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TARRANGOWER TIMES

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HEAT WAVES – TRY AND STAY COOL...!

Aaron Miller and his friends enjoyed cool at the Maldon swimming pool last Sunday afternoon.

This weather has been, in a word, hot – and there's more to come. As temperatures exceeded 40 degrees this week, Central Victoria outlook for those who are vulnerable to the heat – elder people, infants, pregnant and nursing mothers, and those with various health conditions – this summer weather can be a challenging time. For Maldon residents, this week was a time to head to the nearest swimming pool, find a shady spot, or to watch the cricket on the screen or catch up on some reading or to tackle all those jobs that needed doing inside the house.

Stay cool

In hot weather, people should:

- Drink plenty of water.
- Stay indoors if possible and use air conditioners.
- Wear light, loose-fitting clothing.
- Check on friends or family who live on their own, pets are well hydrated and there is adequate ventilation.
- Reduce physical activity.
- Take the time to make sure that neighbours who may be vulnerable to the heat are coping well.

...and don't forget your pets!

It is essential that pets have plenty of cool, clean water and a shady area. Dogs should only be walked early in the morning or after sunset. Other tips include:

- Fill new bowls with water for your pet in case one is knocked over.
- Never leave pets in a car in any weather even with the window down. On a hot day, a pet can die in a car in a little as a few minutes.
- Give a dip in the hot offenders behind outside on very hot days from dogs doing regularly – gently hosing the pads now is most effective.

These guidelines are especially important for owners of older pets, or pets with thick coats or short noses. And don't forget birds, rabbits or guinea pigs who also need cool water and shade, or a shady and well ventilated area in hot days.

Arson – report suspicious activity

With the season in temperature comes an increase in the bushfire threat. Volunteer Fire Brigades Victoria urge residents to avoid the temptation to proceed investigations of bushfires and report suspicious activity to Crime Stoppers.

New Release 2009 Rosé Chaperon

Review by local wine critics Vic & Andrew "It's a cracker!"

Chaperon wines will be available @ The Maldon Twilight Festival at the front of Chocolate

2009 Rosé 500

Very delicate, coral in colour, with perfect strong aroma of fruity fruit, some spicy notes and a pale on the dry finish.

Represented from Nelly

Australian Wine Companion 2010 5 Stars

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