe, to match your nature with Nature."

— Joseph Campbell.

(Which could be why I talk to plants and trees, Roger — or not!)

May it be easy, my friends.

Marnie

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