

FREE

Mountain Monthly

DECEMBER 2019
JANUARY 2020

THE \$BILLION
REASONS
OUR PARKS
keep us healthy
and happy

**Council
Services for
Christmas/
New Year**



Council services over Christmas - New Year period 2019-20

Murrindindi Shire Council advises all residents and ratepayers that our Christmas and New Year operating hours will be as follows:

Alexandra Office, Kinglake and Yea Offices/Libraries

Friday 13 December 2019 9am – 12pm
 Tuesday 24 December 2019 9am – 3pm
 Wednesday 25 December 2019
 - Wednesday 1 January 2020 CLOSED
 Thursday 2 January 2020 Normal hours resume

Alexandra Library

Friday 13 December 2019 9.30am – 12.30pm
 Tuesday 24 December 2019
 - Wednesday 1 January 2020 CLOSED
 Thursday 2 January 2020 Normal hours resume

Mobile Library & Customer Service Van

Tuesday 24 December 2019 10am – 12pm (Buxton)
 1pm – 3pm (Marysville)
 Wednesday 25 December 2019
 - Wednesday 1 January 2020 CLOSED
 Thursday 2 January 2020 Normal hours resume

Swimming Pools

Wednesday 25 December 2019 CLOSED
 For opening times go to
www.murrindindi.vic.gov.au/swimmingpools

Maternal and Child Health Centres

Tuesday 24 December 2019 9am – 3pm
 Wednesday 25 December 2019
 - Wednesday 1 January 2020 CLOSED
 Thursday 2 January 2020 Normal hours resume

Aged and Disability Services

Essential Aged and Disability services will continue to operate over the Christmas and New Year period.

During this time, staff can be contacted on 5772 0365 between 9am and 3.30pm (excluding Christmas Day and Boxing Day).

From 1 January 2020 Nexus Primary Health will deliver services in the west of the Shire and Menzies Support Services will deliver services in the east of the Shire.

Nexus Primary Health can be contacted on 1300 773 352 and Menzies Support Services can be contacted on 5772 1888.

Emergency Contact Details

- Maternal and Child Health Advice Line: **13 22 29**
- Poisons Help Line 24 hours: **13 11 26**
- Local Laws - after hours emergency: **0419 572 425** (stock on roads, dog attacks etc)
- Infrastructure Services – after hours emergency: **0407 509 413** (dangerous road conditions, such as trees on roads)

Kerbside Garbage and Recycling Collection Services

To find out when your bins will be collected over the Christmas and New Year period go to www.murrindindi.vic.gov.au/waste or give us a call on 5772 0333.

Resource Recovery Centres (Transfer Stations)

All Resource Recovery Centres (RRC) are closed on Christmas Day, Boxing Day and New Year's Day. The Marysville RRC will be closed on the afternoon of Friday 13 December 2019.

In addition to closures noted in the table below, all RRCs are closed on days of Total Fire Ban.

	Resource Recovery Centres opening hours				
	Alexandra	Eildon	Kinglake	Marysville	Yea
Friday 13 Dec 2019	10am-12pm			CLOSED	
Tuesday 24 Dec 2019		10am-1pm			10am-3pm
Wednesday 25 Dec 2019	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Thursday 26 Dec 2019	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Friday 27 Dec 2019	10am-12pm			1pm-3pm	
Saturday 29 Dec 2019	10am-4pm	9am-4pm	9am-4pm	9am-4pm	9am-4pm
Sunday 29 Dec 2019	10am-4pm	10am-4pm	10am-4pm	10am-4pm	9am-3pm
Monday 30 Dec 2019	10am-12pm			1pm-3pm	
Tuesday 31 Dec 2019		10am-1pm			10am-3pm
Wednesday 1 Jan 2020	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Thursday 2 Jan 2020	Normal operating hours resume				



The economic power of our national parks

They are free, open all hours, easily accessible and the improved mental health of people who visit them has now been valued at a \$145 billion economic benefit.

For the first time, researchers have surveyed national park users in Victoria and Queensland and quantified the improved mental health outcomes for people who spend time in such natural settings.

The Griffith University research, was led by Professor Ralph Buckley, who said that about 10% of Australia's GDP is

spent on mental health issues, and the researchers estimate this could be 7.5% higher if there were no national parks. National parks are believed to offset \$29 billion in health costs in Queensland alone.

Dr Ali Chauvenet, a study co-author, said poor mental health lowered workplace productivity and was felt by everyone in the community.

“Protecting national parks is important not just because of traditional ideas such as biodiversity and protecting the environment, but because people’s wellbeing and mental

health would be affected if these were not there”, she said.

Professor Buckley said he hoped the findings would give a good indication of the inherent value of national parks, which he feared was becoming overlooked

He said many parks departments were under pressure to try to generate money from their parks by partnering with tourism operators, but the research showed the parks themselves should be the focus.

“From a state treasury perspective you get a bigger

return from parks if you can get a lot of people to go for free”, he said. “If you encourage people to enter parks and you pay the parks service to run those parks, then the payback in terms of improved mental health and productivity is much, much bigger than anything you would get out of tourism development”.

The team hopes to do further research in the future drilling down to the individual mental health benefits of visiting national parks. “It’s possible that park visits could then become a routine part of the

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Yea, Alexandra and Whittlesea.

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FEBRUARY 2020 ISSUE DEADLINE

15 JANUARY 2020

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Kinglake Village Development Granted Permit

The developers of a retail and commercial hub in the Kinglake township – known as Kinglake Village – have been issued with a planning permit.

A statement issued from the Shire of Murrindindi, said that the developers, Roscorp, conducted community consultation in Kinglake in December 2018 to advise the community of the scope and look of the proposed commercial development. In February 2019, the council received from the developers an application for a planning permit for the development of that land.

On 11 October 2019, Council officers issued a planning permit for development of the land. In line with the plans that were displayed for the community to see late last year, the permit

allows construction of a range of retail and commercial outlets, including a supermarket, cafes and a restaurant, other retail tenancies, office accommodation and the provision of local artist studios. Under the permit, the developers have a period of three years within which to commence construction.

The uses proposed by the developer do not require a permit as the land is included in a Commercial 1 Zone. Further, as a private development on Commercial 1 Zoned land, there is no provision for objections to the proposed development. These zoning provisions are State Government planning provisions.

For more information about the proposed development, go to Roscorp's Kinglake Village website www.kinglakevillage.com.au

Kinglake Streetscape Renewal Project Update

Murrindindi Council expects to bring a detailed streetscape design concept for Kinglake back to the community for final feedback by March 2020.

Mayor and Kinglake Ward Councillor, Leigh Dunscombe, said that once the community's feedback had been incorporated, 'construction will kick off in late Spring/early Summer 2020'.

Cr Dunscombe said that phase one of the Project – the sealing of Aitkin Crescent – is scheduled to start in Autumn 2020.

The council has just engaged the Tomkinson Group Pty Ltd 'to help us turn the concept design for phase two into a detailed design'.

Murrindindi Shire Council's engineers had also been out and about on the streets of Kinglake recently.

Cr Dunscombe said they had been measuring topography, mapping

existing infrastructure (like powerlines, drains and Telstra cables) and gathering all the details needed to turn the concept design for the Kinglake Streetscape Renewal project into a reality.

Cr Dunscombe said that more than 60 Kinglake community members shared ideas through consultation sessions, written submissions and an online survey conducted earlier in 2019.

"There were some particularly great ideas for drought-tolerant landscaping, beautification of the streetscape, clever pedestrian access and parking (including for long vehicles)", he said.

"The streetscape renewal will provide a boost to local businesses, help attract more tourists and promote community connectedness.

"There are, however, quite a number of steps in the process - from concept design to getting the grant funding in

the bank, developing construction plans, consulting with the community to make sure we've got it right, then procuring contractors and getting the works underway once the weather is warm enough. Phew!", Cr Dunscombe said.

"We're doing this once and we're doing it right," he said.

He said council was committed to gathering input from the community every step of the way, so that everyone has the opportunity to influence the future of their town.

Funding for the proposal will come from Regional Development Victoria and the Commonwealth Government's Building Better Regions fund, which have each contributed \$750,000 to supplement Council's \$249,000 investment into the \$1.74 million Project. For more information, see www.murrindindi.vic.gov.au/kinglakestreetscape or phone Council on 5772 0333.

Toolangi Adventure facility gets the go ahead

A permit has been granted for an outdoor recreation facility to be built in Toolangi, that could attract around 30,000 visitors each year.

Four out of the seven councillors voted to issue a permit for the 'high ropes adventure park' at 248 Spraggs Road.

Land Use Planning Portfolio Councillor, Margaret Rae, said as well as hearing some concerns from the broader community about the environmental and amenity impacts of an 'adventure park' operating

in the area, Council also received four objections to the proposal.

Cr Rae said the majority of councillors decided the issues raised by objectors could be managed through permit conditions, such as setting the facility's normal hours of operation as 9am to 6pm except during May, June, July and August, when hours of operation are limited to 9am to 5.30pm.

The facility proposes ziplines and elevated activities, 60 car spaces and a kiosk serving

pre-packaged food and drinks. Developers are estimating it will attract some 30,000 visitors each year, but visitors will need to book ahead so the site's capacity of 150 patrons is not exceeded.

"The value and benefit this kind of tourism operation would bring to the area is really significant," Cr Rae said.

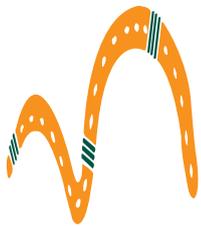
For more information about this planning application and Council's decisions, visit www.murrindindi.vic.gov.au/councilminutes

What's on

Kinglake Ranges events

Dec / Jan

Dec 6	Christmas On Church Street, Whittlesea
Dec 8	Kinglake West Fire Brigade Santa Run
Dec 8	Bollygum Christmas Market
Dec 9	Landcare AGM and end of year gathering
Dec 15	Kinglake Fire Brigade Santa Run
Dec 22	Produce & Artisan Market
Jan 5	Kinglake Heritage Centre reopens
Jan 18	Kinglake Cricket Club past players and family day
Jan 24-28	Yea Art Show
Jan 26	Australia Day breakfast, Kinglake Neighbourhood House



Murrindindi
Shire Council

JOB – COMMUNICATIONS COORDINATOR (12-MONTH CONTRACT – BAND 6)

We're looking for an energetic and talented Communications Coordinator to take on the day-to-day operations of Council's media activities.

The successful applicant will ideally have experience in corporate communications and outstanding written, verbal and interpersonal communication skills.

If this sounds like you, and you're keen to tackle this busy and varied role, we would love to hear from you.

Applications close at 5pm Sunday, 8 December 2019.

For more information, visit
www.murrindindi.vic.gov.au/jobs

Seasons Greetings from Mountain Monthly

As we head towards not just the end of another year, but the beginning of a new decade, it is timely to celebrate the enduring presence of Mountain Monthly in our communities.

For almost 40 years, the MM has delivered community news and provided a valuable platform for all the elements that combine to provide a 'guidebook' to where we live.

Open it up and you will find our local and neighbouring businesses, shire council news, school happenings, clubs, special interest groups, emergency services, events, history, issues, what our property prices might be doing and even some useful legal or financial advice.

Without the strong and ongoing support of our advertisers, the MM would simply not exist and without the community in turn supporting those businesses and service providers, our communities would not be as vibrant as they are.

We live an era of rapid technological change and the instant access to information that it brings. But, the question is whether we are in fact any more 'connected' because of it.

As we see a continuing decline in print media generally, but rural and regional media particularly, it is increasingly important to preserve this crucial aspect of our democracy and its role in bringing accurate information to its readers.

We give a special thanks to our 'contributors' who provide their reports and photos each month. It makes for a rich mix of the community's make up and is mostly the efforts of the volunteers who keep our groups running.

Whether you are new to the community or a long-term resident, the MM aims to bring people together, not only across the ranges, but in neighbouring locations as well.

We value and welcome your input and ideas.

Our next edition will be February 2020.

The MM Board and staff wish you all a happy, healthy and safe festive and holiday season.



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Public meeting called on 707 Murrindindi Road future

A special meeting will be held on 4 December in Yea to hear from objectors and supporters of the proposal to build a hotel/restaurant and bar complex on the property known as 'Balaclava Station' at 707 Murrindindi Road.

The Council will meet at the Yea Shire Hall for a Special Meeting to consider all of the submissions made for and against this planning application and then make a decision about whether to issue a Notice of Decision to Grant a permit or to issue a Notice of Decision to Refuse the application.

The planning application has been on public exhibition and open to the community for submissions since 1 October.

It gained national and international

media attention after allegations were aired on the '60 Minutes' program that Chinese high rollers were being taken to the property for hunting trips, which included the killing of native wildlife.

A public meeting opposing the development was held following the revelations and in response to the lodging of a modified permit application with the council.

Murrindindi Shire Council CEO, Craig Lloyd said that council understood that many community members have views about the proposal, and this was why an extended exhibition and submission period for this particular application had been conducted.

Community members are invited to attend the Special Meeting and can register their intention to share their

views on the planning application during the open forum period of the meeting. To ensure there is enough time for everyone to speak, you will need to register your intent to participate before the meeting.

You can register your participation by downloading and submitting the Open Forum Public Participation form from www.murrindindi.vic.gov.au/councilmeetings or you can fill in a form at any Murrindindi Shire Council office (including on the Customer Service and Library van). Additionally, if you arrive by 5.30 pm on the evening of the Meeting, you will be able to fill out Open Forum Public Participation form on the night.

To download the 707 Murrindindi Road planning application documents, see www.murrindindi.vic.gov.au/planningcomment

The mountain came alive with the sound of children singing...

On Thursday 14 November over 500 people turned up to support the album launch of Country Kids - *SING OUT LOUD*. After enjoying the country style fair before the show, there were gasps of delight and anticipation as our humble indoor sports stadium was transformed into a buzzing concert auditorium and children from the six schools across the Kinglake Ranges sang proudly from their hearts.

One of the most exciting things about this project is that it's about the children, by the children, for the children, and celebrates the unique and beautiful area we live in, as well as other issues and topics that are important to the kids. The process has encompassed commemorative, educational, creative and well-being aspects, not only allowing the children to express themselves through music but also the artwork project which has culminated in the beautifully creative art that was boldly displayed in the auditorium for the concert, and which is also captured in the CD booklet.

One of the project's facilitators, Merelyn Carter says 'the backing tracks were recorded, lead vocals sung by selected students from each school and then we went into the schools to record the whole school vocals'. "We have been very impressed by the attention of the children, their ability to take very specific and sometimes quite unfamiliar directions that a recording project of this scale required, and their willingness to try something that at times was quite challenging for them to achieve. But achieve they have. The concert was a resounding success, the children shone, and the album is fantastic.

"We hope you will all take the opportunity to purchase your very own copies to enjoy and show off to wider family and friends. It certainly is an album we as a community can be very proud of".



Photo courtesy Chris Nicola, Capture Photography.

You can purchase your copy of Country Kids – Sing Out Loud at each of the six schools front office, at the Kinglake Branch of Bendigo Bank or by calling 0416 075 638. Your \$20 goes towards supporting future Foggy Mountain Music Programs across the ranges.

Thank you again to the wonderful sponsors who supported this amazing community project - FRRR, Victorian State Government, Bendigo Bank, Murrindindi Shire Council, Light & Sound, UGFM, Cheeky Fox Retreat, Melbourne Artists' Supplies, Mountain Ranges Vet Clinic, Mason White McDougall, Cappa Rossi's, Kinglake Pharmacy, Kinglake Chinese Medicine, Simply Timber & Roofing, Kinglake Rotary, Mountain Monthly, Rowan Francis as our MC, and the small but awesome team of volunteers!

FACEBOOK: @foggymountainschoolsrecordingproject

New Council Ward structure outlined by VEC

The Victorian Electoral Commission has recommended that Murrindindi Shire Council consist of seven councillors elected from three wards.

This would allow for two wards with two-councillors and one three-councillor ward that would cover the southern end of the shire.

The last review of the council's representation was carried out in 2007 and the current structure – seven councillors elected from seven single-councillor wards – resulted from that review.

The recommendation was made after the VEC outlined the options, and submissions were called for from voters in the shire, and has been

forwarded to the Minister for Local Government.

The Local Government Act 1989 (the Act) requires the Victorian Electoral Commission (VEC) to conduct an electoral representation review of each municipality in Victoria before every third council general election.

The VEC report outlined the

shire's demographic makeup (see breakout) and said that while 'the foremost special circumstance of the Shire is the ongoing impact of the 2009 Black Saturday bushfires', preliminary submissions did not express support for more councillors to aid with the recovery process, given the absence of other 'special circumstances' in the shire.

Murrindindi Shire Council

Map of Recommended Option
Seven Councillors, Three Wards

Ward	Councillors	Electors*	Deviation	Area sq km
Cathedral	2	4,001	-4.64%	1,678.78
King Parrot	3	6,513	+3.49%	962.58
Koriella	2	4,171	-0.59%	1,237.54
Total	7	14,685	-4.64% - +3.49	3,878.9
Average		4,895		1,292.97

*Elector numbers at 27th Feb 2019



LOW CANDIDATE NUMBERS

The VEC report observed that, since the introduction of the current electoral structure at the 2008 general election, 'there has been a clear and consistent pattern of low candidate numbers and uncontested wards at elections for Murrindindi Shire Council'.

Low candidate numbers and uncontested ward elections were also a pattern of the previous electoral structure of six single-councillor wards and concern about this issue was also raised during the last representation review in 2007.

The VEC also observed an unusually high rate of informal voting for Cathedral and Cheviot Wards at the 2016 general election. While the reasons for these high informal voting rates are not clear, they indicate that Murrindindi Shire may be experiencing issues with representation under single-councillor wards.

The current deviation for Red Gate Ward is +11.11%, which is outside the legislated plus-or-minus 10% range. This means the current ward boundaries are not viable, even if the current electoral structure is to be retained, as it is not compliant with legislated requirements.

The VEC concluded that, at the very least, adjustments to the current internal ward boundaries must be made as part of this review.

A copy of the findings and recommendations report, including all submissions, can be found at <https://www.vec.vic.gov.au>

DEMOGRAPHICS

Murrindindi Shire had a population of 13,732 at the 2016 Census. The population resides within many small towns and localities across the local council area, with the largest towns being Alexandra (population 2,695), Yea (1,587), Kinglake (1,536), Kinglake West (1,166) and Eildon (974).8

The population within the local council area is older and ageing. The median age is 48 years, which is higher than both the regional Victorian average (43 years) and the State-wide average (37 years). Compared to regional Victoria, Murrindindi Shire has lower proportions of residents in younger age classes (44 years and younger) and higher proportions of people in older age classes (45 years and older).

The proportion of people aged over 60 years is expected to increase in the future.

There are an estimated 14,685 registered voters for Murrindindi Shire Council, with a ratio of 2,097 voters per councillor.

The population is expected to increase at a rate of 0.9% per annum between 2021-2026 and 0.8% per annum between 2026-2031, reaching approximately 15,600 residents by the time of the next scheduled representation review prior to the 2032 Murrindindi Shire Council general election.

This rate of growth is below average compared to the expected growth for regional Victoria overall (1.3% p.a.).



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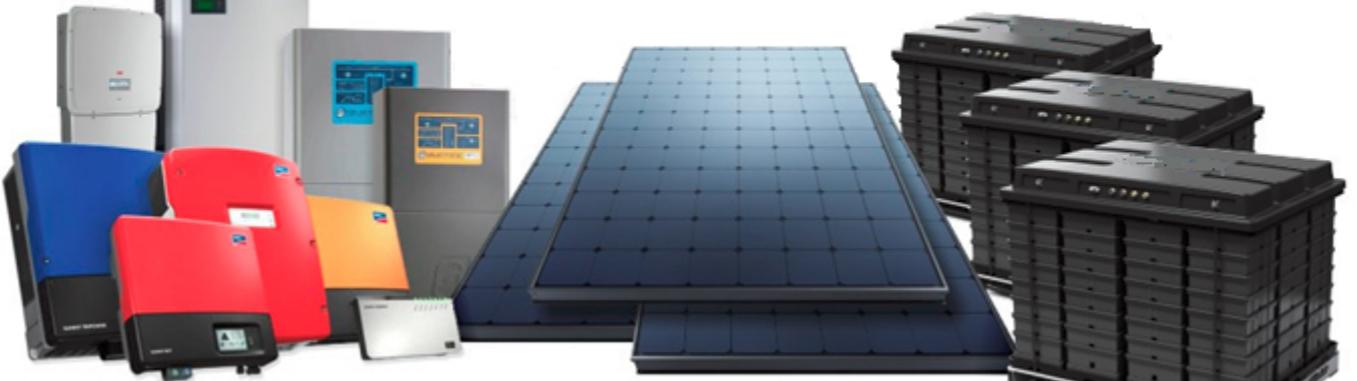
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Darren Wakelin
www.aztek.net.au



Recovery Advisory Centre (RAC) Update

Representatives of Kinglake Ranges Arts (KRA) and the Kinglake Historical Society (KHS) attended the October meeting with the Murrindindi Shire Council to register a strong expression of interest - on behalf of the Kinglake community - for community use of the RAC buildings, which may become vacant at the end of the current 2-year lease to Parks Victoria.

The presentation to Council members by KRA President, Julie van der Eynden, and KHS President, Deidre Hawkins, included a screen presentation and a statement read on behalf of each group, outlining the past and current activities and achievements of these two groups and the reasons each group retrospectively would like to further develop their endeavours and display their works and exhibit in a more predominate location to support visitation to the region.

The presentation showed that the main building and the shed on the RAC site could provide for a gallery, heritage museum, visitor information and a sales outlet for local art, crafts and produce as well as extensive event space for the use of all Kinglake community groups.

The Council was informed that there was already strong support from a range of Kinglake community groups for community use of the RAC buildings. The KRA and KHS groups operate under the auspices of the Kinglake Ranges Neighbourhood House, which has committed its support to the current proposal, and further support has been expressed by Kinglake Business Network with the proposal seen as a potential tourist venue, which would give a boost to local businesses. There are a number of other groups which have already expressed support for the proposal.

With the support of Bronwyn Ward, Arts Development Coordinator and Malcolm Sanders from Regional Arts Victoria, interested groups and community members have been working on developing a strategic plan for arts and culture in Kinglake Ranges. A physical display space for exhibiting local artists as well as

historical displays continues to be one of the identified needs of community.

The Strategic Plan's objective is to promote and provide a framework for the Council to address the need for a building, as highlighted in your Council presentation. The strategic plan needs community support to ensure it is accepted and recognised by the council and used as part of their decision-making process when assigning the community funding and resources.

As part of our development of this strategy we will be out and about with our Culture Dollars Booths. This is an opportunity for everyone in the community to be Mayor for the day. You will be given 'culture dollars' to spend on what you feel we should be focusing on in the Kinglake Ranges.

We had our first test run of this at the recent schools musical event held at the basketball stadium and people were excited to be given money to spend and the majority fully engaged with this activity. Be sure to look out for us and take part.

Community use of the buildings is at present only a possibility in 2021. But, if the Kinglake community can demonstrate its strong support for the proposal, it is more likely to be given serious consideration and approval by the council. Having such a venue available for community events will benefit all Kinglake community groups so it is hoped that the proposal will gain the support of all residents of the Kinglake Ranges.

If you would like to hear more about this project or what other priorities were unveiled in the strategic planning sessions or become part of KRA or KHS or the strategic planning – please contact artsdc@kinglakeranges.com.au

Julie and Deidre on behalf of the Strategic Planning Group

Waste education

Murrindindi shire will team up with 'neighbours' – Mitchell and Strathbogie Councils – to work together on educating their communities about cutting back on waste.

Waste portfolio councillor, Eric Lording, said the key focus areas for the next 3 years aim to increase awareness about the impact of waste on the environment; improve knowledge about what can be recycled and; raise awareness about litter and illegal dumping.

Go to www.murrindindi.vic.gov.au/waste to read the Southern Goulburn Valley Waste and Resource Recovery Education Strategy 2019-2021.



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Council's Fire Prevention slashing program underway

The council's fire prevention slashing program is scheduled to begin in the Kinglake Ranges area early this month.

An earlier start to the slashing program, with follow-up cuts where there had been substantial regrowth, was trialled last year and will be repeated this year.

Environment portfolio councillor, Bec Bowles, said slashing in warmer areas of the shire began in October, with areas such as Strath Creek, Flowerdale and Glenburn done in mid-November.

The majority of Marysville's fire prevention slashing works will be carried out by the

Department of Environment, Land, Water and Planning.

In regard to the Kinglake Ranges, Cr Bowles said council officers were working closely with neighbouring councils and VicRoads to ensure fire prevention works in the area were carefully coordinated.

The days and times of scheduled slashing is subject to change according to weather conditions.

"While Council is doing its part, the whole community needs to work together to manage grass and fire risks during the fire danger period too", Cr Bowles said.

As part of Council's broader fire prevention activities, council officers will also be inspecting properties with heavy fuel loads (grass, stubble, weeds and leaf litter) around the Shire. Officers will work with landowners to ensure they maintain their property's fuel load throughout the fire danger period.

For more information, including a list of roads for which VicRoads is responsible for conducting fire prevention works on and a link to the neighbouring City of Whittlesea's slashing program, see www.murrindindi.vic.gov.au/slashing or contact Council on 5772 0333.



The economic power of our national parks

Continued from page 3

healthcare system, prescribed by doctors and funded by insurers", Dr Chauvenet said. The research has been published in the scientific journal *Nature Communications*.

Given the close proximity and easy access to national parks in the Kinglake Ranges, Parks Victoria's Manager Health and Community Activation, Shauna Jones, said that Parks Victoria aimed to unlock the power of nature and parks for their preventative and restorative health and wellbeing benefits, while conserving biodiversity.

"Healthy nature sustains our life, livelihoods and liveability. Parks that are valued and maintained are fundamental for vibrant and healthy communities and economic growth.

"Spending time outdoors not only feels good, but research shows it's good for your physical and mental health", she said.

Research suggests that spending time in nature improves concentration, learning, our ability to solve problems and be creative.

"Research shows that people in parks are more likely to be happier. Spending time in nature boosts our immune system and helps us relax and manage stress."

Ms Jones said that while our parks provided many health benefits from 'everyday' use, they were increasingly becoming recognised as beneficial settings for nature-based health interventions for people with specific health conditions.

"We have developed a wide range of partnerships that promote positive health outcomes in parks, including for people that have had social, cultural or physical barriers to enjoying nature. We strongly support initiatives and cross sector partnerships that support outdoor-based mental health programs that contribute to positive health outcomes".

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Lions Club of Kinglake



Kinglake District Avenue of Honour

Over the past few months the Lions Club of Kinglake have undertaken to design and plant an Avenue of Honour in Kinglake. Why? Well there has never been one!

Travel almost anywhere in Australia to any size town and there will be an Avenue to honour those who served their country. This project became possible with FRRR funding earlier in the year. Remember when Craig Kenny came

around and ran workshops with groups to find out how to best spend the remaining Bushfire Fund money? Well the Lions Club put in a list and FRRR liked and accepted our proposal to build/plant a long overdue Avenue of Honour to those who served our country in times of conflict.

After discussion with various bodies we decided to place our avenue around the Lions Park, War Memorial and Memorial Oval complex in Kinglake Central. The Murrindindi Shire Council

were very supportive and gave us a lot of help and big thanks to nurseryman, Steve Davies, who organised the plants for us and looked after them until the time was right to plant.

We have planted red flowering Rhododendrons to make the avenue. Why Rhodies? Well there are enough gum trees and Kinglake was a huge plant and tree nursery area in the old days. This was a homage to those early pioneers and something our early service personal would have seen as they left our shores to go

overseas. We have planted over 40 and look to planting more in several other areas.

As time passes and the beautiful red Bibirani variety mature please stop and admire, care for and think of those who didn't come back to see the lovely gardens of home.

*Ken Aitken, President
Lions Club of Kinglake*

Have your voice heard

People with a disability are often overlooked and find it hard to have their voice heard, but may find it easier and more powerful to be part of a Self Advocacy Group that operates in the shire.

Rural Access Worker, Wendy Kelly, says Self Advocacy groups give people with a disability the chance to speak up for their rights and learn how to advocate for changes in their community and in their lives.

She said 'Speak up Alexandra' is a very proactive Self Advocacy Group in the Shire and was formed in 2015. Through

establishing positive relationships and creating good networks they have achieved significant outcomes, such as communicating with Murrindindi Shire engineers to ensure there are now more disability carparks. They also facilitated 'Dangerous Deeds', which is a screen-based arts installation presenting a 'snapshot' of the Victorian disability movement. As part of the 150th year Alexandra Birthday celebration they ran a white night event and more recently have worked in partnership with Alexandra Rotary to purchase and introduce portable ramps to shops for people with mobility issues.

Based on the success of 'Speak Up Alexandra' there are new groups starting in the Mitchell, Murrindindi and Strathbogie Shires. Each shire will run three groups— one for people with intellectual disabilities, one for people with acquired brain injury and complex communication issues, and one for people with physical and sensory disabilities. A group for Carers or people that have someone with a disability in their lives is also being created.

If you or someone you know would like to join any of the groups, contact Wendy Kelly from Nexus Primary Health's Health and Diversity Team on 1300 77 33 52.

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KINGLAKE RANGES NEIGHBOURHOOD HOUSE



Australia Day

The Kinglake Ranges Neighbourhood House and Kinglake Lions Club will be hosting the Australia Day Breakfast (next to the Kinglake Police Station and Shire Office).

A delicious breakfast of bacon and egg sandwiches, plus tea & coffee will be served.

Date: Sunday 26 January

Time: 9.00am – 10.00am

Cost: Free

Venue: Kinglake Services Centre



We have a new kitchen!

Thanks to the Murrindindi Shire Council we have a new updated and upgraded kitchen!

In particular we would like to acknowledge Mel from MSC & Matt Dean and his team from M&A Dean Builders for their support and commitment to this project. It was completed just in time for us to continue supporting our community through our WINTER WARMERS lunches.

We can now facilitate cooking classes that can accommodate up to 12 participants comfortably working side-by-side to create and make fabulous food! Keep a look out for our 2020 Semester 1 Program for more information on what's coming up at the House - including some great new cooking classes!



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To book online: <https://kinglakeranges.com.au/be-well-in-the-ranges/>
or call 0429774310 (Monday - Thursday)

www.kinglakeranges.com.au



2019 – A Year in Review

The 2019 year was a milestone one for Kinglake Ranges Arts where we transitioned from being funded to self-sufficient.

It was also the period where our newly formed committee began learning to work together to make things happen. Part of this process was the formalisation of the group's governance – Roles of Office Bearers, OH&S compliance, Codes of Conduct, our Charter and re-confirming our values and being part of the Arts and Cultural Strategic Planning process.

The current Office Bearers

President: Julie van der Eynden

Vice President: Lindy Haggar

Secretary: Michele Norman

Treasurer: Sue Bay

Special projects officers:

Michelle Bolmat, Barbara Joyce, Tor Bay and Julie Collette

Pottery Studio

- The studio had a complete overhaul, paint, floors and shelving sealed, things labelled and generally made OH&S compliant.
- School students came and were assisted to make birdhouses and once these are fired, they can go out into our environment.

10th Commemoration of Black Saturday

- KRA had many members involved in this special 'Respect and Remember - the Kinglake Journey' exhibition.
- We ran workshops which enabled people to interact and parents to linger while their children participated. Papermaking – seeded

message leaves, Charcoal and Pastel Trees, Clay Critters, Felted Birds, knitted flowers and mosaic pavers were produced.

- Two women from the local Indigenous group came and facilitated an indigenous symbols workshop.
- The local scouts group came and created plaques and tiles and leaders commented on their full engagement.
- There was the creation of a two and a half metre tall woven tree with hundreds of coloured leaves felted by children at workshops held in the three local Primary Schools.

Kinglake Country Fair

- Once again, we ran a paint splatter activity, this time for children to create a masterpiece using this freeing technique and without parents worrying about the mess.
- Members were not only involved in our stand, but some also volunteered throughout the fair.

The Art Show

- KRA were very present at the 2019 Kinglake Ranges Rotary Art Show and we all enjoyed working with Rotary to present the vast array of talent on offer in and around our Ranges.

The Cube

- We assisted St Peters' Church members to conceptualise, design and create the Cube to house a sample of pieces that participants created. Workshops were held so that people could reflect and express in response to their journey following the bushfire experience

Arts Development Coordinator

KRA joined with KRNH, RAV and Brad Quilliam to apply for and acquire FRRR funding to employ a person to assist in developing art in our region. Their focus was/is to:

- Identify needs for growing art, both visual and performing
- Identify artists and their individual needs
- Identify groups who were planning/holding art related events
- Bring all together to work on a strategic plan for arts and culture

RAC project

- KRA committee officially voted yes to being part of the planning for this project.
- KRA and Historical representatives, Julie and Deidre, made a presentation to council for the proposed use of these facilities

Sessions

- Quirky Creatures and a Central Oz Trip with Linda MacAulay
- Charcoal and Pastel Trees with Michelle Bolmat
- Watercolour with Antoinette Blyth
- Travel Diaries with Sue Bay
- Pottery with Julie van der Eynden
- Landscapes, seascapes and city scenes with Hermann Schwaiger
- Wet Felted and Needle Felted Birds with Barbara Joyce
- Drawing Techniques with Jo McFadyen
- Pastel Birds with Janet Hayes
- Paint like Gauguin with Barbara Hauser

Movie Night

We hosted our first movie night on the large screen at the Neighbourhood House with great company and a shared dinner.

Travel, excursions and en Plein Air

Not officially events of the group, but many of our members love to travel and often paint while they are away or attending painting events. We attended The Grampians Brushes, Central Oz and Thailand in this period as well as visiting Peter Toynes' exhibition, open studios and galleries. En plein air sessions were held around Kinglake.

On the whole we have had a great year art-wise. Looking forward, we are developing a long-term art strategy that links us with others and plans together for a stable future for arts across the Ranges.

Become part of this active and rewarding group – contact us: kra@kinglakeranges.com.au Mon-Thurs 5786 1301, AH 0408 552 432

Make 2020 the year you embark on your artistic journey.

2020 planned sessions

Watercolour, Pastel, Acrylic, Oil Painting, Drawing techniques and Life Drawing are all planned so far. Also pottery basics and Open Studio pottery and general art gatherings are being considered. We are also looking at pop-up sessions, exhibitions and en plein air. The Committee of Management sincerely wish all a safe and happy holiday season.

Kinglake Ranges Arts

Rotary Club of Yea 2020 Art Show

Rotary  "the best little Art Show in the country"

Daily 25th Jan
to 27th Jan
10AM to 5PM

Closing Day
28th Jan
10AM to 3PM

Opening Night
24th Jan 2020
7.30 pm - \$20

 French Theme

ENTRANCE **\$5**
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www.yearotary.org.au

BOLLYGUM COMMUNITY MARKET



Nestled in the award winning Bollygum Park's children's playground we boast a variety of stalls selling homemade goods, fashion to homewares, kitchen to garden and fabulous food.

Christmas Market only time change
2PM – 7PM SUNDAY 8th DECEMBER
in conjunction with the Community Carols Event

40 Kinglake-Whittlesea Road, Kinglake

New stallholders welcome!
Contact our Market Coordinator on 0474 837 900 or via the Bollygum Community Market Facebook page.



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Our Heritage

Schools

The Kinglake Historical Society has had another busy year and one of our most interesting activities has been meeting the secondary school students who have visited the Heritage Centre as part of their Year 11 'Disaster and Recovery' study.

Groups have come from as far away as Frankston and Phillip Island to see our bushfire display, and we were very pleased to find that our information about the long history of bushfires in Kinglake, and particularly our 2009 experience, has provided just what they needed to know for their assignments. It has been a pleasure to meet the students and their teachers and we look forward to seeing the groups who have already booked for a visit next year.

We are also happy to provide at the Heritage Centre for our local primary schools and we welcome the opportunity to help with their local history studies. We have photos and information on a wide range of topics - the gold rush, early settlers, pioneer families, farming, the timber industry, roads and transport, the establishment of schools, halls and churches, war service men and women, and local sport and entertainment.

We would be happy for groups from the local schools to visit the Centre, or we can arrange to visit the schools with a PowerPoint presentation and talk on any of those topics.

We welcome the chance to work with the local schools and two of our most enjoyable experiences this year have been working with Grade 5 and 6 students of Kinglake Primary School, who produced of a model of the original Thomson family home (which later became the first hotel); and attending the Middle Kinglake Primary School Remembrance Day ceremony, which was conducted so well by the students in a most thoughtful and respectful manner.

Some people, who are new to the district, ask why there are three schools in the district. The answer dates back more than a hundred years when getting to school for children then was a matter of walking or riding a pony. Each of the schools had a pony paddock where the children's horses could be kept for the day and the Education Department actually paid an allowance to those families who lived over 3 miles from the school and had to keep a pony for their children to ride each day.

The Education Department also decreed that no children should have to walk more than 4 miles to school. The Kinglake school



Kinglake Primary School model of the Thomson Family Home c1894.

was established in 1879 and, when it came time for the other schools to be set up, they were placed at roughly 4-mile intervals along the ridge, at Kinglake West in 1896 and at Kinglake Central in 1898. At the Kinglake Historical Society, we have an 1896 map with the 4-mile radius circles drawn to decide the locations for the schools.

As the year comes to a close, the school children of the Kinglake district and surrounding areas will soon be on holidays. We wish them all a Merry Christmas and happy holidays and we hope to share some of our local history with them in 2020.

*Deidre Hawkins, Kinglake Historical Society
c/o Kinglake Ranges Neighbourhood House, Phone 5786 1301*

Kinglake Heritage Centre

Closed Saturday 22 December and
Saturday 29 December

Re-opens Saturday 5 January 2020

Open Every Saturday 12noon - 4pm

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Nominating a beneficiary for your superannuation

By Jacqui Brauman, TBA Law

Superannuation is often one of your biggest assets, particularly when a life insurance component is taken into account.

Yet, the superannuation companies don't make it clear enough about how to ensure that those funds go to the right people if something happens to us.

A nomination form needs to be completed. But, a nomination can be either binding or non-binding. There are some circumstances where a non-binding nomination would suffice, but these are few and far between.

A binding nomination is preferred.

Yet, most industry funds and retail funds don't tell you that the binding nomination expires every three years. So, you must



sign the binding nomination form every three years, to ensure that your nomination remains binding on your super fund.

If you don't have a binding nomination when you die, the super fund will ask for applications to be made by family members. Then the super fund will decide how much and to whom the super gets paid – they are not bound by a non-binding nomination.

The other thing that so many superannuation funds don't tell us is who

we can nominate on our form. There are only limited categories of people who can be paid superannuation directly:

- 1 spouse
- 2 children
- 3 financial dependant

If someone doesn't have a spouse or children, they cannot nominate their parents or their siblings – this would be an invalid nomination, and the super fund could make their own decision.

Other than the three categories listed above, the super can be directed into the estate of a person.

So, anyone who doesn't have a spouse or children should nominate their 'legal personal representative' or 'estate'. This means that your superannuation will be paid to your executor to distribute in accordance with your Will.

There goes 2019!

Are you prepared for 2020?

With the year nearly at an end and Christmas approaching I know exactly what its like to reflect on the year that was. There have been mountains of changes within our finance Industry in particular for consumers, interest rate decreases and plenty of policy changes, this year.

Finance awash with plenty of moving parts at the best of times (the number puzzle I call it).

Lenders have been heavily involved in reviewing and implementing changes around living expenses and servicing and borrowing capacity calculators throughout this year, in the hope it's a positive reflection moving forward for next year.

First homebuyers play a massive part in our market and clients wanting to purchase their second or third home are moving to the mountain too. With all the new families, singles and others coming



into our area, there is an increased need for more options for clients, and this has never been more relevant.

What does 2020 – look like to you?

It might sound simple, but have you reviewed your finances? Revisited the budget?

Perhaps you are aiming to review the cost of your utilities, insurances, or superannuation fund. With the recent fires throughout NSW and Queensland, insurance in particular is a very sensitive item for discussion. Reach out for the right advice and seek instructions on how to ensure you have the right cover in place, for your individual needs. Everyone's circumstances are different, but don't get caught uncovered as we come into our fire season.

Although Christmas and new years are busy times, it's also a fantastic time to invest the time in yourself and your household to ensure you are obtaining the best rates possible and in competitive products, whether that be your home loan, insurance policies or utilities costs, so the crunch numbers.

Thank you

I would like to take this opportunity to thank the local community for their ongoing support for me and my business. I absolutely love being able to assist my clients in reaching their financial dreams and goals; helping clients purchase their first home or; those clients wanting to invest in or purchase their 'forever home'. I am forever grateful for the support.

Enjoy your Christmas and New Year with plenty of celebrating, drinks, laughter and good food!

Nicole Sevenich, BUYERS CHOICE
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Rotary Club of Yea Art Show

The Rotary Club of Yea will hold its 35th Annual Art Show in the Yea Shire Hall from Friday 24 January until Tuesday 28 January 2020.

Prizes this year total \$7250 – first prize being \$2500. There are two \$1000 prizes as well as a special award of \$500. Section winners will receive \$250. Thanks to the ongoing support of The Frank Hargrave Family Trust, the Murrindindi Shire Council and many other sponsors for their generosity. The raffle prize this year is a beautiful painting titled 'Rural Mood', valued at \$1500 by talented artist, Julian Bruere.

Artist entry forms are available online at www.yearotary.org.au and close on Friday 3 January 2020 at 6pm.

The opening night is a fun social evening (and this year the theme is 'French' so attendees are encouraged to dress French) and everyone there gets first choice of purchasing some wonderful artwork.

Save the date and for just \$5 entry which includes a catalogue, you will be able to view some excellent artwork. Entry cost is \$5, 10am to 5pm, except for Tuesday 28 January, when doors close at 3pm.

Sustainability in the Kinglake Ranges – year in review

What a year 2019 has been. There is no denying it, the property market took a backwards step this year, however the resurgence of Spring has seen it outperform 2017.

This is a statistical fact based on Integrity's sales numbers with 2017 arguably a 'peak' market, culminating in strong 2018 results. So, when you read about this year's 'trough' be aware that there are a lot of variables to consider.

This year we have seen Kinglake's median price grow to \$725,000 from as low as \$559,000 at the start of the year. And apparently, we're in a market slump.

Now, everyone is looking to the future, wondering what to think and what preparations to make.

As Christmas approaches there are two considerations that homeowners make; if they are motivated they hit the market before Christmas with the expectation of a summer campaign; if they are thinking 2020, it becomes a question of 'what improvements do we need to make to be market-ready'?

The key for homeowners considering improving their property now, without overcapitalising, is to think sustainability. This is not some corny catchphrase. It is about cutting down household expenditure as best you can.

One of the most appealing sellers of the Kinglake Ranges as a lifestyle area – and perhaps its most underrated – is average household affordability. With economic bottled gas, no sewerage levy, no water rates, coupled with the reductions imparted by solar, and the potential investment of a groundwater bore, the Kinglake Ranges is a fertile bed for homeowners wishing to go cost-neutral on their household amenities.

Anyone looking to sell in 2020 should be asking: what does my house cost? This is not only good practice for reducing your own bills, but an exercise in understanding purchaser expectations.

How well insulated is your home? How thick is your glass? What heating/cooling options have you got? I have listed a number of considerations for the homeowner toying with the idea of sale and or capital improvement below:

Energy

What's your plan? Sale? Rental? Kit out solar accordingly. Kinglake used to be the most affordable green-belt township in outer Melbourne, but it is no longer. Now that prices have caught up to Metropolitan Melbourne standards – and believe me they have (Kinglake has a higher median than Hurstbridge) – we need to have another competitive edge.

Our low overheads give us a chance to compete with suburbs closer to the GPO. So, look into solar. Battery storage may not be affordable enough to warrant investment yet, but it will get there. Give the fine folks at Aztek Wind & Solar a call on 0409 179 169 for an experienced and down-to-earth local quote.

Resale

Do not overspend on a build. I have known people to complain about a 28 square house costing them \$435,000 where someone else has built a house on the same footprint for \$270,000. Costs can be cut down, you just have to be fastidious and show a bit of nous. And, maybe sacrifice those soft-closing drawers if you don't need them.

Investment?

Invest Regional. If the market slump of FY 2018/19 has taught us anything it is that regional investments are safer



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than Metropolitan Melbourne. It isn't even true that they make less money—yes they are steady, but have we forgotten about the '55% growth per annum' boom that Channel 7 reported about Kinglake only a year ago?

Return on investment is relative to how much you have spent, so don't think paying extra for a ritzy post code is going to put dividends back in your pocket. In fact, rental return is equally as high in Kinglake as it is in Camberwell, for example.

What does 2020 hold?

We have to be careful of a Y2K syndrome. If 2020 sounds flash—it's a good name for a global summit—but in reality, none of us have 2020 vision. It is just a convenient deadline for approximate 10-year predictions. 2020 is no more important than '21 or '22. So, don't just think in terms of 1 year, but think in terms of 3 years.

It takes incredible foresight to look forward more than 3 years. If you are buying your principal place of residence, intend to live there for 5 to 7 years. This approximate '5 year plan' ensures that you allow enough time for positive value growth as well as inevitable change of circumstance.

We hang onto old tax returns for 3 years then we throw them out, so consider a 3-year plan based on your job, family, relationship goals, and be prepared for surprises to occur. Think back 3 years—who were you then? It is a long time. But at least you can budget and forecast that amount of time.

As for the immediate future, despite economic backslides we have never in history seen property values return to what they were 20 or 50 years ago. This will never happen. It is the nature of progress

and the dollar. It is simply a matter of reading the real estate market and becoming property literate. You're doing the right thing by reading this report. Take media reporting with a pinch of salt; it has been responsible for a lot of harm and buyer disillusionment this year. Buy at the trough and sell at the peak. It is simple. And, a peak always follows a trough. So the question is, if we have just come out of a trough, what's your plan before the peak hits?

We live in the Age of Anxiety where speculation is rife. Anyone with an opinion, however uninformed, can broadcast it. So you, the reader, need to be discerning about which information you take as truthful and which you discard. When it comes to any specialist occupation, it is best to speak to the professionals in the industry.

As always, the Integrity team is here to guide you through your next investment decision.

I would like to take this opportunity to thank readers of this report for giving feedback and constantly picking up the *Mountain Monthly* to get an insight into property trends. Reporting on the work you love is only worthwhile if you get to talk to people about it. I am pleasantly surprised with the numbers of people I bump into every day who say, 'I Read your report!' You are the backbone of this wonderful community magazine.

I would also like to thank Integrity's clients for a very productive 2019. We look forward to working and growing with you into 2020.

Wishing you a safe and blessed Christmas spent with your loved ones. Speak to you again in February!

Rob Verhagen



PETER T KUEFFER PSYCHOLOGIST

ESM, BA, Dip Ed, Grad Dip
Counselling, MAPS, MACE
MTIRA

Peter specializes in crisis intervention and trauma. His experience also includes anxiety, depression, stress management and relationships. For the past 17 years he held the position of Clinical Director/Psychologist with the Victoria State Emergency Service.

He is also an experienced trainer and facilitator and has conducted programs including Individual and Group Crisis Intervention, Resilience and Resilient Crisis Leadership both in Australia and internationally.

Having spent over 20 years as a volunteer firefighter with the CFA, Peter is in the unique position of being able to approach Trauma and Resilience in emergency services from a user's as well as a practitioner's perspective.

**Peter is available by appointment at
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Where is my mind? Memory and Cognitive Decline.

Age onset dementia, short term memory loss and post traumatic stress are all different forms of mental functioning that can affect our perceptions of ourselves and affect our self confidence.

We all know that, save for severe trauma, most of us will always know how to ride a bike, swim or drive a car (procedural memory). So why is it that other areas of our brains seem to decline and how do we reduce those effects? These questions are constantly being researched by science and new research in the complementary medicine arena has plenty to offer.

Procedural memory is stored in the cerebellum, or 'little brain' that is quite ancient in evolutionary terms, while our frontal lobe - where decision making, reason and 'personality' reside - is quite 'new'. When we age it's in this area that we notice our memory is not what it used to be. And, while we can't turn back the clock, there is much we can do to slow this cognitive decline as well as boost our mental processing that has been affected by stress - as many of us up here have - and help our children in their studies while we are at it!!

In Chinese Medicine 'Heart Houses the Mind', which is to say that the heart is the organ that governs the mind. This is why heart surgery often results in memory loss, a fact not yet understood by Western medicine, and also very interestingly, herbs and supplements that assist in memory are also very good for the heart too. The heart also governs sorrow and joy and we all know what's it's like to 'lose your mind' a little when falling in love, as well as the blank spots in our memory when we experience great shock or sorrow.

Thankfully there are many things that



Health & Healing

'Modern research meets ancient wisdom'

can help our heart and mind. The Omega 3 fatty acids that are plentiful in fish oil are well researched and known to assist in mood stabilisation (especially in children), memory function, slowing down cognitive decline ... and they are good for the heart itself! In fact it has been suggested by the Heart Foundation that fish oil be added to the PBS to assist in it being prescribed by GPs. You can of course eat fish like sardines and get all the other goodies fish give 2 to 3 times a week.

Other well-researched items include Red Ginseng which is excellent for memory with trials showing improvements in Alzheimer's Disease and Dementia. It is also great for energy, circulation and endurance as well as heart and lungs. It increases micro-circulation to the brain and heart as well as assists in our cells producing the ATP used by cells for producing energy.

Brahmi has been used for centuries in Ayurvedic medicine, with trials having shown it improves learning and memory, while decreasing anxiety and depression (there's that heart again), while Ginkgo Biloba is quite well known for memory and also improves micro-circulation, which is why Chinese Medicine also uses it for strokes and wheezing.

Green Tea is also well accepted as being effective in reducing cognitive impairment due to it's capacity for anti-oxidisation and metal-chelating (attaching to and eliminating heavy metals such as lead). Green Tea is also anti-inflammatory and has neuro-protective qualities which is why it is always served hot at my clinic!

Just 3-4 cups a week is all you need!

Co-Enzyme Q10 is showing great results both in protecting brain cells and again is good for heart muscle, and interestingly trials also showed lessening of depression symptoms.

Foods good for the mind include walnuts and pecans (notice they look like brains, nature's hint) as they contain the amino acid pre-cursors to Serotonin that's is a feel good chemical in the brain. Eat them daily along with almonds and sesame seeds and you will feel good and have a good protein hit too. As always, consult a health professional before beginning taking herbal supplements.

Fresh air, exercise, laughter and music are all important too. Recent studies have shown cognitive conditions respond very well to exercise that makes you feel good such as swimming, TaiChi or Yoga, dancing and even walking in the bush or playing with kids has immediate and long-term benefits on the brain. Regular exercise actually re-wires the brain, creating and reaffirming positive neural pathways. Music therapy is also amazing with loads of studies showing the positives of listening, playing or singing that delights both the heart and mind and releases oxytocin that is the love 'joy of living' chemical, as does socialising with friends.

In fact a couple measured the levels of oxytocin before and after their wedding and sure enough all the attendees' levels were more than double their pre-wedding party levels.

So get up, dance and sing, eat well and have fun and stay sharp.

*Dr Angela Palmer
Traditional Chinese Medicine Doctor*



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Gluteal tendinopathy / bursitis

Gluteal tendinopathy is one of the most common causes of pain at the side of the hip in women. This condition is still often referred to as trochanteric bursitis, however researchers have now determined that the primary problem is a reduction in health and load tolerance of the gluteus medius (an important muscle in controlling the hips) and minimus tendons. Gluteal tendinopathy is more common in women than men. About one in four women over the age of 50 suffer from lateral hip pain.

Pain is felt at the side of the hip and can extend down the outer thigh towards the knee. Pain may be felt when walking, particularly at speed, uphill or upstairs and when standing on one leg to dress. It is common to experience pain and a feeling of stiffness when rising from a chair after prolonged sitting. Night time is often worse, particularly when lying on your side.

Physiotherapy can help gluteal tendinopathy in multiple ways. Your physiotherapist can advise you about

controlling aggravating tendon loads—everyday postures, movement habits, walking pattern and activities that might be provoking your pain.

Research has found that exercise provides the best long-term outcomes for tendon pain. A specific exercise program that aims to improve your movement patterns, gradually strengthen the muscles involved and improve the health of your hip tendons is essential. Massage, self-trigger point releases, acupuncture, dry needling, laser therapy and heat may assist with short-term symptomatic pain relief. However, a specific exercise program and being taught how to control loads across your tendons are key strategies in managing this condition for the longer term.

Stretching of the gluteals or Iliotibial band (ITB), while a common strategy, will usually only aggravate the tendons. Corticosteroid injections have previously been recommended, but these have been found to have only short-term benefits. It is important to remember that complete rest does not heal tendon problems and

the more inactive you become, the weaker you become. Visiting your physiotherapist as soon as possible will help you to get on track with a tailored education and exercise program.

With specific advice and a tailored exercise program, most people will notice some reduction in pain within 2-4 weeks. However, it will usually take a commitment to an exercise program over a number of months to regain adequate improvements in strength and movement patterns to consistently control symptoms and regain normal activity levels. The timeframe can vary significantly depending on the severity of the tendon problem, duration of the problem, previous interventions, level of muscle weakness or physical conditioning, other coexisting health problems and adherence with advice and exercise prescription.

If you would like any further information or to book an appointment please call Whittlesea Physiotherapy & Clinical Pilates on 9716 2250 or email info@whittleseaphysiotherapy.com.au

Howyn Gardens

Plant of the month

Chinese maple, five-lobe maple *Acer pentaphyllum*

General description: This is a beautiful small, vase-shaped, multi-stemmed, deciduous tree.

Small yellowish flowers (each having 5 petals, 8 stamens and glabrous filaments) bloom in late spring each year. Flowers are followed by fruits (samaras), with wing and nutlets to 2cm long and wings spreading to 90 degrees. Opposite, palmately-compound, red-petioled, dark green leaves (each to 6cm long) emerge late in spring each year. Each leaf has 5 (occasionally 7) very narrow, acuminate-tipped leaflets which are divided to the petiole. Autumn color ranges from yellow to orange to red.

Unusual leaves more closely resemble the leaves of marijuana than of maple, thus leading to the sometimes used common name of marijuana maple for this tree.

Height and width: Typically matures over time to 6 – 9 metres tall with a slightly narrower spread, but often grows much shorter as a shrub to 3 – 4 metres tall.

Position: Cool, moist, acidic, well-drained soils in full sun to part-shade. Winter hardy can endure frosts. Ideally sited in a protected location sheltered from strong winds, hot sun and given a good root mulch.

Garden Uses: Specimen. Small landscapes. Woodland garden margins. Large containers.

How to plant: Planting time is ideally winter when the plant is in its dormant stage. Plant at the same depth as the in the pot it comes in. If you want to transplant, do so once the plant is dormant and has lost all leaves in late fall or winter.

Fertilising: Commonly found all-purpose fertiliser is the easiest to use. It should be applied in spring when the plant is growing well or early summer. Do not apply in the autumn as that is when the plants are preparing for dormancy and the fertiliser could trigger new growth which may be burnt in very cold conditions.



Problems: No serious insect or disease problems. Potential disease problems include verticillium wilt, leaf spots, tar spot, canker and root rots. Potential insect problems include aphids, scale, borers and caterpillars. Mites may appear.

ENVIRONMENT MATTERS



Christmas beetles

Throughout late December, clusters of Christmas beetles tread around the coastal and damp regions of Australia. These lustrous creatures, with their coatings of reflectors built into their exoskeletons, come in tinges of golden brown, green, black, pink, violet or opal overtones. Belonging to the genus *Anoplognathus*, there are about 35 species in total.

They are called Christmas beetles because they emerge and are most active during the dry summer spell. While they have the capacity to fly long distances with their dainty wings, during the festive season, they have the tendency to become drawn to the light displays that adorn many dwellings, especially at nightfall. As a consequence, they can be found scurrying along the ground in a state of disarray the next day.

Due to farming, clearing and the availability of greater areas of grassland, the larvae have been able to graze on decaying organic supplies such as roots of native grasses and crop species and in turn, sustain their population. However in other traditional habitats, their numbers have been dwindling on account of urban development and habitat loss.

During their beetle phase, they like to chew on eucalypts, where they have the capacity to cause much deterioration to the leaves. Most of their feeding frenzy goes on during the night when they congregate in groups to devour much of the mature green leaves within the tree. As a result, one tree can be left empty while the one adjacent can still carry an abundance of food source. While all this can cause much havoc, photosynthesis is still able to take effect for the tree to rejuvenate in the subsequent year.

With their charm and prism of colours, these creatures are a constant reminder that Christmas is approaching.

Priya Mohandoss

Christmas beetle. Photo courtesy of Wikimedia Commons.



Moving Murrindindi is making tracks with almost 60 trips taken since the Program hit the road in September 2019.

With three community vehicles – one stationed in each Kinglake, Yea and Alexandra – and a fleet of wonderful volunteer drivers, the Moving Murrindindi Program aims to help fill the gaps in public transport.

The Program connects volunteer drivers with senior citizens, people with a disability or financially-disadvantaged members of our community who might be in need of a low-cost transport option to get to medical appointments, social outings or other transport hubs.

Volunteer drivers work on a rotating basis to transport clients, and their carers, to and from local, regional and metropolitan areas.

Users of the service pay a contribution toward transport costs. In some cases, eligible users can claim this contribution through their support packages or seek a concession through the Victorian Patient Transport Assistance Scheme for trips over 100km.

Moving Murrindindi is a partnership program between Council and Community Accessibility Inc, and was made possible thanks to support from Transport for Victoria.



To book a ride or become a volunteer driver call Community Accessibility Inc. on 5721 3045. For more information, see www.murrindindi.vic.gov.au/communitytransport



By Trevor Graham, Ranger Team Leader, and Mathew Evans, Ranger Team Leader Fire and Emergency, Parks Victoria

Fire preparedness

We understand the recent media coverage in relation to the fire situation in NSW and Queensland and the predicted hot summer ahead may be unsettling to many Kinglake and ranges residents, so it is timely to give you an update on our activities locally.

Our district is ready and prepared for the season ahead. Our program of track clearing and fuel break maintenance is well underway and will very soon be complete.

Our additional crew of four seasonal Project Fire Fighters have joined the team to undertake fire preparedness works in Kinglake National Park. This will support Forest Fire Management Victoria's (FFMV) preparedness and response activities across Murrindindi.

Positive impacts on water supply and environment

A conservation program is helping to protect both the water supply and environmental values around the Toorourrong Reservoir and Plenty River.

Recent surveying with the assistance of Arthur Rylah Institute has shown a deer control program that has been going on for the past 12 months is having a positive impact on the density of deer in the Wallaby Creek Catchment of Kinglake National Park.

We have been surveying deer in this area for the past 15 years and we are pleased to see these results.

A big thank you to the volunteers from the Australian



Deer Association who have been helping with this important program!

Lyrebirds return to Jehosaphat Gully

Results from the annual lyrebird survey in July this year show at last lyrebirds are returning to their old stomping ground of Jehosaphat Gully. Before the 2009 fires, this location was long known as the most reliable place in Kinglake National Park to see and hear a lyrebird. But, for the first eight years after the fires no lyrebirds were recorded.

We are thrilled to report they now being regularly heard and seen in the Gully.

Get the kids out in nature in January

Looking for something to do with the kids over the summer holidays? We will be running two Junior Ranger activities in Kinglake National Park. Fun nature-based activities will get the kids out and about and enjoying the bush.

Please keep an eye on www.juniorrangers.com.au to find out details and sign up.

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Kinglake Cricket Club would like to invite all past players and families to cheer on the senior side at our home game and celebrate Kenny Aitken's 30th season!

Game starts at 1:00pm. Post game entertainment.

For more information call Keith on 0407 910 872.

Want to play footy for YOUR home town! JOIN THE LAKERS TODAY

Registrations are NOW OPEN for the 2020 Season



The Kinglake Junior Football Club are looking forward to welcoming back ALL past players and new families for the 2020 Season.

The new Committee is well underway in planning for next year however we NEED registrations as early as possible to work out teams, finalise Coaches and Team Managers etc. Please go online or contact us for a Registration Pack.

If you pay your deposit before Christmas, you will receive a free KJFC Training Singlet.

Boys and Girls of all ages are welcome.

We are also looking for Local Businesses to sponsor the Juniors next year.

For more information please contact Luke Thomas on 0421 466 977
NFNL Registration Link: <http://nfnl.org.au/football-player-registration-forms/>
Auskick Registration Link: <https://play.afl/auskick/2020-registration>
KJFC Email: kinglakejfc@gmail.com for more information and Registration Pack

Response to the State Government decision to continue to log our native forest for another 10 years

Premier Dan Andrews has declared Victoria will continue cutting down its carbon stores and reducing its biodiversity for another 10 years while 11,000 scientists declare a climate emergency. It is a totally inadequate response.

Logging native forests must stop now. We need to treat the climate situation like our house is on fire, we have to keep the carbon in our trees in the same way that we have to keep coal in the ground – civilisation cannot afford to keep converting native forests to smoke and paper.

If we don't change business as usual there's going to be catastrophic consequences and untold suffering according to 11,000 scientists. Imagine a world where crops continually fail, and people are starving, droughts continually break new records, floods are a regular occurrence. Cities run out of water.

The logging in Victoria is not sustainable, animals are going from a common status

to threatened status, the Mountain Ash ecosystem itself is now listed internationally as Critically Endangered and expected to collapse if logging continues. If this happens, we lose forever the most carbon dense forest in the world.

Over 85% of wood taken from our State forests goes to the Maryvale paper mill. In Victoria we grow enough hardwood plantation pulp wood now to supply all of our domestic needs. Of 3.28 million m3 hardwood plantation pulpwood produced in Victoria, 2.98 million m3 is currently exported out of Victoria. The opportunity now exists for a full transition to plantation pulpwood for paper manufacture in Victoria without any change to productivity.

Most of the jobs in the timber and wood industry are in the plantation timber and wood sector. 87% of the wood grown in Victoria is plantation wood. Logging native forests restricts other job markets such as those impacted by reduced water supply due to logging.

If we continue to log our 70 – 120 year old forest for another 10 years, there will be no established native forest left – just young regrowth and failed regeneration areas. We need established forests for biodiversity, carbon stores and water supply, in essence, we need it to mitigate the climate emergency and this is one 'do-able' action the government can do.

We also need established forests for a healthy profitable recreational asset for the community and for regional towns. Recreational and tourism facilities are needed such as campsites and trails, zip line, bike tracks and adventure areas. Native forest logging workers and contractors are the best equipped and have the knowledge of our forest to help build these facilities and restore the forest.

“What happens now and in these next few years will profoundly affect the next few thousand years”. - David Attenborough

*Sue McKinnon, President
Kinglake Friends of the Forest*

Shire CEO Statement on State Government changes to native forest logging

On 7 November 2019 the Victorian Government announced a range of changes to current native forest logging practices. The Government is looking to put an immediate stop to logging of around 90,000 hectares of old growth forest in Victoria, and of another 96,000 hectares of forest across Victoria in order to protect the Greater Glider and other threatened species. The Victorian Government aims to transition out of all logging of native forests by 2030.

We know this decision will directly impact those involved in the forestry industry and those businesses which support that industry in our Shire. We do not yet have details of when these decisions will take effect for forests within Murrindindi Shire. We continue to seek the latest information from the Victorian Government.

The Victorian Government has announced a \$120 million assistance package to support the sector through this transition. The package will assist some with the move to plantation-based timber supply and processing. The package will also support industry employees with re-training to help them access new

employment opportunities. We are working closely with the Victorian Government to ensure that those in our Shire affected by these changes are well-supported by this package.

To this end, I met with Regional Development Victoria on 11 November 2019 to learn more about how this assistance package will support those working in the native forest logging industry here in Murrindindi Shire, as well as those businesses and individuals who supply the industry. I have been assured that Council will have the opportunity to help guide the development of the assistance package and transition arrangements for our affected community members.

We'll keep you updated about developments as information comes to hand. We'll also be out and about in the coming weeks and months to talk with community members who will be affected by these changes. We want to ensure that we fully understand the effects of this decision on our community so we can best advocate for the necessary support.

*Murrindindi Shire Council
Chief Executive Officer, Craig Lloyd*



Danielle Green MP

STATE MEMBER FOR YAN YEAN

Parliamentary Secretary for Sport
Parliamentary Secretary for Regional Victoria

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Cindy McLeish MP

State Member
for Eildon

*Your local voice for
Murrindindi Shire
and the Kinglake Ranges*



Contact Cindy

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Botanical walk

Just a photographic glimpse (pictured) of our Spring botanical walk along biodiverse Captains Creek Road and through Wombelano Block of Kingslake National Park, led by botanist Geordie Scott-Walker in late October.

Propagation workshop

A successful indigenous plant propagation workshop at the KRNH was held with plant expert, Michael Cincotta, from Keelbundoora Nursery/La Trobe Wildlife Sanctuary, using local seed to enhance the natural vegetation of our district. Members and friends walked away with knowledge and free plants.

Successful plantings

Also in November, Kingslake Landcare Group and UGLN banking volunteers continued our Spring planting and weed control at the Greater Glider habitat link along Murrays Road, Kingslake.

Aboriginal land management

There has been a real awakening of interest by land managers of indigenous fire practices in recent times as discussed with Taungerung man, Shane Monk, recently where he talked of methods used traditionally by his people and now being adapted to very different modern Australian conditions. We need all the wisdom we can muster in our vegetation management in this developing climate catastrophe.

Meanwhile, in our nearby public forests

Important recent news is that native forest logging in Victoria will be phased out over 10 years, according to the State Government. Old-growth forest and habitat of threatened species could be protected immediately, although important details are still needed to assess the effectiveness of this historic announcement. If implemented wisely, this could conserve our shrinking mature forests and threatened species and protect biodiversity and increasingly urgent carbon storage. Until now, the majority of local native forest logs have been allocated to pulp for paper at Maryvale. Plantation timber already supplies the majority of paper pulp in Victoria and the government promised



Botanist Geordie with our rare local Silky Golden-tip (Goodia pubescens).



Registration and light lunch at Wombelano Falls Carpark.

to massively increase plantation wood available over the next 10 years with new jobs and compensation.

Membership

Share in caring for our local natural landscapes, information on our local flora and fauna, our popular free 'Sustainable Gardening in Kingslake' booklet (currently being updated), a good library, tools for borrowing, and plug in to courses, lectures, seminars, and workshops. \$20 per year to cover costs, or go on our free "friends" mailing list.

Next meeting

Includes a brief AGM and end of year snacks. Monday 9th December at Kingslake Memorial Reserve Hall (upstairs) at 7.30 pm. All welcome. No January meeting.

Next events

Advisory/social visits to members' properties where possible.



Gorse-bitter Pea (Daviesia ulicifolia) on Captains Creek Road, Kingslake.

Roger Cook, President, P: 5786 5453



**MOUNTAIN RANGES
VET CLINIC**

HOURS

Sunday	Closed
Mon, Tues & Wed	9am-6pm
Thursday	9am-7pm
Friday	9am-6pm
Saturday	9am-12pm

Dr Kate Murray BVSc
5786 1777

Shop 1/31 Whittlesea-Kinglake Road, Kinglake 3763

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Kinglake Riders Club

Kinglake Riders rallies are held on the 4th Saturday each month at the club grounds at the Kinglake Trust Reserve, Kinglake.

PRESIDENT: SANDRA BINDER monsoonspice@yahoo.com PH 0499 653 098
VICE PRESIDENT: PAT EVERINGTON paeverington@bigpond.com PH 5786 1787
SECRETARY: PAT HANCOCK pathancock22@gmail.com M 0429 195 825

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Campfire Home Church

Nobodies

The first Christmas is a story about nobodies who became part of the greatest story ever told. People like Mary and Joseph, Simeon, Anna, and the shepherds were nobodies in the world's eyes, but God knew them by name and preserved their stories in the Gospels for our benefit.

God chose Mary and Joseph for their faithfulness and humility, not for their wealth and social status. Jesus was born in a stable, because they were too poor to afford proper accommodation, at a time when rooms were in high demand. God is not impressed by riches, social status or great achievements; but He notices the simple faith and humility of ordinary people who seek Him.

God invited some lowly shepherds to come and see the baby Jesus, not important dignitaries. After the angels gave them directions, they went in haste to see the child. They returned to their flocks rejoicing, amazed at all they had seen and heard.

God noticed Simeon and Anna, two elderly people who'd been serving Him faithfully for decades. When Jesus was being dedicated in the Temple, God gave them the privilege of meeting and holding His Son, the One who would bring salvation to His people, and to the whole world. With the eyes of faith, they realised who Jesus was, and told the parents and anyone else who would listen. Most people ignored them, but Mary and Joseph marvelled at their words.

Meanwhile, in a distant land, some wealthy wise men were preparing to travel 1000 kms to Jerusalem – to honour the new King (Messiah). They expected to find Him in the palace, but King Herod knew nothing about it. A prophecy from the Bible pointed them to Bethlehem, but it was the nobodies who were living there that lead them to Jesus. The wise men found Him living in a house with his parents, and gave Him their gifts. But, King Herod's paranoia forced the family to flee to Egypt. Later, they returned to Nazareth, where Jesus grew up amongst nobodies, until it was time to begin His mission.

Jesus left the riches of heaven to live amongst us, so He understands how hard life can be. He came to die for our sins, so that we could live and share the riches of Heaven with Him. His resurrection showed that He had the power to deliver. The somebodies of this world despised Him as a nobody, but many nobodies embraced Him with all their hearts. The somebodies often scoffed when He challenged their lifestyles and called them to humble themselves before God. But many nobodies heard Him gladly, and found hope and forgiveness and peace, through His deeds and words.

You may feel like a nobody in this world, but God knows you by name, and wants you to know Him. Jesus said, "Ask and you will receive, seek and you will find, knock and the door will be opened." Wise men and women are still seeking Him and finding Him. What about you?

*Join us for fellowship and worship any Sunday.
See directory for details.*



Church Services

ANGLICAN CHURCH

St Peter's Memorial Church:

Cnr Bald Spur/Whittlesea-Kinglake Rds, Kinglake (Mel 250,B4)

Sunday Service: 8.30am Communion

Phone: 9716 2042

Christ Church, Whittlesea

5-9 Wallan Rd, Whittlesea (Mel 246E9)

Sunday service: 10.30am Communion

Minister: Rev.Dr Ruwan Palapathwala

97162042 or mob 0458113099

frruwan@gmail.com

www.whittleseakinglakeanglican.org.au

Weddings and baptisms by appointment.

Whittlesea Opportunity Shop 7 Laurel St, Whittlesea

Enquiries: 9716 3144

Mon-Fri 10am-4pm, Sat 9.30am-12.30pm

CAMPFIRE HOME CHURCH

21 Campbells Creek Rd, Castella.

Meets at 10 am every Sunday morning.

Ring Mark (57861970) or Jack (59629363) for details

NEW HORIZONS

Whittlesea and Laurimar

(an Assemblies of God Church Member)

Senior Pastor: Shane and Millie Lepp

Phone: 9716 3057 or 0418 526 773

Sunday Services – Whittlesea

10am includes full Children's Church

28 Forest Street Whittlesea

Youth: every Sunday morning connect group during school term. Friday Nights Monthly. All youth welcome.

Contact: Natalie Stoner on 0413 724 014

Mainly Music Program Thursday 9am-10.30am

New Horizons Community Kitchen

Wednesdays 12-1pm, Church portable free lunch every

Wednesday, great time of fellowship.

For more info, contact church office on 9716 3057

ST MARY'S CATHOLIC CHURCH

128 Main Road, Kinglake

Sunday Mass 8.30am

Priests: Fr Martin Ashe & Fr Shymon Thekkekalathungal

Office: 48 Mernda Village Dv, Mernda

Phone: 9715 2455

Email: merndawhittlesea@cam.org.au

Website: www.cam.org.au/merndawhittlesea

Parish Secretary: Monique Heckmann

Baptisms: Christine Hall 97152 455 Mon-Tue

First Communion/ Confirmation: internet registration via

Pastoral Associate: Sandy Starbuck Tue-Wed & Fri

UNITING CHURCH

1050 Main Rd, Kinglake West

Services: 9am 1st & 3rd Sunday

Minister: 5786 5661

Friday night meals 6pm during school terms

The Meeting Place available for hire 5786 5661

WHITTLESEA PRESBYTERIAN

Weekly services, including Sunday School

10.30am, 7 Lime St. Whittlesea

Enquiries: A. Johnson 9407 1797

Sunday School: Adele 9715 1198, Diane 5783 1658

Ellimatta Youth Inc. has some new faces on board: Wayne, Michelle and Leo.

Wayne Harvey is the new Executive Officer at Ellimatta Youth Inc. and brings a world of experience from the public service sector.

Wayne has lived in the area for 26 years and has been involved in the community, running programs like AusKick. He has kindly come out of retirement to support Ellimatta and to help them grow, and serve young people and the community.

Michelle Laukart is one of the new Youth Projects Coordinators and is the youth pastor at Templestowe Baptist Church. She is passionate about seeing young people learn more about themselves, their community and their

own wellbeing. Whether it be for the first time or for the 100th, she loves seeing young people explore their own wellbeing.

For the same reason, Michelle was also very passionate about schools ministry. When not hanging out with young people Michelle, likes to spend her time at home in Kinglake playing with cars, motorbikes and ponies. She also spends her time gardening which she doesn't like that much. Michelle is thinking about buying a pet deer.

Leo van der Pluym is the other new Youth Projects Coordinator and is an accomplished and passionate community development professional. Leo has worked in Youth Services for the past nine years working with local

government and the not-for-profit sector, and running youth-led after school and holiday programs to empower young people and strengthen the community.

The new team at Ellimatta has been engaging with the community and working with young people to develop new youth-led programs. Ellimatta is continuing with the after school Wednesday Drop-in Program (3.30-6 pm, with a bus-pick availability); Code Club and DrumBeat programs, and are in the process of developing new and exciting programs for a fresh start in 2020.

A big thank you to Joseph Thomas, our legend student placement who is studying a Diploma of Community Services at the Box Hill

Institute, and who is finishing up with us. We appreciate all the time and support you have put into Ellimatta and the great work you have done with young people.

Ellimatta has done some much needed plumbing maintenance and repairs: all gutters cleaned and unblocked, replaced water filters, and performed an overall maintenance review and schedule. The work was completed by Luke Ireland from Ireland Plumbing. So a big thank you to Luke and his team for all the great professional work and we look forward to working with you in the future.

Ireland Plumbing: Plumbing and Drainage Specialists, Luke Ireland, w: irelandplumbing.com, E: lukei@live.com.au M: 0447 710 631.

Kinglake Trust Reserve President's Report for the 2019 AGM

This year has seen the grounds once more put to good use by the community of Kinglake, which was the intention of Mr Frank Thomson who donated the land to the residents of Kinglake in 1926.

The land has been successfully managed by the voluntary members of the Kinglake Trust Committee and enjoyed by the users of the grounds, namely, the Kinglake Pony Club; Kinglake Adult Riders Club; Ellimatta Youth and; the Kinglake Produce and Artisan Market run by Kinglake Rotary, which has grown tremendously over the year. Unfortunately, the Pony Club numbers have dropped in recent years but this year has started to show an increase which we sincerely hope will continue. The Adult Riders have continued to grow and currently have 35 members, of which many have successfully competed this year. The committee

would like to thank the Riders clubs for their continued support in helping to maintain the grounds and hope they will continue to enjoy the Kinglake Trust Reserve for many years to come.

Ellimatta has once again provided a space for the youth of The Kinglake Ranges and run some excellent programs throughout the year. The Ellimatta Chief Executive Officer, Belinda Temby, has resigned this year after giving excellent service for the last 4.5 years. The committee would like to thank her for her service to the community and for her cooperation with the Trust Committee and other users of the grounds.

Belinda has been succeeded by a new administrator, Mr Wayne Harvey, who I'm sure the committee will give the same support and cooperation to.

The committee have been working

towards the transfer of the land and building at Oldfield road to the Kinglake Ranges Men's Shed, as was the intention when the property was originally purchased with funds from the 2009 bush fire funds. Negotiations between the Kinglake Men's Shed Committee and the Trust Committee have been taking place to ensure that should the Men's Shed dissolve the property or any funds received from the property should it be sold, will remain for the use of the community of the Kinglake Ranges. These negotiations are almost complete and we hope to see the transfer take place within the next 12 months.

I would like to take this opportunity to thank the members of the Kinglake Trust Committee for another successful year and hope they will continue on the committee for another year.

Patricia Everington, President Kinglake Trust Reserve Committee



As we race towards the end of the year it's a great time to tidy up loose ends and think about what we want to get done before Christmas! There, I said it, by the time you are reading this it will be only weeks away. Even though the year is fast disappearing there are still lots of things going on here at the House.

Are you planning to study in 2020?

If you are interested in a new career in Aged or Community Care then we have an information session coming up on Tuesday 3 December at 1pm with our training partner Pines Learning for the Certificate III in Individual Support (Ageing, Home and Community). If you would like additional information contact Pines Learning on 9842 6726.

If Aged Care isn't your cup of tea, how about a Certificate IV in Mental Health and/or Alcohol and Other Drugs. You

can do these courses together or singularly and if you have questions you can contact our training partner AIFL on 1300 854 987

Fix It Friday returns

Fix it Friday is back and it is also returning in 2020. Sweep your problems into a pile and bring them to our experts for real help that doesn't involve a queue or a call centre. Meet experts from Whittlesea Community Connections, Department of Justice & Community Safety, Consumer Affairs, Merri Health, Espresso Legal, Uniting Financial Counselling, NDIS and Births, Deaths & Marriages. No appointment necessary, FREE Friday 13 December 10am-1pm
Friday 7 February 10am-1pm

Would you like a FREE Will?

Register your interest with us for appointments over the holiday break. This service is offered in conjunction with

Latrobe University Law School and Whittlesea Community Legal Service. We cannot assist with complex matters (ie Family Trusts) but non-complex Wills, Guardianships and Powers of Attorney are all on the menu. Call 9716 3361 before 19 December.

Boat Licence

Get your licence in time for summer. Children from 12 years can participate (please note that PWC endorsements are for 16+). Saturday 7 December 9am-1pm \$130 per person

Christmas on Church

SAVE THE DATE - Whittlesea Community House is very pleased to partner with the Whittlesea Cruise Night team and the City of Whittlesea to bring this year's Christmas on Church to life.
Friday 6 December 5pm-8pm
Come and enjoy an evening of community festivities

including hot rods, classic cars, Christmas shopping, market stalls and live music as we take over Church Street to celebrate the festive season and support the local community.

What's Cooking Thursday

Women's Lunch - Join the ladies who lunch for food, friendship and fun. Children are welcome. Thursday 5 December 12noon-2pm just \$2

Whittlesea Community House Christmas Celebration

Join us for our annual Christmas shindig - everyone is welcome.
Thursday 12 December 12noon-2pm
Whittlesea Community House will be closed for the silly season from 3pm on 19 December and will re-open in 2020 on Monday, 20 January at 10am.
Merry Christmas Everyone

Blessing of the Animals Service

The exhilaration of wild, and trying to be fierce sounds of barking dogs filled St Peter's Anglican Church in Kinglake recently.

Reverend Pirriall Clift, works as an Honorary Priest in the Franciscan tradition and this means she is a follower of St Francis of Assisi who was the Patron Saint of animals.

She led a service in October, together with Rev Dr Ruwan Palapathwala, at St Peter's Anglican Church, to bless Kinglake ranges animals.

Neither horses- due to a pony club gathering- nor guinea-pigs, which are classified as therapy animals were present. Nonetheless there was a full house of wagging, yapping dogs, in every size and breed imaginable. At least one able to quell this racket was Deb Donald.

You may have seen her walk with her two well groomed, loveable rottweilers around Kinglake or perhaps you may have had her serve you at our local post office?

Deb is passionate about animals and works as a pet therapist, and she spoke with depth and clarity about how we train, honour, and respect our pets. The love of raising other people's

awareness shows, given the ease with which she spoke. Deb is pictured with handsome dog, Hailey, who appeared on the podium while she spoke.

We offer our heartfelt condolences to her family; as soon after this event Hailey's brother Zephyr, who had a heart condition, sadly passed away.

I first met Deb many years ago when she spoke to young children at our local schools as part of the Responsible Pet Ownership program. This program teaches children how to approach strange dogs and what to do if a dog is threatening. She currently works with her dog including teaching and supporting others to be companions at home and in hospital. Their role she emphasises can be to train them to provide help during an owner's illness. She spoke about the role her dogs played during recovery after the wild fires in 2009.

Deb's partner Chris is on the standby at the local CFA ready to volunteer assistance in the NSW bushfires on the north coast. We thank and encourage them both as they continue to impart local and wonderful knowledge and contributions to our local communities.

Barb Wheeler-Scott

Flowerdale Primary School



Swing your partners....and join us for our Bush Dance and Presentation Evening. We love celebrating our children, families and community and this year, we are taking a little detour from our normal end of year festivities. We invite you to join us for an evening of fun, laughter and dance, on Friday 13 December at the School.

The inexorable march of time has brought us to the end of 2019, and we are astonished that the year has travelled so fast. Term 4 is only getting busier and busier, and our days are filled with learning, hockey, sport, music and dance, gardening, drumming lessons, peacock spotting, and transition sessions. And, all this makes the business of play times very important, so when the children arrived to beautiful deep white sand in the sand pit, life took a turn for the better.



Suddenly the adage 'Small Schools are Great Schools' takes on a whole new meaning when almost every child in the school can fit in the sand pit!

As this is written, our children are bursting with anticipation of the performance and launch of their two songs at the 'Sing out Loud' Foggy Mountain Schools Recording Project in Kinglake.

And, the poppies burst into flower just in time for a beautiful sunny Remembrance Day at the Flowerdale Hall. Four of our senior

students read their stories written about young people in World War II. In this simple Remembrance day picture, our School Captain, Jake, raises the Australian flag.

As the year ends, we sincerely thank the many families, friends and community members for their valuable ongoing support for Flowerdale Primary School. We would be lost without you.

Our Principal, Mrs Sandra Horwood; Senior Teacher, Mrs Bree Zala; Junior Teacher, Ms Brooke McDonald; Chaplain, Miss Shelley Davis; Business Manager, Cherie; Aids Yvonne, Jayde and Annie; and Technician, Mr Michael Gipson, we wish you happiness and blessings over Christmastime and the summer. Lastly, but most importantly, we stop and think of all our fantastic children - Jake, Anna, Olivia, Violet, Ruby, Jake, Honey, Harley, JJ, Jordan, Oscar, Jesse Thomas, Kaylee, Yaacoub, Harry, Elias, Kc-Lee and Archie. We are proud of their many achievements, we are proud of their academic, social and personal growth – and we look forward to more exciting adventures with you in 2020.

We wish all our children a beautiful Christmastime.

Annie Robertson

Kinglake Primary School

As we come to the end of the year I would like to extend a heartfelt Merry Christmas and Happy New Year to our school community and to the wider Kinglake community. At this time it is easy to get caught up in the hustle and bustle of the festive season and the end of the school year, but I hope the school holidays brings time and opportunity to be with those we love and focus on building and extending our friendships and relationships.

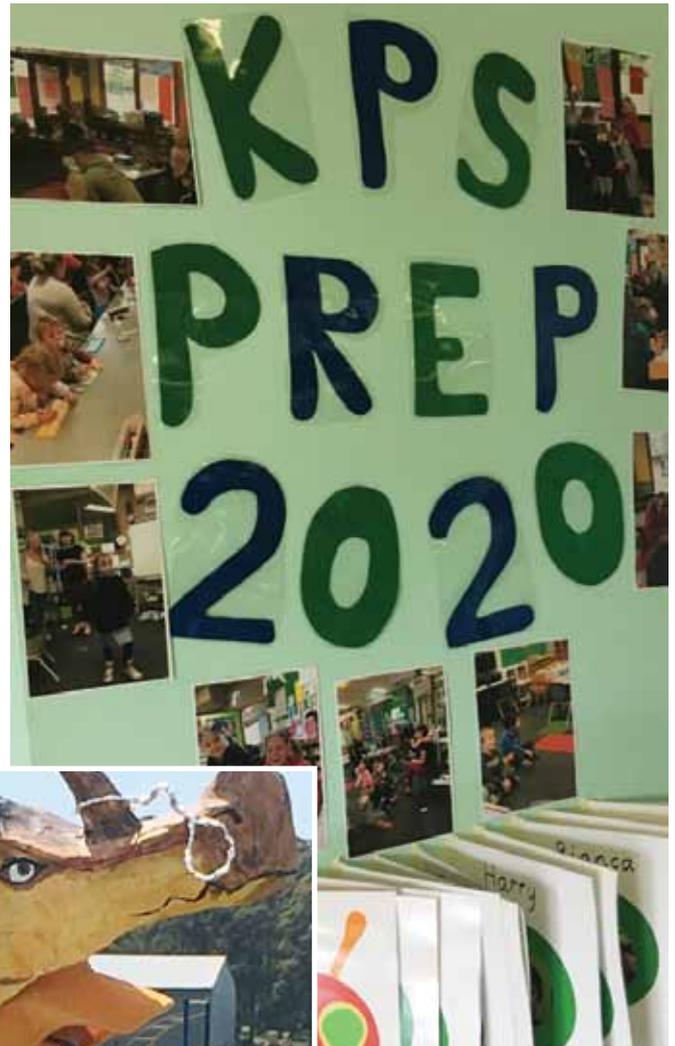
Farewell grade six 2019 - The end of the year brings with it time to farewell our beautiful grade six students as they prepare for the next path in their learning journey - secondary school. This year's grade six students have been an absolute joy and privilege to teach and all the staff will miss them. Our school is certainly a better place for knowing them. The amazing depth of talent, knowledge, friendship and humour has been vast and their leadership has been exemplary. We wish you all the best in the future and thank you for your compassion, kindness and leadership Ani, Luci, Bohdi, Tyler, Connor, Michael, Bree, Nat, Troy, Cooper, Emily, Rose, Jackson and our beloved Ava..... We are so proud of you all!

Welcome prep 2020 - On the flip side we welcome the newest members of our community, our preps for 2020. Our transition days have been fabulous and it is always so exciting to see a child begin their learning journey and to be lucky enough to be a part of it. Over the course of the four weeks our new preps came each week to transition days at first a little shy and hesitant, but left on the final day happy, confident and excited to start next year. Students learnt all about their school, where to find things, who to see with a problem and a whole lot of fun activities. We welcome to

KPS Harry, Elizabeth, Lachlan, Bianca, Gypsy, Miranda, Arlo, Rose, Chloe and Jackson to prep next year. We look forward to supporting them through their primary learning journey!

Halloween - Students and staff alike dressed up for a very spooky day on Halloween. This is a day our students seem to love and they love dressing up for the event. Parents are amazing with their help in making or preparing costumes for the day. The staff are always in awe of the costumes that come on Halloween.

Wildlife Xposure - Our junior students have been learning about mini-beasts this term and were treated to an amazing incursion with different mini-beasts and reptiles. Students squealed with delight,



excitement and some with a little bit of yuk!.....as they met and learnt about all the different animals on show. A wonderful opportunity to consolidate their learning in a fun and safe way.

The year of 2019 has been a busy and emotional year for our community. We have been through moments that have tested us, challenged our emotions and reminded us about the important things in life. It has brought our small school community closer, a more compassionate and a tighter knit group, sharing special bonds. I am grateful for the care, support and encouragement of my staff and our community. You're wonderful!

Thank you and we wish you all a very Merry Christmas and a safe and restful New Year,

Deb Keating, Principal

Kinglake West Primary School

There have been some really big highs and some very low lows at Kinglake West Primary in the past month. Some of these things have challenged us but, through some unbelievable generosity and support, we have also seen the kindness from friends and strangers that have warmed our hearts.

Betty Lynch, daughter of William Everard (Everard Track and Mt. Everard were named after him for his work for the Kinglake National Park), has been a supporter of children in many schools in the area through the William Everard Scholarship to assist them at High School. Sadly, Betty passed away on Sunday 3 November after a short battle with cancer, but her legacy will live on through the continued scholarships that she has set up.

Betty was a really lovely lady and really enjoyed meeting the recipients of the award and sharing in their hopes and dreams. She will be missed.

Kinglake West has joined with the other local primary schools in the recording project for the *Country Kids Sing Out Loud* album. The CD launch on 14 November was a fantastic affair, with the market at the start, followed by the wonderful concert where the children performed their songs with the live band.

We thank everyone involved in the project and especially David and Merelyn Carter for their hard work to bring this concept to life. It was truly wonderful to have our songs, *'The Great Escape to Kinglake'* and *'Choose Kind'* professionally recorded as they are songs that we are very proud of.

Our Football and T-Ball teams will be playing Ivanhoe Grammar in the grand finals for the Winter Sports program. Our Footy team went through the season undefeated and our T-Ball had varying results, but both teams are very excited about playing in the Final and we are very proud of them. On the topic of sports we are also very proud of Tabitha G who went through to the State finals of Long Jump and travelled into MSAC to represent our school, district and division. Tabitha did a great job and performed very well, but at State level the competition is very tough. Well done Tabby. One of our Grade $\frac{3}{4}$ Hoop Time teams will be going through to the State finals after a very successful second round of competition and we wish them all the best.

Our Grade 5/6 students will attend the Phillip Island Camp, which is a wonderful camp with great personal challenges



(abseiling, giant swing etc) and some really positive times on the beach. I am sure that we will have a great time.

Sadly we were the target of a series of robberies in late October and early November. The three break-ins resulted in damage to doors and fittings and the loss of almost all of our musical instruments purchased after the fires to help the children recover from the trauma. It was heartbreaking to have to meet police here every second day as more and more equipment was stolen.

However, our post about it on Facebook led to over 150 shares and 24,000 views and then media exposure through the Whittlesea Leader, Herald Sun and Neil Mitchell (3AW) and Raf Epstein (774). What we have seen from this has been heart-warming as people from Kinglake, Hurstbridge, Seymour and Wantirna (to name a few) have driven here to give us instruments and amplifiers to replace what we lost. We even had the donation of an original piece of MCG members' seating!

Yamaha have also been very generous and will replace some of the items that we lost. It is really wonderful that so many people are so thoughtful and generous. Thank you all.

Whittlesea Show is always a good time and we enter artwork and written work from every student. This year we did extremely well with many children receiving commendations and prizes. Congratulations to:

Creative Writing (story) - 1st prize Mikayla K (Year 4), 2nd prize Cleo K (Year 4), 2nd prize Mollie T (Year 5), 3rd prize Layne K (Year 3), 3rd prize Madeleine N (Year 1) and 6th prize Jack W (Year 5).

Poetry - 3rd prize Joshua C (Year 3) and 5th prize Xavier M (Year 4)

Art awards - 2nd prize Misha H (Year 2), 4th prize William O (Year 2), 4th prize Antonio T (Year 6), 6th prize Zander R (Year 2), 6th prize Mikaela C (Year 3) and 6th prize Emma W (Year 5).

The President's Award, only one of two awarded, was made to Indy M (year 3) for her amazing artwork.

Our camping program starts in Grade Prep with a breakfast at school and continues with a Grade 1 dinner and Grade 2 dinner, sleepover and breakfast which was held at the end of October and went very successfully. Dinner was pizza's from JC's pizza shop (thanks Janine and Mark for your support) followed by Dippin' Dot icecream (thanks Natalie).

The sleepover actually had the teachers sleeping because everyone was so good and then breakfast was another success with great manners. Thanks to the staff who stayed over and made it such a great experience for everyone.

Every school needs the support of its parents and extended families to be safe, supportive and successful and we have some truly amazing families who fundraise, staff our canteen, hear reading, mow the school grounds, fix broken items, tile or paint areas and a million other things. Our thank you afternoon tea is our way of thanking them and letting them know how much we appreciate their support.

Have a great Christmas, enjoy a holiday and keep safe over summer. I look forward to sharing our experiences and successes again next year.

Mark Portman

Strathewen Primary School

The end of the school year is fast approaching and we're busy preparing for our annual whole school production. This year, we're bringing James and the Giant Peach to life in Strathewen. With speaking parts for all students from grades prep to six, we'll be filling the local hall with plenty of music and fun.

The night will also see the introduction of our new preps, with our pre-prep group taking to the stage to perform their special item and our grade 6 crew will enjoy their graduation. Coming up, everyone will be working on Christmas Box activities, creating a collection of special treasures for friends and family.

We will finish the year with our Family Maths Night event, our rescheduled Endangered Species workshop day at the Melbourne Zoo and our much anticipated Christmas excursion into the city. It's a busy time of year, but we manage to fit plenty of special school traditions into our school days.

In recent weeks there has been plenty of excitement, with our 2018 Bushfire Education Project being recognised with the National Resilient Australia Award. Grade 6 students Liam and Scarlett travelled to Adelaide on an overnight adventure to attend the awards presentation ceremony. This is an amazing achievement for our little school.

A week later, the grade six team headed into South Melbourne to attend the Australian Teachers of Media awards, as two of our short Claymation films had been shortlisted as finalists. With entries from all over Australia, we were delighted to be awarded both the Best Primary School Animation award and the Best Film Production award. There has been plenty of celebrating and our glass cabinet in the school foyer is looking pretty fancy.

Just recently our students began working with the CFA and collecting weekly data from two specific sites within our school grounds. Students use tools such as the fine fuels moisture meter to measure the moisture content in layers of leaf litter. They assess soil moisture, record air temperature and observe cloud formations, finally sending the information through to the CFA for use in determining the Fire Danger Rating for our district. This is an amazing role for our children to take on, bringing science to life in the real world and fulfilling an important role.

Next week, our grade six group will be delivering a presentation at a UN Children's Rights event at Melbourne University, sharing information about our Bushfire Education program. The day will focus on the role of children and young people in preparing for and responding to natural disasters, extreme weather and climate change events.

We've had some special art projects on the go this term. Students have been enjoying weekly clay sessions, creating some amazing glazed friendship hands. They also enjoyed a great workshop with the very clever Anthony, creating crazy clay faces, which will be displayed around the school grounds. It was wonderful to see so much impressive student artwork on display at the Whittlesea Show, which is always a highlight on our school calendar. All SPS writing and art entries are currently part of a terrific school display. We're now looking forward to entering a selection of student work in the Kinglake Ranges Art Show, coming up shortly.

The fantastic Combined Schools' Recording Project Concert and CD launch was a huge success. It was wonderful to see the students from six local schools take to the stage to perform their original



songs. Our students loved the whole concert atmosphere and the professionally recorded CD is amazing.

Thank you to Merelyn and David Carter, for their incredible work on this project and thank you to all who supported this great event.

Special thanks to the generous financial supporters who got behind this event and helped us bring an idea to life. Remember to grab your copy

of the CD to further support the future of our incredible schools' song writing project.

Our Pre-Prep program sessions are winding up for 2019, with our incoming preps enjoying half days at school every Thursday morning. If you are looking for a great school for 2020, feel free to contact us for further information or to organise a visit to see our school in action.

Jane Hayward, Principal

Kinglake Fire Brigade

75 Years of Serving the Kinglake Community

Kinglake is situated in an area that has quite a long history of bushfires and it was following the 1939 Black Friday fires - which engulfed so much of Victoria and parts of Kinglake - that prompted our local community to consider the formation of our Brigade

at a public meeting in 1944. The Country Fire Authority was also established in 1944.

In 1957, Kinglake experienced a bad fire season, during which times brigades from St. Andrews and Hurstbridge rendered assistance to the local brigade when required.

Then in 1962, fires affected many areas to the south of Kinglake, in particular St Andrews, and many Kinglake fire fighters turned out to help our neighbours. These fires did threaten Kinglake up the Hurstbridge cutting and also up the Bald Spur Road to the Church of England, but fortunately a northerly wind change halted the spread to Kinglake, although embers did reach parts of Kinglake.

In 1969 we saw fires in the Yea area and the Kinglake Unit was manned continuously from the 8th to the 13th January. It was recorded at the time 'of a tremendous effort by all members who manned the telephone and listening set at the fire shed while the truck was away'.

In November 1982 a fire that began in Wallan East created spot fires in the Wallaby Creek catchment area and residents and fire units were surrounded and completely cut off for a period of time. The residents were evacuated from their homes and sheltered in the dugout while the firefighters tried to keep the fire at bay - fortunately all survived this terrifying ordeal.

This blaze continued for several days and headed for Mt Robertson and the end of Extons Road, and there was concern for the threat it posed for the larger Kinglake area. Many extra brigades were brought in to fight the fire, which required the setup of a catering hub at Kinglake West and Kinglake and a huge effort to feed the many firefighters. In January 1983 there was a flare up of the earlier fires and catering was provided at Wallaby Creek itself by the Kinglake Fire Brigade Ladies Auxiliary.

On 22 January 2006 a fire broke out near Burgan Track, around 10kms north of Kinglake. The fire increased and continued over four days. Many people evacuated early as the fire was threatening Kinglake itself. A large number of resources, including our local brigades, were thrown at this fire. On Thursday 26 January, as the fire was getting closer to Kinglake, 20mm of rain was dumped on the head of the fire, which helped the firefighters to contain it.

The 2009 Black Saturday fire, the details of

which have been described as the worst national disaster in our history is still very fresh in our memories. The Kinglake Brigade's two tankers were originally despatched to two separate fire situations to the south of Kinglake.

Over the weeks following, they worked tirelessly in the local area alongside the many brigades who came from far and wide to offer support, like the Kinglake Fire Brigade does in other parts of Victoria and interstate.

There have been many other bushfires in our area and the brigade has also attended quite a number of house fires and sadly a number of public buildings and businesses, like the Kinglake Catholic Church, Irelands Nursery, Kinglake Kindergarten and the Kinglake Central Hall (Kinglake Scout Hall). Prior to the formation of the SES the brigade has always responded to accidents within our area and today continues to support the SES with many of their calls.

Some information for this article has been taken from: 'Living with Fire' A Brief History of Fires in the Kinglake Ranges, by Kath Stewart and Deidre Hawkins - Kinglake Historical Society. A copy of this book can be obtained from the Kinglake Historical Society at the Kinglake Heritage Centre, Kinglake West, Sundays 12-4pm or at Kinglake Ranges Neighbourhood House.

Craig Lawless, Trish Hendrie and Pam Lawless

Kinglake Fire Brigade Santa Run 2019



Santa will be roaming the streets of Kinglake on Sunday 15 December, starting at 9.30am from the Kinglake Fire Station.

If you want to catch up with Santa he will be following the route below:

- Grandview Cres and Bald Spur Rd
- Outside Church cnr Main Rd and Bald Spur
- Kinglake Community Centre
- Bollygum Park (Inc Ward St and Shelley Harris Crt Residents)
- Aitkin Cres (opp toilets)
- Keith St and Mervyn St
- Hawkins Drive, Elvin, Morris Ct and Thompson Lane
- Top of Mill St, Down Bower St, along George St to Glenburn Rd
- Kinglake Primary School car park

- Currajong Ave, Ellison St and Royal Cres
- Elm Gve, Robertson Rd, Victoria Rd and Reserve Rd
- Cnr Mountain Home Rd and Mt Slide Rd
- Edward Staff Dve, Gordon Grove and Nayloch Way

If Santa is not coming down your road please go to one of the roads nearby.

Parents please ensure you and the children stay to your side of the road, for your safety. If we go past on one side and you are on a main road we will most likely come back. Listen out for the sirens and you will know Santa is close.

Note: Route may change or it may be postponed if we are required for fire operations.

Kinglake SES Unit

A relatively quiet October for the Unit, responding to only eight requests for assistance (RFA's). Again, the majority were storm related with four trees on roads, and one tree that blocked access to one house and caused damage to a neighbouring house.

We removed the trees and carried out temporary repairs to the house to avoid the possibility of rain causing further damage. We also attended two road accidents, thankfully both having the best possible outcomes for the people involved.

Many of our members also responded to a request to assist with a search out of our area in Mansfield and spent many manhours over several days putting their Land Search and 4WD skills to good use.

Safe driving

Three of our members, Peter M, Aaron H and Jacob continue to prepare for their Road Rescue practical assessment and while this hasn't stopped them helping out at road accidents, the satisfactory completion of this will give them the nationally recognised Road Rescue accreditation.

Both of the road accidents we attended involved only one vehicle, and while we don't generally try to analyse accidents (that's a police role), it seemed obvious that weather was a factor in their cause.

It is worth pointing out that everyone should drive to the given conditions. Wet roads just don't offer as much grip as dry ones and drivers need to go slower around corners and allow extra distance between them and the car in front for braking.

When driving at night in our patch you must remember that animals, both native and introduced, are on the move. Certainly if you hit a deer at any sort of speed, your car is likely to be a write-off and you could very well be injured.

The message is: **"DRIVE TO THE PREVAILING CONDITIONS"**.

Be Prepared

As I write this report, many fires continue to burn across NSW and Queensland. This stresses the need for everyone to prepare and plan for any potential emergency so it doesn't turn into a disaster for you.

Be it a storm, flood or fire the messaging is the same. **"PLAN AND BE PREPARED"**. If a storm is on the way, make sure your gutters are cleared of debris so that water can drain away. Check your drains for blockages. Secure any loose items on or around your home so that they don't become missiles in high winds.

Now that better warning systems are in place, we also should get time to plan for the impact of a bushfire and although given the weather conditions we've had up here lately you could be forgiven for thinking we're not at risk, it won't take many hot and dry days to give us a wake up call – and they will come.

So, think about it NOW. Put together an emergency kit. Pack up all those valuable items in plastic tubs so you can grab them quickly if you have to leave in a hurry. Decide if you're going to leave or stay. Don't forget your pets and animals.

If you are going to stay, prepare yourself and your home for this. There's a saying in the emergency management world – **"ANY PLAN IS BETTER THAN NO PLAN"**. The CFA have plenty of advice for residents in areas at risk of fire so if you take it seriously (and I would hope everyone in our patch does) contact them and find out how best to be prepared. The CFA website also has plenty of good advice.

We continue the search for new members and although our unit has healthy numbers and good turn out figures, fresh blood is always welcome; if nothing else it keeps our trainers and assessors on their toes. Several of our members are qualified to the nationally recognised TAE40116 training and assessing competency which ensures a high standard of training and assessing.

Our unit meets regularly at 7:30 on Monday nights, excluding public holidays. Our headquarters is opposite the Parks Vic RAC building, just past the roundabout on the way down to St. Andrews or you can ring either myself, Andrew on 0419 581 520 or our Controller Leanne on 0429 110 773 to enquire.

Please do not ring these numbers if you need help. The correct numbers for storm and flood related issues is 132500 and for life threatening emergencies 000.



Kinglake West Fire Brigade Santa Run

**Saturday
8 December 2019**

Times are approximate only – Listen out for siren

- 9.30** National Park Rd, Ryans Rd, Rae St. Pine Ridge Rd
- 10.45** Macs Rd.
- 11.00** Kinross
- 11.20** Stoney Creek
- 11.30** Monarch Cl
- 12.00** Coombs Rd
- 12.30** Top End Humevale Rd.
- 1.30** Edenvale Cres, Amlyn Crt, Nagle Way, Kestrel Lane, Plover Way, Peregrine Dve.
- 2.00** Kings Rd.
- 2.30** Jouvelet St.
- 2.45** Watsons Rd.
- 3.00** Wallaby Way, Koala Dve & Lyrebird Dve
- 3.30** Marks Rd.
- 4.00** Watsons Rd & Jorgensen Pde.
- 4.30** Corner Whittlesea-Kinglake Rd./Pheasant Creek Rd
- 4.40** Beale Ave

Check our Facebook page regularly for updates

Kinglake CERT

Our newest recruits commenced their official training in November and as we assist them with working towards obtaining their Authority To Practice - Under Supervision (ATP-US), we are keen to welcome them aboard as accredited members of the team and look forward to having them attending call-outs with us in the New Year.

We were also very excited about the arrival of our new vehicle in November and it is already getting a few decent runs. With newer signage and lighting, it provides clearer visibility, making it safer and easier to spot us on the roads.

With summer only just upon us, there has already been an increase in the number of snake sightings and interactions in the area.

Australia is home to some of the world's deadliest snakes. The majority of snake bites happen near homes or buildings and normally occur when the snake is disturbed or otherwise provoked.

Getting bitten is a serious matter, particularly due to the time and distance you may be from the nearest emergency support services. This is why it's so important to know life-saving first aid and to call for help as soon as possible – especially if you are in a remote area.

Snakebite first aid is simple, effective and could save a life. Always carry a first aid kit and/or bandage when out in the bush. If a snakebite occurs, Call 000 or 112 as soon as possible.

If you are interested in joining the Kinglake CERT team please come along to one of our training nights to find out more. We meet at the Ambulance Station in Kinglake on the first and third Wednesday of every month between 7pm and 9pm.

A reminder that if you require an ambulance, call 000 and if



Snake Bite Management





- Place wound dressing on the bite site. Do not wash venom off the skin as it may assist in later identification.
- Immediately apply a firm pressure bandage over the bite site. Then apply a further pressure bandage commencing at toes or fingers of the bitten limb and extending upward covering as much of the limb as possible.
- Bandage should be firm. Keep the body and limb as still as possible. Do not elevate the limb.
- After applying the pressure bandage immobilise the limb by binding a splint to it (eg: a piece of timber, other leg etc). If the bite is on the forearm put the splinted forearm in a sling.
- Casualty must stay calm, keep limb still and wait for evacuation.

SEEK URGENT MEDICAL ASSISTANCE

- ✓ Leave the bandage in place until medical aid is reached.
- ✓ Check circulation at regular intervals.

CONTACT EMERGENCY SERVICES 000 (OR 112 MOBILE)

Phone: 07 3341 8033
Country Freecall: 1800 647 400

Fax: 07 3841 1864
Email: info@alphafirstaid.com.au
Web: www.alphafirstaid.com.au



the CERT team are available they will be dispatched by the Ambulance Service at the same time as the nearest ambulance.

We wish everyone a very Happy and Safe Christmas and New Year
Kinglake CERT

AGM

Kinglake CERT will be holding its Annual General Meeting (AGM) on Wednesday 11 March 2020 at 7pm
All interested members of the community are most welcome to attend

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O'Loughlin Accountants	9718 1663
Sustainable Building Design	9710 1220

Cafes/Restaurants/Take-away

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Bridges Restaurant	9718 0099
Bridge 2 Eden	9718 1316
Burkes Chicken Bar	9718 1759
Greasy Zoes	9718 0324
Hurstbridge Pizza & Pasta	9718 1922
Heart and Soul Café	9718 1555

Henry Hursts Restaurant	9718 0244
Hursty Fish & Chips	9718 1363
Post Café	9718 2911
NEW Restaurant St Lawrence.com.au	
Rhodes Greek Tavern	9718 1597
Tasty Thai	9718 0093
Wild Wombat Cafe	9718 0011

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Hurstbridge Pharmacy	9718 2628
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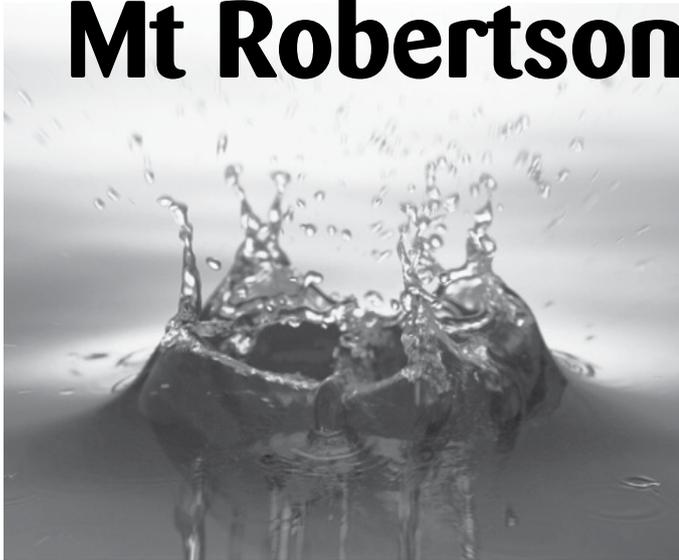
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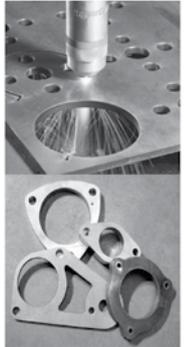
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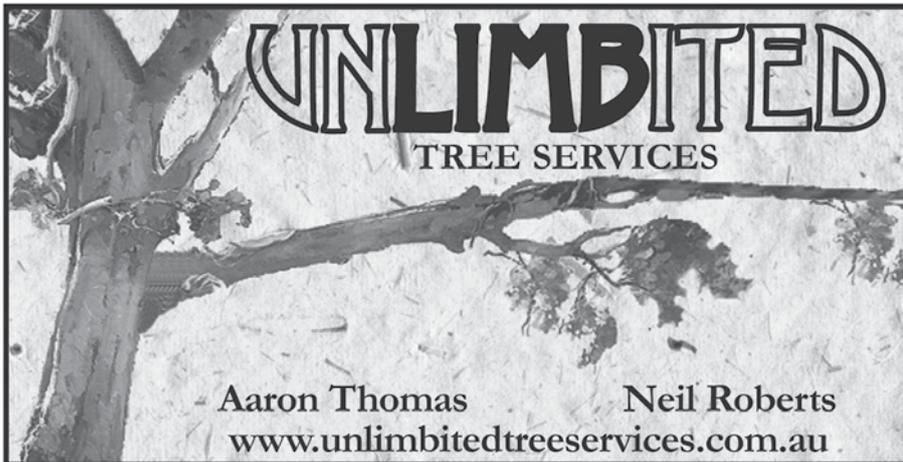
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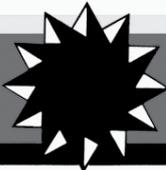
Tree Removal Tree Surgery & Pruning
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WATER BORES

WATER BORES BY

 **North West Drilling**

No nonsense, straight forward advice!
Local business established 35 years plus

Call Graham Brennan
Office 9436 1982 or 0409 362 289
email northwestdrilling@bigpond.com.au

LOCAL BUSINESS DIRECTORY

Receive a FREE Local Business listing when you advertise with MM

Pre-payment offers are available for non-advertisers, February to June, July to December (offer only available to business within our distribution area)

ACCOUNTANTS

ML Accounting Solutions 0438 778 303
Tax Equity 9716 1311

AIRCONDITIONING SERVICES

Vicchill Airconditioning & Refrigeration
Technologies 0402 171 953

ANIMAL CARE/MINDING

Waggs Animal Home Visit Service 0419 562 127

APPLIANCES & REPAIRS

Hurstbridge Appliance Repairs
0419 509 126

AUTO ELECTRICIAN

Diamond Creek Auto Electrical Service
Paul Dixon Ph 0458083280

AUTOMOTIVE (CAR / MOTORCYCLE)

Parkers Auto Plus 9716 2010

BANK

Bendigo Bank – Kinglake 5786 1656

BEAUTY

Beauty Therapy by Carmen 0408 351 629
Whittlesea Basics Chelsey 9716 2411

BIN HIRE

Barbers Bin Hire 9714 8511 or 0409 677 687
Smyth Developments 0419 317 968

BUILDERS

JD Construction 0409 801 019
Down to Earth Timbers 0409 403 677

CAFES, BAKERY, FOOD & RESTAURANTS/ CATERING

Cappa Rossi's Cafe 5786 1783

CONCRETE, STONE & BRICKLAYING SERVICES

Fleetwood Concreting 0418 534 973

EARTHWORKS

Hollyoak Contracting 0412 789 406
JR Earthworks Damien 0418 506 130
KLW Excavations 0423 302 391
Sprocket Earthmoving 0437 550 333
Smyth Developments 0419 317 968

EDUCATION AND TRAINING

The Centre 1300 843 236

ELECTRICIANS & DATA SPECIALISTS

All Round Electrical 0417 594 342
All Wire and Cable Cameron 0431 695 589
AM Electrical Connections
Adam 0488 990 000
Gary Francis Electrical 0438 001 302
Kinglake Electrical Services
Jason 0448 810 715

ENGINEERING, DESIGN & WELDING

R & D Burns Engineering 0428 300 357

FENCING

Maccas Rural Services
5786 1427 or 0409 143 237

FINANCIAL SERVICES

Buyers Choice Nicole 0412 169 035

FIREWOOD

Nagambie Firewood Supplies
Rob 0417 503 719

Pheasant Creek Stockfeeds & Supplies
5786 5891

Sticks N Stones 5783 1773

FITNESS/SPORT

Kinglake Forest Adventures 5771 1287

Mountain Soul Pilates 0408 325 358

Taekwondo Tim (Mountain Tigers)
0414 888 992

FLOORING

Brantwood Flooring 0417 599 931

J & T Precision Floors
0423 270 954 / 0408 512 124

FUNERAL HOMES

Halls Funeral Services 9438 5416

GARDEN SERVICES & SUPPLIES

Feisty Enterprises Adam 0430 201 113

Morgan's Fuel Reduction 0419 895 464

Viking Maintenance 0499 949 940

GAS SUPPLIES

Kinglake Gas Barry 5786 2197

Pheasant Creek Stockfeeds & Supplies
5786 5891

GATE OPENERS

Humevale 0400 086 210

GLAZIER

Sameday Glass & Mirrors 0418 317 405

HAIRDRESSER

L D Hair Studio 0404 092 927

Teaserama 5786 1686

HARDWARE

Simply Timber & Roofing 03 5743 0000

HEALTH & WELLBEING

Chinese Medicine – Dr Angela Palmer
5786 1889

Koong's Thai Massage 0431 540 467

Kinglake Massage & Day Spa 5786 5247

www.kinglakemassageanddayspa.com.au

Psychologist - Peter Kueffer 0417 565 427

Whittlesea Physiotherapy 9716 2250

Whittlesea Specialist Centre 9716 3322

HOME MAINTENANCE

Woza's Home Maintenance 0499 153 532

LAWYERS / LEGAL SERVICES

TBA Law 03 5794 2334

MARKETS (LOCAL)

Bollygum 5786 1426

Kinglake Produce & Artisan Market
0400 337 556

MEDICAL SERVICES

Whittlesea Medical Clinic 9716 2207

Whittlesea Medical Imaging 9716 0278

MEMBER OF PARLIAMENT

Cindy McLeish 9730 1066

Danielle Green 9432 9782

METAL FABRICATIONS

Outer Edge Creations – Custom Fabrications
0409 575 846

NURSERY / GARDEN

Alowyn Gardens 9730 2400

PAINTERS

Edge Master Painting 0437 847 821

Indigo Painting Services 0412 830 705

John Kyme Painter & Decorator
0418 564 851

PANEL SHOP

Webbys Body Works 0409 545 876

Whittlesea Smash Repairs
9716 1303 or 0419 009 396

PEST CONTROL

Melbourne Wildlife and Pest Control
0438 728 400

PHARMACY

Hurstbridge Pharmacy 9718 2628

Kinglake Community Pharmacy 5786 1109

PHOTO PROCESSING

Whittlesea Kodak Printing - My Image Place -
(03) 9716 0888

PLASTERING

PDL Plastering 0417 558 727 or 5786 5591

PLUMBING & PUMP SERVICES/SALES

Irelands Plumbing 0447 710 631

Kinglake Plumbing & Drainage 0408 176 342

Mountain Range Plumbing
Damien 0418 506 130

Perspective Plumbing 0411 295 646

POST OFFICE

Kinglake Post Office 5786 1209

REAL ESTATE AGENTS

Mason, White, McDougall 5786 1199

Integrity Real Estate 5786 2033

REMOVALS

Whittlesea Removals 9466 9455

ROLLER SHUTTERS

Custom Roller Shutters 0401 843 828

SCRAP METAL

United Metal Recycling 9467 5505

SEPTIC SERVICES

Septic Services 0421 764 072

Septic Tank Specialists (Kinglake)
0408 176 344

Bob Wallace & Sons 0419 131 958

STOCKFEED

Pheasant Creek Stockfeeds & Supplies
5786 5891

St Andrews Stockfeed 9710 1673

SOLAR PV SYSTEMS

Aztek Wind and Solar 0409 179 169

TANK CLEANING

Accent On Tank Cleaning 0407 684 910

TIMBER SUPPLIES

Simply Timber & Roofing 03 5743 0000

TOWING & TRANSPORT

Eddy's Towing 0407 849 252 or 5797 8220

TREE SERVICES

Morgan's Tree Services Pty Ltd 0419 895 464

Star Tree Service 5783 3170

Unlimbited Tree Services 0419 506 739

VALUATIONS

Yarra Valley Valuations 5961 9176

VETERINARY SERVICES

Mountain Ranges Vet Clinic 5786 1777

WATER BORES

Centre State Drilling 0421 870 308

Matthew & Sons Pumps and Drilling
0418 362 968 or 5967 4432

Northwest Drilling
0409 362 289 or 9436 1982

WATER SUPPLIERS

Dawson Water Cartage 0428 354 666

Kinglake West Water Anthony 0417 518 104

Mt Robertson Spring Water
0400 389 022 or 5786 1389

WEB DESIGN & INTERNET SERVICES

Tech Infonet 0419 182 858

MURRINDINDI SHIRE COUNCIL

Customer Service and
General Enquiries (03) 5772 0333

Alexandra Library (03) 5772 0382

Yea Library (03) 5736 0036

Kinglake Library (03) 5786 1522

Mobile Library 0429 412 521

Operations Emergencies* 0407 509 413
(eg collapsed bridge or trees over road)

Community Safety Emergencies*
0419 572 425
(eg stock on roads or dog attacks)

*These numbers must only be used in the case of an emergency.

For further information on Council or opening hours of the Resource Recovery Centres please visit the website <https://www.murrindindi.vic.gov.au/Home>

MOUNTAIN MONTHLY - THE RANGES NEWS

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COMMUNITY & EMERGENCY CONTACT NUMBERS

EMERGENCY SERVICES

Kinglake Police	5786 1333
CFA	000
Police	000
Ambulance	000
SES	13 25 00
Nexus Primary Health	1300 77 33 52
Kinglake Ranges Health Centre	
Whittlesea Medical Clinic	
Whittlesea	9716 2207
Mill Park Super Clinic 24hrs	9436 4155
Dentist – Whittlesea	9716 0333
Dental 24 hr Emergency (Bundoora)	1800 233 684
Taxi	9310 5422
TRU Energy Power Failure	133 466
Bray Vets	0418 350 492
Mountain Ranges Vet Clinic	5786 1777
Help for Wildlife	0477 555 611
Wildlife Victoria	1300 094 535
Funeral Director	9438 5416
Local Laws	0419 572 425

CRISIS NUMBERS

Berry Street	5770 2200
Kids Helpline	1800 551 800
Lifeline 24hr	13 11 14
Breastfeeding Helpline 24hrs	1800 686 268
24hr Maternal & Child Health line	13 22 29
Griefline 12noon – 3am	9935 7400
Poisons Information	13 11 26

ALCOHOL AND DRUG SERVICES

Nexus Primary Health	1300 773 352
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MENTAL HEALTH SERVICES

Mental Health Advice Line	1300 280 737
Crisis Assessment & Treatment Team	1300 859 789
Aged Psychiatric Assessment and Treatment	1300 369 005
Adult Mental Health Mon-Fri BH	5735 0333
Afterhours/Weekends/24hrs	1300 369 005
Child And Adolescent Mental Health	
Monday to Friday 9-5	5735 0300
Afterhours	1300 369 005
Mental Illness Fellowship	5735 2000
Goulburn Valley Health Mental Health Services	
Seymour	1300 369 005
Epping	1300 874 243
Heidelberg	1300 859 862

HOUSING SERVICES

Office of Housing – (Seymour DHS)	5793 6400
Rural Housing Network	5735 2000
Pathways – homeless or at risk of becoming	5735 2055
Homeless	
– Outreach Connections Program BH	0409 812 159
The Bridge – for people up to 25yrs	5799 1298
Nexus Primary Health	1300 773 352
Consumer Affairs – Tenancy advice	1300 558 181

AGED AND DISABILITY SERVICES

Aged Care Assessment Service	5823 6000
Aged Psychiatric Assessment and Treatment	1300 369 005
National Dementia Helpline	1800 100 500
Carers' Respite and Information Service	1800 059 059
Community Interlink	1800 222 582
DHS – Disability Access and Response Team	1800 783 783
Regional Information and Advocacy Council	1800 221 944
Victorian Aids and Equipment Program	1300 747 937

Interchange	
– for children with disabilities	5735 4600
Nexus Primary Health	1300 773 352
– Rural Access Worker – Disability Case Management –	
Physiotherapy, OT, Speech, Dietetics, Continence Advice, Podiatry	
SCOPE	5799 0148
Deaf Access Victoria	1300 302 335
Vision Australia	5831 3555
Kinglake Carers' Support Group	5786 1232

CHILD AND FAMILY SERVICES

DHS Child Protection	1800 650 227
After Hours	13 12 78
Ellimatta Youth Inc	5786 1711
Foster Care – Berry Street Victoria	5799 0039
Family Day Care – Murrindindi Shire	1800 633 792
Permanent Care & Adoption – DHS	5832 1500
Specialist Children's Services – DHS	1800 783 783
Familycare	1800 663 107 or 5735 4600
Telephone Parenting Program	1800 880 660
Access & Support Worker	5774 2404

FAMILY VIOLENCE

Nexus Primary Health	1300 773 352
Womens Domestic Violence Crisis Service	9322 3555 or 1800 015 188
Whittlesea Family Violence Unit, Mill Park Police	9407 3333

COUNSELLING SERVICES

ATAPS (Access to allied and psychiatric services)	5734 8400
Ellimatta Youth Inc	5786 1711
General Counselling	
– Yea Community Health	5736 0400
Familycare	1800 663 107
Bushfire Financial Counselling	8401 0100 or 1800 002 992
Nexus Primary Health	1300 773 352
– Women in Relationships, Financial Counselling, Gambling Counselling, trauma, family therapy, play therapy	
G.V Centre Against Sexual Assault	5831 2343
Men & Relationships Program	1800 663 107
Relationships Australia	1300 364 277
Catholic Care	5786 1016
Victims Support Agency	1300 362 739
Victims of Crime Helpline	1800 819 817
ACGB Australian Centre for Grief and Bereavement	9265 2111

HEALTH SERVICES

Hurstbridge Medical Centre	9718 2611
FamilyCare	5735 6400
Yea Medical Centre	5736 0444
Yea & District Memorial Hospital	5736 0400
– Acute care, District nursing, Ultrasound, Pathology, Physiotherapy, Visiting specialists	
Nexus Primary Health (Kinglake Ranges Health Centre)	1300 77 33 52
– Dietitian, OT, Diabetes educator, Asthma educator, Counsellor, Support Worker, general practitioner, practice nurse	
Maternal and Child Health	5786 1337
Lower Hume Palliative Care	5735 8070

COMMUNITY SUPPORT RESOURCES

Ellimatta Youth Inc	5786 1711
Kinglake Neighbourhood House	5786 1301
Kinglake Ranges Men's Shed	5786 5999
KRBN	5786 1976

SCHOOLS

Kinglake PS	5786 1284
Middle Kinglake PS	5786 1295
Kinglake West PS	5786 5262
Flowerdale PS	5780 1264
Toolangi PS	5962 9255
Strathewen PS	9714 8278
Yea High	5797 2207
Whittlesea SC	9719 1200
Diamond Valley	9438 1411

KINDERGARTENS/PLAYGROUPS

Kinglake Ranges Childrens Centre	5786 1352
Kinglake Playgroup	5786 1301
Flowerdale Kinder	5780 2816

PUBLIC PLACES

Bollygum Park	5786 1426
Community Centre Bookings	5786 1522
Kinglake Library	5786 1522
Kinglake Tool Library	0414 976 499
Sports Stadium Bookings	5786 1522
Kinglake West Hall	0435 414 110
Football Clubrooms	5786 1580
National Park	13 19 63 www.parks.vic.gov.au
Flowerdale Community Hall	5780 2027
Flowerdale Community House	5780 2664

PATIENT TRANSPORT

Red Cross Patient Transport Service	0419 872 230
Lower Hume Community Transport Scheme	5799 2965

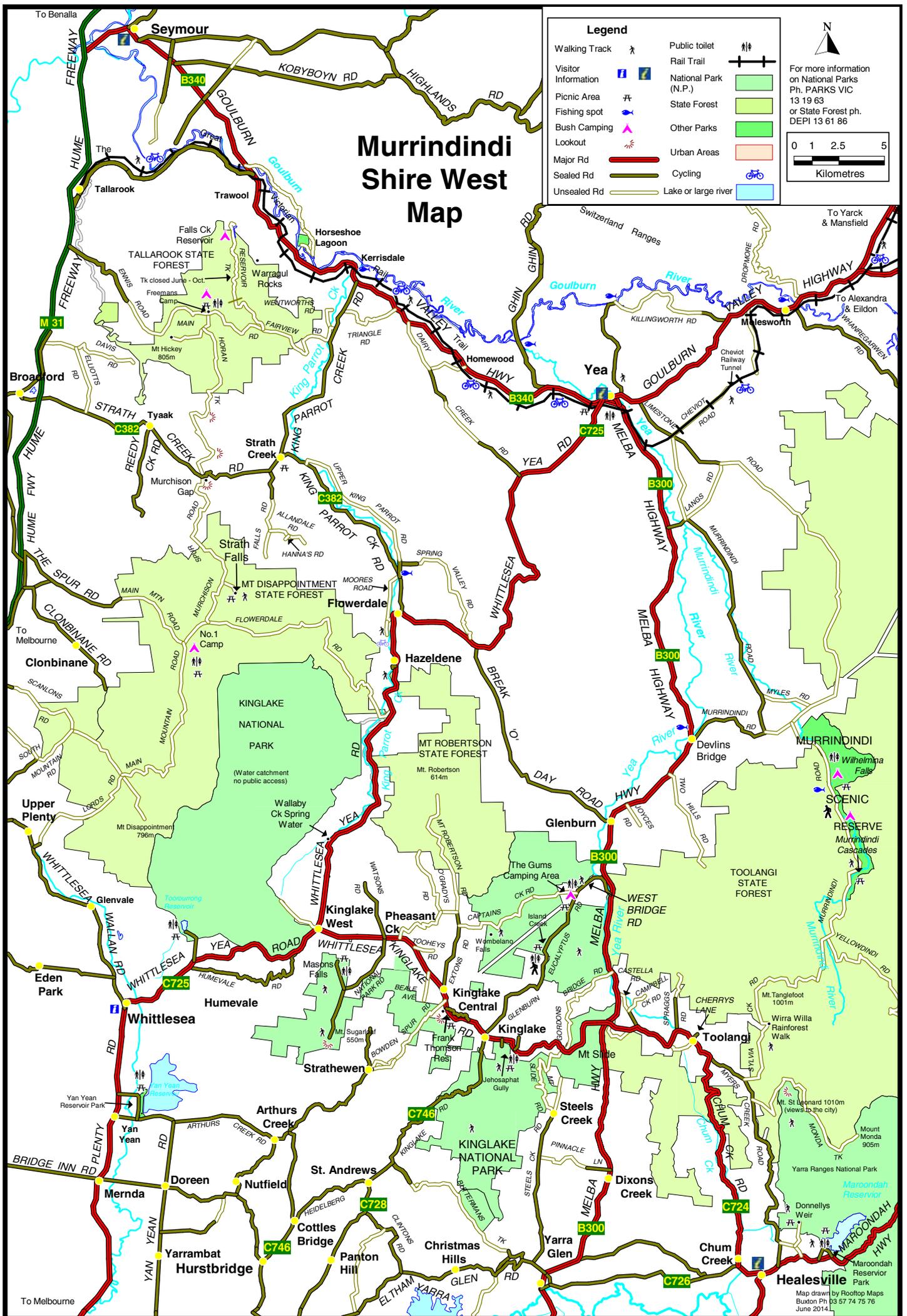
JUSTICES OF THE PEACE

L Gunter (Flowerdale)	0417 535 566
Elizabeth Reid (JP)	0409 948 512
K Stewart (Kinglake)	5786 1557

RESOURCE RECOVERY CENTRE

TRANSFER STATION (KINGLAKE)
CHARGES FOR MURRINDINDI RATEPAYERS

We recommend you check the website www.murrindindindi.vic.gov.au for current charges



For Sale

1,350 m²

4 2 4

Kinglake
\$560,000 - \$580,000

1,298 m²

5 2 2

Kinglake
Contact Agent

1,788 m²

3 2 4

Kinglake
\$530,000 - \$580,000

2.1 Acres

3 2 2

Kinglake
\$720,000

772 m²

3 1 1

Whittlesea
\$565,000

16 Acres

4 2 5

Kinglake West
\$750,000 - \$770,000

2 Acres

4 3 5

Kinglake West
\$790,000 - \$869,000

1.5 Acres

4 2 4

Yea
\$625,000 - \$650,000

2 Acres

3 2 4

Flowerdale
\$550,000 - \$565,000

1,364 m²

5 1 4

Kinglake
\$460,000 - \$480,000

2,539 m²

Kinglake
\$299,000

2,354 m²

Kinglake
\$240,000 - \$260,000

5786 2033

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Est. 2007



YOUR # 1 AGENT IN THE DISTRICT



masonwhitemcdougall



KINGLAKE WEST

NEW



EXPANSIVE 5 BEDROOM HOME ON 5 ACRES

Idyllic in every way, this established 5-acre property bordered by a ambient natural spring creek and gums, is the ideal property to raise your family in a country environment, but still within easy reach of all facilities. Set on approximately 2.02 hectares (5 acres), is a large family home consisting of 4 bedrooms plus study and three large living areas. The Owner Loves... "It's so peaceful and feels very secluded here. We love the returning birdlife and wildlife that visit us every year, and the protected nature reserves in this area. Access to town and the shops is quick, so it's very well connected." Set back from the road this five-bedroom brick veneer home, was built in 2008 by the current owner. Thoughtfully sited on the land allowing for privacy, while taking advantage of the lovely surrounding outlooks. Built to last this

family home provides a practical floor plan with growing in mind is zoned to cover all ages. Comprising of a living room, a separate Rumpus room, dining area and large open family room overlooking the kitchen with direct access to the pergola covered outdoor alfresco. The large Kitchen boasts ample cupboards and bench space including a handy walk in pantry and 900ml Smeg oven. Creature comforts include 2 x modern split system cooling/ heating units and a wood combustion heater. A central hallway off the family room leads to 4 bedrooms with 3 having built in robes and the fourth with a walk-in robe. Central family bathroom, separate toilet, and large laundry space. The master bedroom located at the other end of the house offers today's must-have; walk-in his and hers robes and full ensuite, including spa bath, double shower and vanities. Outdoors: Entertain and relax with family under the large covered alfresco area with landscaped gardens, rock retaining walls. Ample parking space is provided for with a double garage with internal access to the home there is another workshop (7 X 4) within close proximity to the house and a 9 X 18 Colour Bond shed with remote entry roller doors, concrete, power and a pot belly wood fire. Gardens: House yard encompasses the established gardens, fruit trees and grassed areas. Enjoy the birdlife as they move amongst the plants, mature shrubs trees and an amazing chook pen. Land: 5 acres separated into two main paddocks fully fenced with water to each paddock mature trees line the property with no immediate neighbours. Amenities: 2 phase power, 12 solar Panels, Septic system, 2 X 22,000L water tanks, plus 13,000 water tank off the workshop, power to sheds. **\$\$\$ CONTACT AGENT**

KINGLAKE

NEW



12 VICTORIA ROAD KINGLAKE

Calling all investors or first home buyers. Here's is a great opportunity. This property is currently tenanted until October 2019 at \$390pw with great tenants, you could either buy now move in later or keep it as a solid investment. This 3 bedroom older-style weather board home is well presented with many original features on a great allotment size of 1338m². The Kitchen is located central in this home with a servery window out into the large rumpus/ lounge room. Gas cooktop with electric oven, spacious benches with loads of cupboard space. Separate lounge with a coonara heater

and split system. Bathroom with separate bath and shower and toilet. Great size bedrooms with built in robes and carpet. This property has loads of potential either keep it as an investment or make it into a fabulous home. Great position just a short stroll into the main township of Kinglake. **\$\$\$ CONTACT AGENT**

KINGLAKE / KINGLAKE WEST

VACANT LAND FOR SALE

48 Pine Ridge Rd Kinglake West	943m ²	\$220,000
50 Pine Ridge Rd Kinglake West	876.9m ²	\$220,000-\$240,000
5 Pine Ridge Rd Kinglake West	1112m ²	\$190,000-\$230,000
73 Whittlesea-Kinglake Rd Kinglake	1000m ²	\$230,000
98 Glenburn-Kinglake Rd Kinglake	2000m ²	\$250,000
936 Whittlesea-Kinglake Rd Kinglake West	1ac	\$330,000-\$350,000
321a National Park Rd Kinglake West	24.24ac	\$420,000



Claire, Donna and Jodie would like to wish everyone a very Merry Christmas and a Happy New Year. We would like to thank all our vendors, purchasers, landlords and tenants for their support throughout the year and look forward to continuing our relationship with you all in the future.



KINGLAKE WEST



KINGLAKE



KINGLAKE



RING KINGLAKE'S LEADING AGENT FOR A FRIENDLY NO OBLIGATION APPRAISAL OR JUST CALL IN FOR A FRIENDLY CHAT ABOUT YOUR REAL ESTATE REQUIREMENTS.

5786 | 199

**1 GLENBURN ROAD, KINGLAKE
mwmrealestate.com.au**

Our other offices are located at Hurstbridge, Diamond Creek and Whittlesea