

Mountain Monthly

FREE

DECEMBER 2020 / JANUARY 2021

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AT HOME**

Are you
**FIRE
READY?**

**Christmas/New Year
COUNCIL SERVICES**

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HURSTBRIDGE

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@hurstbridge_village

Mountain Monthly

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a not-for-profit community
organisation

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PO Box 109,
Kinglake 3763

WEBSITE

www.mountainmonthly.com.au

EMAIL

mmkinglake@bigpond.com

EDITOR

Jane O'Connor
0407 318 648
editormm@bigpond.com

ADVERTISING

Neesha Sinclair
0491 200 533
advertisingmm@bigpond.com

PRODUCTION

Ann Friedel Publishing

GRAPHIC DESIGN

Ann Friedel Publishing

ACCOUNTS

Nadia Chevriaut
0447 175 240
mountainmonthlybilling@gmail.com

DISTRIBUTION

Sean O'Connor

MM BOARD OF DIRECTORS

Chair: Rob Verhagen
Treasurer: Lisa Roberts
Board members: Dr Angela Palmer,
Pam Young, Georgia Shuttleworth

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15 JANUARY 2021

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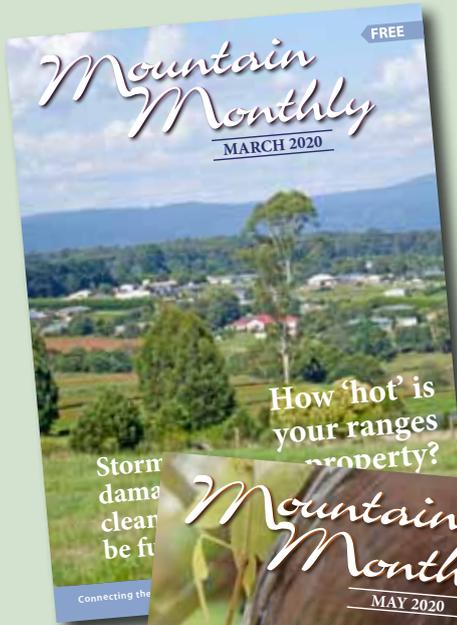
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A seasonal message from MM



As we come to the end of another year, it would be fair to say that 2020 has been a unique experience as our state, communities and families faced an unprecedented 'new kind of normal'.

With the Covid-19 pandemic an ongoing threat as we head into the new year, the effects on all of us – individuals, communities and businesses were still evolving.

Across the year, *Mountain Monthly* has continued to provide an important communications channel, both in print and online, and has done so at a time when many community publications have had to close their doors.

But, our staff have put their masks on, used a lot of hand sanitiser and distributed copies each month to the limited number of outlets that remained open and able to accept copies.

Mountain Monthly is also a not-for-profit business and it is thanks to the loyalty of our advertisers and a lot of extra hours put in by our staff that we can confidently say we will be back for the first 2021 edition for February.

The challenges that our schools, community groups and businesses have faced have been recorded across the year. Behind every market, event and meeting that couldn't be held there was a group reliant on these usually normal happenings to fund their activities.

Whether it was our school teachers taking on the extra role of guiding

parents through home schooling and keeping our childrens' education flowing; medical services by phone; ensuring the most vulnerable among us had help available; resourcing our voluntary emergency services; or people being able to safely do their jobs – we have created a valuable record of the times we find ourselves in.

This evolving process will undoubtedly continue across the holiday period and into next year as we adapt to different ways of working, playing, travelling and interacting with others.

There is little doubt that our focus has become more localised. Working from home and minimising travel, appreciating what could be found in our own backyard for leisure, supporting local businesses and reassessing what we see as important added to our resilience.

Living in a regional zone saw us enjoy greater freedoms than our 'metro' neighbours. But, the desire by visitors to leave more built up areas and enjoy some easily accessible 'country' atmosphere and views is likely to continue throughout the holiday period.

Whether many of us choose to holiday close to home this year, one word keeps cropping up for both local residents and visitors.

Patience!

Numbers are still restricted in many venues. Social distancing still applies. There may be queues and full parking areas. Roads may be busier than usual.

We wish our readers, businesses and communities a happy, safe and patient holiday season.

The Mountain Monthly Board and team

IN THIS ISSUE

COVER PHOTO: *Simply beautiful. Mt St Leonards, Toolangi.*
Photo: Lorraine Casey

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Council supports local sporting groups through Good Sport Initiative

Professional development workshops are to be held to give the Shire's sporting groups the tools to return to their activities safely and reinvigorate their clubs.

Through the 'Good Sport Initiative' – launched by the shire last August – a survey on how clubs had been affected by Covid-19 restrictions and what help they may need going forward has identified challenges and areas for improvement.

Council Director Community Engagement, Shivaun Brown, said responses to the survey had been received from 28 sports groups and included golf, swimming, tennis, football, netball and horse racing.

Ms Brown said the findings would help council in implementing the next phase of the project, where a multi-staged approach to addressing the issues identified by clubs would be taken.

The key issues identified were participation and membership, as well as the recruitment and retention of volunteers. Assistance with club promotion in the community was also identified to help attract new members and volunteers.

Ms Brown said clubs were also finding it difficult to find out what grant funding was available to them and how they could access support to apply for funding.

The council project will roll out some initiatives that will help support local clubs and address some of these issues.

This includes developing a web page on council's website that will house important information and resources, including information on COVID-safe plans, links to various sporting industry associations and information on where and how to access grant funding opportunities. The web page is already live and will be constantly updated.

"The next phase also involves working closely with key Victorian sport and health organisations and associations to increase their presence in the shire through the delivery of programs, events, and training".

The council, together with industry organisations, will be hosting a series of professional development workshops designed to give clubs the tools they need to return to play safely and effectively.

The first workshop was held in November, with the next to be held on 7 December and will focus on increasing membership and participation through diversity and inclusion.

The remaining workshops will be announced on the council's website.

For more information, visit murrindindi.vic.gov.au/goodsport or follow on Facebook.

How the pandemic has affected our youth

Young people aged between 12 and 25 are being asked to share information on how the pandemic has affected their life, work and study via a council 'Youth Voice' project.

The project was an initiative identified in the council's Community Recovery Plan and has been funded by the Victorian Government's 'Engage' Program.

Council's Director Community Engagement, Shivaun Brown, said the council wanted to hear directly from young people about the challenges they are facing and what support they may need from council and the community in the future.

There is a short online survey that asks about experiences over the last 7 months, concerns about the future and for any ideas to help support young people across the shire.

"If you think our communities need more music or art programs, we want to know. Or perhaps you think young people need more access to training and professional development opportunities. Whatever your idea, I strongly encourage you to submit your ideas through the online survey – you will even go in the draw to win one of five \$50 vouchers to spend at a local business near you", Ms Brown said.

"This year has been a tough one and although there are already some fantastic

initiatives out there, council knows there may be a need for greater focus in certain areas, including mental health and wellbeing, community events and job-seeking support, including job interview training".

If you are part of a community group, sports club or other youth group, or if you and your friends have specific ideas for your community, you can also book in a one-on-one chat with a member of the Youth Services team.

For more information and to share your experience and ideas, visit murrindindi.vic.gov.au/youth or call the council on 5772 0333.

Council election results

The new Murrindindi Shire Council was sworn in during November following the state's local government elections.

The councillors will serve for the next four years and are:

- | | |
|--------------------|------------------|
| • Cathedral Ward | Sandice McAulay |
| • Cheviot Ward | Sue Carpenter |
| • Eildon Ward | Karine Haslam |
| • King Parrot Ward | Eric Lording |
| • Kinglake Ward | Ilona Gerencser |
| • Koriella Ward | John Walsh |
| • Redgate Ward | Damien Gallagher |

Being safe outdoors

If you see tables and chairs being installed and circle markings appearing in our public spaces, don't be surprised.

As part of the State Government's Outdoor Eating and Entertainment measures, rural councils have received funding that will help businesses keep operating amid the Covid restrictions.

When you can't find a seat inside or outside a hospitality outlet, but instead head for a public spot – or want to enjoy your own picnic – those distanced tables and chairs are there for safe distancing.

Additional rubbish bins, signage, sanitising stations and structures for shade and protection from the weather are also being installed.

What's on Kinglake Ranges Events December 2020 / January 2021

1
DECEMBER
CWA
AGM

9
DECEMBER
Mental Health
Information
Session

10
DECEMBER
Win a bird bath
entries close

13
DECEMBER
Bollygum
Market

20
DECEMBER
Rotary Twilight
Market

15
JANUARY
Deadline for
February MM

Having a happy (and local) holiday

With the state opening up for holiday business, but staying closer to home is a safer option, there are myriad ways to occupy your time and find fun things to do, while supporting our businesses at the same time.

We are likely to be sharing our attractions with out of town visitors who can't cross state borders easily, so this is the time for patience and tolerance.

Day trippers are already very active, so plan your own activities and determine what you can safely enjoy.

In this edition of *MM* you will find information on the shire's swimming pools, what the rules are in regard to outdoor seating arrangements, contact details for the likes of Parks Victoria to explore our parks, camping grounds and reserves and the markets that will reopen

in time for you to do some great Christmas shopping.

Apart from our monthly markets, check out the reopened Whittlesea Market held every Monday.

If you have guests coming from further afield, then check out the availability of B & Bs and other accommodation around the district well in advance.

Some handy hints include:

Parks

If walking in the bush is your preference, then go to www.parks.vic.gov.au and find enough outdoor activity and the safety tips that go with it to keep you fit and healthy throughout the holidays. There are walks for all abilities, or places to simply sit and enjoy the environment.

Popular spots such as our wonderful

Bollygum Park are a kid magnet, but know the rules.

Picnics

Outdoor seating arrangements to meet distancing rules have been going in place.

Camps

This is not the year for last minute plans – find out what restrictions apply.

Cafes, pubs, restaurants

They are not all operating the same way. Some will take bookings, others won't. Some have outdoor seating for still-restricted numbers, while others may only be doing takeaway. Check first.

Shopping

Our 'neighbours' are also open for business if you can't find what you are after locally. An easy trip to Yea or Alexandra, or Whittlesea, Hurstbridge and Yarra Glen may save a longer journey.



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As the weather heats up and we embrace more holiday and leisure activities within our own state, it's also a great time to love what is accessible closer to home. Taking yourself or the kids for a swim is always a great day out and why not combine it with a picnic or lunch in one of our shire towns. This season, the shire's swimming pools are offering free entry. Kaliya Stewart took early advantage of the fun to be had at the Marysville pool.

Shire pools open

Pools across Murrindindi Shire were due to open in late November and entry will be free of charge for the entire season.

Strict COVID-19 safety protocols have been put in place to help keep patrons and staff safe.

The four pools are at Alexandra, Eildon, Yea and Marysville.

Council's Director Community Engagement, Shivaun Brown, said one of the main priorities for the pool season would be maintaining COVID-19 safety regulations.

The council will be limiting the number of patrons allowed at each pool, capturing the contact details of all visitors on arrival and ensuring everyone follows the guidelines on physical distancing and hand sanitisation. Patrons will also have to wear facemasks when out of the water.

"Given the nature of COVID-19 restrictions, we expect there will be changes to our safety regulations across the season. I encourage you to check our website for the most up-to-date information, including opening hours", Ms Brown said.

"We know how important pools are to the community and we are committed to making sure everyone who wants to, is able to access them. Despite the COVID-19 pandemic regulations in place, our experienced team of lifeguards will make sure our pools remain fun and friendly throughout the entire season".

Ms Brown urged visitors to the pools to be patient and kind to staff.

For more information, visit murrindindi.vic.gov.au/pools or call council on 5772 0333.

Historic doors stolen

A reward is being offered for information that could lead to the recovery of historic fire station doors that were stolen from a Kinglake property.

The four, 1920s, large bi-fold doors have six glass panes in each door, distinctive large hinges and were taken from the owner's

property near the Frank Thomson Reserve during the Covid-19 lockdown period.

Anyone with information regarding the doors should contact Kinglake Police on 5786 1333 or Peter on 0428 381 612.

The Mechanics Institute

Did you know there is a 'Mechanics Institute' in Kinglake?

Originally built to give access to a library for farmers and workers in the district, most people now know the mechanics institute better as the Kinglake West Hall. After the fires, and recent arson crimes, it is now the oldest public building in the district – originally built in 1908.

A number of the current committee of management were originally elected by the community to the committee in the early part of this century to help save the hall, and with help from a 'Regional Partnerships Grant' were able to refurbish and add to the old mechanics institute, making it the building and surrounds you see today.

Funding was also obtained to refurbish the tennis courts, with the help of the Kinglake Tennis Club. More funding

was obtained in 2009 to construct the 'Garden of Reflection' at the rear of the reserve. With the building of the new tennis courts at the Memorial reserve in Kinglake Central after the 2009 fires, the tennis club moved and the courts on the reserve were not used by the tennis club. Over the years, tree roots have impinged on the playing surface and with updated regulations in various sports the courts saw little or no usage.

A resident complained to the shire about the courts (Which are NOT on council-owned land) and they were included in a shire-wide assessment of facilities. Experts found them to be unsafe for sporting use, without the spending of \$30,000-\$60,000, so the committee of management removed the tennis nets and locked them up with the full support of DELWP, the land-owners.

They sat unused for quite a few years, and with the recent move of the Kinglake Historical Society to the building adjacent to the courts, they now have a new lease on life.

At a recent committee meeting, we decided to grant the Historical Society a lease on the old courts. They will use the secure space for the display of large artefacts like early farm machinery, and information on the old tramways.

Prospective tennis players can still hire the courts at the memorial reserve, and the key is at the Pheasant Creek shop.

The Mechanics Institute Reserve is now becoming a lively and active historical precinct, which is great, seeing as it is the site of the oldest public building on the mountain.

Committee of Management

Kinglake Trust Reserve Annual General Meeting

The Kinglake Trust Reserve Committee will be holding its Annual General Meeting at 7.30pm on Monday 18 January, 2021, at the Ellimatta Building located on the Trust Grounds.

If you would like to become a member of the Committee please come along and join us – to be eligible to be on the Committee you must live within the Red Zone.

If you have any queries please email:
KinglakeTrustReserveInc@gmail.com

*Ann Burgess, President,
Kinglake Trust Reserve Committee*



Petition to council to reopen local roadway

Members of the Ward Street Community Fireguard Group in Kinglake have petitioned the council for a second time to reopen Cobham Road North for general community access.

The petition says that a fence and gate placed across the roadway should be removed and the access that existed prior to the 2009 Black Saturday fires – when uninterrupted egress was allowed – should be reinstated.

The roadway provides a walking route between Bollygum Park, the Kinglake Pony Club, and Kinglake Market.

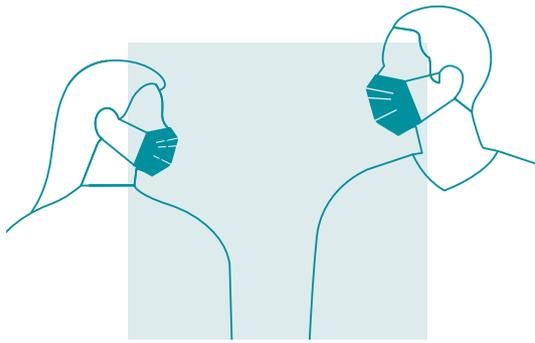
"We derive many shared benefits from access to this shared asset, nature reserve and sanctuary, important local thoroughfare, and fire egress route", the petition says.

The entrance to Cobham Road North has also been the meeting point for the Ward Street Fireguard Group's annual fire preparedness meetings.

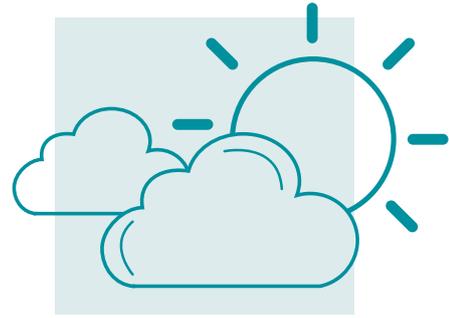
"We know our township is one of the most fire-prone communities in the world. The annexation of Cobham Road North effectively removes a key existing fire egress route critical to increased survival rates in the event of the next bushfire", the petition says.

The group has previously lodged a petition requesting the fence and gate be removed and said that as previously stated, the community was committed to ensuring the ongoing improvement and maintenance of this section of roadway when it is reinstated.

**EVERYTHING WE'RE DOING
IS KEEPING US ON TOP
OF THIS VIRUS**



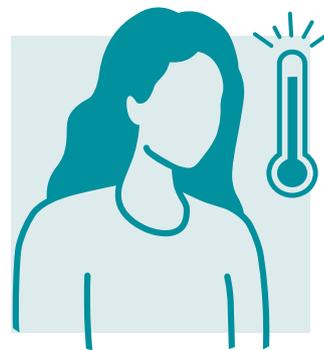
Keep our fitted face masks on and keep our distance.



Keep catching up outdoors.



Keep washing our hands.



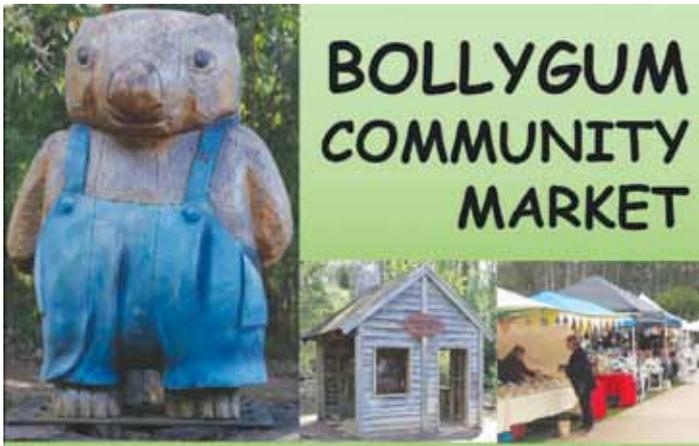
Keep getting tested if we have any symptoms.

**STAY SAFE
STAY OPEN**

Go to [CORONAVIRUS.vic.gov.au](https://www.coronavirus.vic.gov.au)

Authorised by the Victorian Government, Melbourne





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.

10AM – 2PM 2nd SUNDAY OF THE MONTH
SEPTEMBER - MAY
 Next market Sunday 13 December 2020

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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Hall's Funeral Services

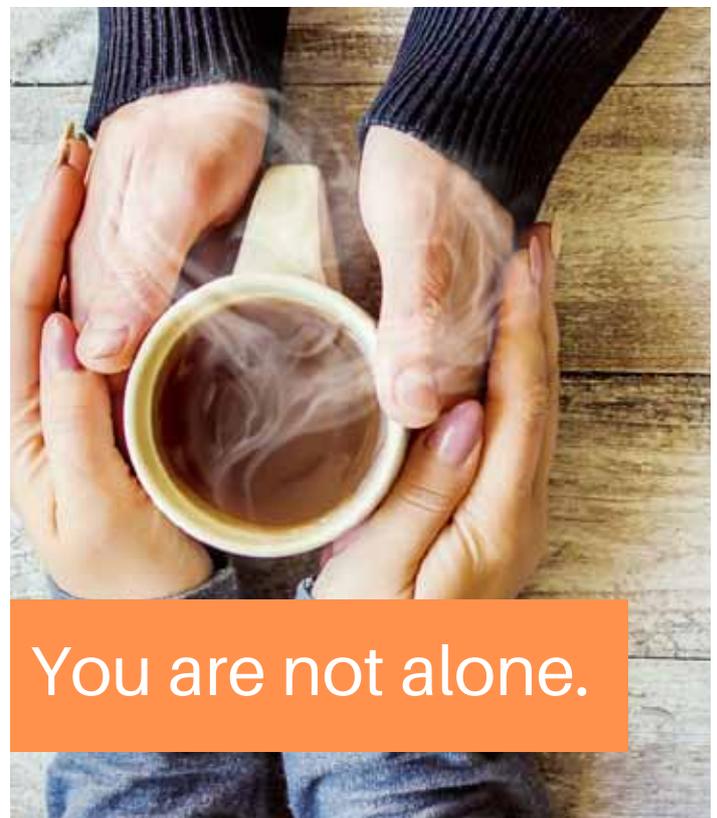


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Win a beautiful bird feeder for your garden



Sarah Williamson is a very talented, creative artist, particularly when it comes to the art of lead lighting. Working from her studio in the Victorian township of Bright Sarah has just launched her Summer Collection.

Bright's artisans and businesses were affected by last summer's bushfires and with the Covid-19 lockdowns impacting heavily on tourist traffic to the area, many have turned to displaying and selling their wares online.

One of the stand-out pieces in Sarah's range are her glass birdfeeders, and our readers have the chance to win one to hang in their garden.

The Bird Feeders come in a variety of coloured glass fused together by intricate lead lighting. The large, sturdy plate size is suspended by stainless steel chains to hang from your favourite tree.

You can check your colour selection on www.gallerylavande.com. or try your luck to win one of two prizes on offer.

Sarah's Bird Feeders cost \$70 each, plus packaging and postage.

To enter, please name the breed of native bird that was featured on the front cover of *Mountain Monthly* last month, November, 2020.

Entries to be emailed to mmkinglake@bigpond.com by 10 December and we will inform the winners by email.

'Putting Rona in the rear-view' YOUTH VOICE 2020

Are you a young person aged between 12 and 25 years?
Do you live, work or play in Murrindindi Shire?

WE WANT TO HEAR FROM YOU!

Council is inviting young people from across our Shire to participate in the '2020 Youth Voice' Project. We want to hear how the COVID-19 pandemic has affected you, what challenges you are currently facing and how we can help support you. Your voice will help inform the development of youth programs for 2021 and beyond.

To share your experiences and ideas and to go in the draw to win one of five \$50 vouchers to spend at a local business near you, please visit our website, check out our Murrindindi Shire Youth Facebook page or give Council a call.



MURRINDINDI.VIC.GOV.AU/YOUTH



EXPRESSIONS OF INTEREST - ARTIST

Council is seeking expressions of interest from suitably qualified local artists to develop a concept proposal and create a timber sculpture from the standing tree stump located at Kinglake West Memorial Carpark.

If you are a local artist and are interested in this important project, please register your interest by emailing callingham@murrindindi.vic.gov.au with your name and contact details by 23 December 2020. Those who express interest will be invited to provide a formal submission. Once an artist is selected, the community will have an opportunity to provide feedback on the concept design.

For more information, please visit our website at murrindindi.vic.gov.au or give Council a call on 5772 0333.

KINGLAKE STREETSCAPE RENEWAL PROJECT

Council is pleased to advise that the Issued for Construction (IFC) plans for the Kinglake Streetscape Renewal Project will be available for the community to view before Christmas, including a detailed landscaping plans.

We hope to have a contractor appointed and commence construction works early in the New Year and will continue to work closely with business owners and operators in the Kinglake Township as we progress the Project.

The IFC plans will be available for the community to view at the Kinglake Library and Customer Service Centre and online at murrindindi.vic.gov.au/projects

Murrindindi Shire Council election

Declaration of results



The following candidates were elected to the Murrindindi Shire Council at the general election held in October 2020:

Cathedral Ward

McAULAY, Sandice (elected unopposed)

Cheviot Ward

CARPENTER, Sue

Eildon Ward

HASLAM, Karine

King Parrot Ward

LORDING, Eric

Kinglake Ward

GERENCSEK, Ilona (elected unopposed)

Koriella Ward

WALSH, John Christopher

Red Gate Ward

GALLAGHER, Damien

Further details about the results are available at vec.vic.gov.au

Anne Williams

Election Manager

Thursday 5 November 2020

vec.vic.gov.au | 131 832 @electionsvic



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Roadside Slashing Underway

The shire's roadside fire prevention slashing program has been underway since October in the northern section and were expected to have started in the Kinglake Ranges in late November.

Acting CEO, Michael Chesworth, said council officers were working with neighbouring councils and Regional Roads Victoria in the ranges to ensure the works were well coordinated.

The exact time of the slashing was also weather dependent. Mr Chesworth also urged landholders to reduce grass and fire risks during the coming fire danger period. Council officers will also be inspecting properties and issuing notices where required to ensure properties are maintained.

A schedule of the roadside slashing program and a list of roads that VicRoads is responsible for can be found on the shire's website.

How to be a worm farmer and composter

Did you know that if the food and organic material we waste and throw out was a country, it would be the third biggest emitter of greenhouse gases after the USA and China?

When the rubbish truck arrives each week and tips the contents of your bin in the back, where it is going to end up from there often doesn't enter our heads.

But, all the organic waste on board is headed for landfill and it will form around 8% of the greenhouse gases heating the planet.

While many of us stock up for the holiday season, it is a great time to think about how you can compost much of your organic waste, or even become a backyard worm farmer for the benefit of your garden.

And, while the planetary statistics can seem scary, your own Shire of Murrindindi has all the information you need to get started in your own backyard to help make a difference.

Adding compost to your garden provides

essential nutrients for plant growth, it helps to fertilise soil and creates a healthy environment for plants and crops.

While there is no shortage of contained compost bins and worm farming kits you can buy, it need not be an expensive or difficult exercise.

The shire suggests some of the approaches below to get started.

- outdoor bins, with or without ventilation and ground holes
- tumblers
- open enclosures
- heaps
- indoor / bench top composters

You will also find a detailed composting guide and a worm farm guide on the council's website - www.murrindindi.vic.gov.au/Your-Property/Garbage-and-Recycling.

For other organic garden waste, check the shire's holiday services opening times in this edition as green waste can be taken to the recycle stations for free.

Murrindindi Shire Council's Mental Health Information Session

7.00 pm on Wednesday 9 December

Strong mental health helps improve social connection, boost our mood and manage stress. Want to learn more about managing mental health? Join Council and a panel of local mental health support providers for an informative webinar to learn more about the signs and symptoms of mental health as well as useful strategies to improve mental health and wellbeing.

For more information and to register, please visit murrindindi.vic.gov.au/mentalhealthsupport



Get in touch with Council

customer@murrindindi.vic.gov.au

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Bollygum Market returns

Welcome news! Bollygum Community Market returns to Bollygum Park on 13 December from 10 am until 2 pm just in time for Christmas cheer and gift buying.

The award-winning park is based on the book 'Bollygum' by Australian author and wildlife artist Garry Fleming. It's the beautiful story of a little Possum, who is taken from her warm and comfortable 'roof' home in the city and dumped into the dark and unfamiliar forest of Bollygum. Frightened and all alone she is befriended by Wombat and his friends who help her find her way back to her family. Copies of the 'Bollygum' book are available at the market or by contacting the market Co-ordinator on 0474 837 900 or bollygummarket@gmail.com

Congratulations should go to both Bollygum and Rotary market committees and stall holders for their perseverance during the lock down. Many of the stall holders used the time to renew stock levels and add new and exciting items to their ranges. Some even

changed tack completely. Seeing stallholders unable to participate and share their craft was heartbreaking for all but now we move forward.

Local community groups are invited to run the market BBQ as a fundraising activity. This is an extremely popular event and can be booked in advance for the upcoming year. Please contact the coordinator for details.

Friends of Bollygum Park Inc committee are excited to be able to run the Christmas market this year, as for a while it looked like we would not be able to, due to restrictions. This popular market will provide our community the opportunity to buy local and support everyone who has done it tough in 2020. You will find unique Christmas gifts and your regular wants and needs from our local artists and producers. It will be wonderful to see all our regular patrons again, some who have contacted stallholders directly to get that special present to cheer family or friends.



The Friends of Bollygum Park Inc Committee work to raise funds to enhance the Park and its amenities. Stallholder fees form some of those funds. Some of the projects undertaken are unseen, such as re-roofing of the shelters, sourcing and replacing the shingles on Platypus' House and the constant replacement of items that mysteriously go missing,

The most recent very visible project has been the building of the wall by local woodsman, Rick Green, at the fence line of the skate bowl, and the engagement of silo artist Heesco to paint the wonderful murals on the alternate panels.

Unfortunately, Community Carols will not be a feature this year as planning and rehearsals were unable to be held at schools, halls and studios. The planning for carols takes up to six months and with isolation and unsure limits, performers were not able to prepare. Instead the Neighborhood House are working with council to hold an online event featuring the Twelve Days of Christmas.

We are looking forward to welcoming everyone at the market on Sunday 13th. Please be patient with us all and observe social distancing and hygiene procedures so we can all enjoy our time together.

Kinglake Country Women's Association

We are a small group of ladies who are looking forward to regularly meeting on the first Tuesday of each month. The first meeting after lockdown will be on 1 December at 7pm at the Kinglake Neighbourhood house. We will be planning for 2021. We usually have making a craft session during our meetings eg cardmaking, sharing recipes, how to sew /knit/crochet. We are hoping to have a cake stall at the Bollygum market on 14 December.

We welcome new members to join us in our activities in the new year. For more details please contact Christine Stonehouse 0407056346

In the meantime, here's something to bake for the festive season.



Gingerbread people

Makes 45

Ingredients

125g butter

2 tablespoons golden syrup

3/4cup brown sugar

1 egg lightly beaten

2 3/4 cups self-raising flour

1/4 teaspoon salt

2 teaspoons ground ginger

Brown M&Ms to decorate

Method

- 1) Preheat oven to 170C/150C fan forced. Line 4 large baking trays with baking paper.
- 2) Place butter, syrup and sugar in a saucepan over low heat. Cook, stirring for 5 minutes or until melted and smooth. Remove from heat. Set aside to cool for 20 minutes.
- 3) Add egg. Stir to combine. Sift flour, salt and ginger over butter mixture. Mix until well combined. Divide dough into 2 portions. Shape each into a disc. Wrap in plastic wrap. Refrigerate for one hour.
- 4) Roll out 1 dough disc between 2 sheets of baking paper until 5mm thick. Using a gingerbread cutter, cut people from the dough, rerolling dough scraps and cutting more. Place 2cm apart on baking trays. Repeat with remaining dough. Bake 1 tray at a time for 10 to 12 minutes or until golden brown. Transfer onto a wire rack to cool completely .
- 5) Make royal icing: 1 egg white, 1 2/3 cups pure icing sugar, sifted, 1/4 teaspoon lemon juice. Lightly whisk the egg white until frothy. Gradually add icing sugar whisking until smooth and combined. Stir in lemon juice. Spoon icing into a snaplock bag. Snip off 1 corner . Pipe eyes and a mouth add a little to stick on the M&M buttons. Use remaining icing to decorate. Set aside for 1 hour or until set.

WHATS ON @ THE HOUSE



The Kinglake Ranges Neighbourhood House will be
Closed from Thursday 17th December 2020 until Monday 18 January 2021
when we will be back to our normal hours of business:

Monday - Thursday 9am-4pm

We look forward to welcoming the wonderful Kinglake Ranges community
back to the House in 2021!

Follow us on Facebook to keep up-to-date with any changes as they arise.



12 DAYS OF CHRISTMAS

Due to the ongoing Covid-19 restrictions, the Kinglake Ranges Neighbourhood House, in conjunction with Murrindindi Shire Council, are putting together a virtual "12 DAYS OF CHRISTMAS" to run as a Facebook event!

One or two performers or school groups will be posted on the MSC Facebook page each day in the 12 days leading up to Christmas Eve!

We would love you to join us from Saturday 12th December as we share the spirit of the season with you!

More information will be available on the MSC, KRNH and Community Facebook Pages including how you can watch if you aren't on social media.



SEMESTER 1 PROGRAM 2021

Watch out for our new SEMESTER 1 PROGRAM coming out mid January for some fantastic and affordable classes and courses in Term 1 & 2!

You can also keep up-to-date through our Facebook Page and at our website: www.kinglakeranges.com.au

We can't wait to see you at the House in 2021!

KINGLAKE RANGES OP SHOP OPEN FROM WEDNESDAY 20 JANUARY 2021

We're delighted to be able to re-open the door of the Kinglake Op Shop from 11am on Wednesday 29th January!

We will also be accepting donations from this date with a **2 bag limit per customer**

in order to give our lovely volunteers a chance to sort through all your donations.

If you would like to be a volunteer and become part of the dynamic OP SHOP TEAM, please call Laura at the Neighbourhood House on 0482 847 764 or email: laura@kinglakeranges.com.au

Follow the Kinglake Ranges Opportunity Shop on Facebook for updates, upcoming sales and more!



PANTRY DOOR

The Neighbourhood House has set up a PANTRY DOOR Foodshare at the front of the Op Shop, 1A Glenburn Road, Kinglake.

The PANTRY DOOR is open from 9am - 4pm on Tuesdays, Wednesdays & Thursdays and is for anyone who has food items they would like to donate, or for anyone who is in need.

** The Pantry Door will be closed from 4pm Thursday 17th December and re-open 9am on Tuesday 19th January 2021 **

"Donate what you can, take what you need"

Follow us on Facebook or visit our website for updates:
www.kinglakeranges.com.au



Community Consultation – Arts Trail Kinglake Ranges

This is a snap shot summary of responses to the Kinglake Ranges Arts community questionnaire on a proposed Arts Trail in the Kinglake Ranges.

This period of community consultation will be finalised on 10 December after our Zoom meeting which is being facilitated by Bronwyn Ward from Regional Arts Victoria. Join in at 7pm <https://zoom.us/j/98576885798> or email kra@kinglakeranges.com.au and we can send you the link.

Thank you to all community members who have responded. On line Questionnaire responses so far have shown community interest for enhancing the following sites with murals. On the page opposite, you will find these sites are depicted in photos in order from left to right.

1. Flowerdale water tank
2. Kinglake West water tank near Memorial
3. Mechanics Institute Kinglake West tanks
4. Heritage Centre Kinglake West tank
5. Bald Spur Rd tank
6. CJ Dennis Hall Toolangi tanks



In terms of preferred imagery, there was a clear community response showing a preference for local indigenous art, local flora and fauna and some historical depictions. Some specific details were listed in responses such as: rare or endangered species in the area, leadbeaters possum, mountain ash, forest biodiversity, something that reflects our resilience, our culture, our friendships,

our hardships, historical machinery, king parrots, bunjil, tree ferns, lyrebirds, sooty owl, round leaf pommaderis, waratahs, to mention a few.

Some local artists have stepped forward to be considered for the creation of mural and mosaic work and a selection of silo artists have also submitted expressions of interest in the development of murals. In addition, community members and

some schools have shown interest in involvement in the creative process.

The Tank Trail will be a staged project and we will be seeking grant funding for implementation. Other sites identified in the questionnaire responses will be considered for future projects.

This research project was funded by FRRR (Foundation for Rural and Regional Renewal)

Our Heritage

About 2020

2020 has surely been either a very memorable year or one we'd rather forget, depending on which way we look at it. Like all groups in the Kinglake Ranges community, the Kinglake Historical Society has been in a form of forced recess, but we have not been altogether idle and some good things happen even in difficult times.

One example - we were contacted by a member of the Sanderson family with an enquiry for any information about the sawmill that operated in Kinglake in the 1930s, and we were pleased to be able to provide some details from newspaper articles, which will assist them in putting together their family history. In return, we received a photo of Hugh Sanderson, the mill owner, which is a welcome addition to our collection.

Sanderson's mill was one of the largest mills on the range from 1930 to 1935. In 1932, there were 27 men employed at the mill, which was then located at Kinglake East not far from the school. During that winter, the section of Glenburn road from the Kinglake township to the mill became almost impassable due to the heavy timber vehicles using it.

The CRB and the Eltham Shire Council gave notice that the road would be closed to timber traffic, but Hugh Sanderson forwarded a letter to the Council, signed by 21 of his employees, each pledging two days of work, free of charge to the council, to put the road back in order after the winter. The offer was accepted and the road remained open. A photograph of Sanderson's mill was included the Leader newspaper in 1933 on a page featuring scenes from Kinglake.

KHS is always pleased to have contact with families connected with the district and to be able to share our information and theirs.

We have been occupied, during the recess, with preparing and submitting our application for funding from the Foundation for Rural & Regional Renewal so that we can extend and improve our display at the Heritage Centre. We are very grateful to the Kinglake West Mechanics Institute & Reserve Committee of Management for their continued support for our venture on the reserve. We hope to be busy next year with our extension project and we look forward to re-opening the Heritage Centre for local residents and our three district



*Left: Hugh Sanderson.
Above: Sanderson's Sawmill at Kinglake.*

been received, and we hope that project will be underway also next year.

With Christmas around the corner, we wish all Kinglake Ranges residents a happy time at their gatherings of family and friends, and better times in 2021. We also send our good wishes and thanks to the Staff and Board of the Kinglake Ranges Neighbourhood House and to the Staff and Board of *Mountain Monthly* - in fact, to all the Kinglake Ranges community groups, schools and businesses who have 'soldiered on' during the past year.

We look forward to sharing better times with you all in 2021 and to seeing you at the Heritage Centre - we have so much to 'show and tell' about the Kinglake's history.

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

schools as well as visitors to the area, including our regular secondary school groups and Probosc and Senior Citizen Clubs.

We have also been pleased to support the proposal by Kinglake Ranges Arts to establish an Arts Trail on local tanks and walls, and we look forward to working with them in the future with a view to having an 'historical' art work at the Heritage Centre.

Our 'Kinglake Post Office Restoration' project, shared with the Kinglake Lions Club, has advanced another step with the Murrindindi Shire Council heritage report having

Hi All

We are going through some exciting times this year and will be finishing the year with a NEW BRAND.

While the logo looks different and I have a new email for clients to reach us on, our commitment to you is unchanged. I'm still available on the same number you've always been able to reach me on (0412 169 035) and my dedication to my clients remains continuous.

We'll still have a large variety of lender and insurance options, as well as some



great asset finance choices. This year has certainly been difficult for most, challenging in many ways, home schooling for parents and working from home.

I do hope each and every one of you are able to take a break over the Christmas and New Year period, enjoy the holiday season and refresh yourselves for what will be a busy year in 2021.

I would like to take this opportunity to Thank all of you for your continued support. It's my pleasure being able to assist you all and I cannot wait to kick off 2021.

Contact me on 0412 169 035 or nicole@nsfinance.com.au

Nicole Sevenich

2020 changed the game

Coming to the end of 2020, with all the ups and downs of this year, it is interesting to look back and assess whether the market has remained resilient or not. A lot changed this year.

Regional Victoria received huge promotion, and as a result, there was increased demand across the sector. Government grants and incentives, building grants and deposit schemes added further support.

It certainly was the year of the first home buyers. On top of that, now with relaxed restrictions, Melbourne residents have discovered Kinglake, with increased activity over the last couple of months, which will only continue to grow over Christmas.

Covid-19 through 2020

changed lifestyles on a personal level. A lot of people have reassessed what their lives are about, where they live, the time that they spend with family, and how they work.

If people can work part time from home they will, and businesses need to adapt to that. People have experienced what it's like to spend 24/7 in their house and that has shifted their mentality towards their home life - some loving it, others not so. Where we live is a big part of our DNA, who we are, and what we like to do. The coffee and laneway culture of Melbourne came to a grinding halt and without it, the public had to renegotiate how they spent their time. Some of us may have used that time to get fit, others perhaps built that decking they always wanted, and



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quite a few have looked for a lifestyle change.

The remainder of 2020 will see continued interest locally, from first home buyers to lifestyle movers looking to escape, and with limited availability for houses and land for sale, there will be continued interest and competition across the board.

Real Estate Agents have also adapted through this time, moving forward and embracing change in how properties are advertised. Compared with last year's volume of properties sold, there has actually been an increase in sales. This is due in part to the number of private transactions that have occurred throughout the year.

Some good news from the

increase in activity this year is that despite rumblings of a market downturn in 2021, there has been steady growth throughout the year. Therefore, prices should remain steady. There will always be peaks and troughs in the marketplace and just like 2018/19, next year should be a similar cycle.

We are excited for change in our community and looking forward to seeing good things happen in the coming years.

We would like to personally thank everyone who has supported us through this challenging year and would like to wish you all a safe and happy Christmas.

Will Verhagen
Integrity Real Estate

Partnering to assist the vulnerable

A transition village project based in Wallan and aimed at addressing homelessness will be able to access pro bono legal services from TBA Law through an innovative 'access to justice' program.

The Wallan village was inspired by the American-based Dignity Village and Opportunity Village programs and will use 'tiny houses' to provide bridging accommodation for homeless and vulnerable people.

TBA Law's Jacqui Brauman founded a Victoria-wide 'Legally Wise Women' network during the Covid-19 pandemic lockdown – supported by the Centre for Legal Innovation – and this will be extended to the transition village project.

Legally Wise Women is an online legal literacy platform, providing 'where to start' kits, education courses, free information videos, and fortnightly Q&A access to a solicitor for a small fee.

The Transition Village Wallan, as a member of the Legally Wise Women community, will enable homeless women using their accommodation to also have assistance accessing justice.



"Legally Wise Women is primarily for the 'missing middle' women who don't qualify for government legal assistance, but can't afford private legal fees", Ms Brauman says.

"Yet those that are homeless also don't know where to start when they face a legal issue, and Legally Wise Women can provide valuable resources, along with referrals for homeless women to the right legal support".

Ms Brauman said people often felt intimidated by the law and found it difficult to navigate the legal system in situations where they need to defend themselves from a legal challenge or seek justice.

"There is still a fair bit of stigma and shame involved when people find themselves with legal problems," says CEO of the Transition Village, Judy Clarke.

"Finding innovative ways to increase people's understanding of what their rights are, what options are available and giving them the confidence to take action is key to breaking down barriers that can really hinder community inclusion. Community or government legal assistance is great for those who can access it, but there are many who don't qualify".

With both organisations anticipating increased demand, both for homeless support, and for legal assistance, the partnership between the Transition Village Wallan and Legally Wise Women will be mutually beneficial for many.

The work of the Transition Village Wallan can be found at: <https://transitionvillagewallan.com.au/>

For more information about the Transition Village, contact Skye 0415 985 287

For more information about Legally Wise Women, contact Jacqui 03 5794 2334

Legally Wise Women has a free part, as the higher level of membership is now closed again until 2021: <https://wise.legallywisewomen.com.au>



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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
Kinglake Ranges Neighborhood House
by phoning 0417 565 427 or
emailing p.t.kueffer@gmail.com**

Livers and detoxing

Healthy Detoxing Advice post-Lockdown

The Lockdown is finally over and many of us are feeling a fair bit frumpy and lethargic. This is incredibly common in the clinic at the moment as we are all more than a little shell-shocked at the way this year has been.

Consequently, many of us have imbibed too much of the things we could do without, which was to eat and drink more than we should. This can have you feeling grumpy, bloated and overweight, lethargic and sluggish.

Now, as we enter the so-called 'silly season' on top of the release vibes, we may need a quick cleansing to reboot our bodies and minds. Stress plays a big role in the health of our liver as well.

Frustration, anxiety, depression and loneliness can all depress liver function and even cause angry outbursts. All good signs that you need a good healthy detox regime. A detox in their various forms is a simple way to clear our bodies of perceived toxins.

The Liver is the 'General of the Army' in Chinese medicine, and if the general is not sound in mind and strength, nobody can function well. This is because the Liver is the body's detox organ. It percolates the blood constantly breaking down each chemical if comes into contact with to



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Vital Greens and Green Superfood powders are available over the counter at the clinic and can be used as a meal replacement or a morning boost and are very good for a detox and re-energise.

Never detox if you are pregnant, breastfeeding or chronically ill; are under 16; or have a heart, liver or kidney condition; without consulting your health professional. There are gentle ways to cleanse. The best and cheapest is to start each day with a cup of hot water with a squeeze of lemon and cut down on non-prescription drugs including painkillers.

Eat simple – fresh fruit and vegies, especially leafy greens such as rocket, beetroot leaves, fresh grated beetroot, avocado and fish and drink mostly water and herbal teas for a week and see how you feel. No junk foods, wheat, processed meats, sticky cheese such as tasty, blue cheese etc (feta, ricotta and cottage cheese is fine), and less caffeine (green tea is good) and you'll be surprised how just giving the 'General' a break can put the spring back in your step and a smile on your dial.

*Dr Angela Palmer
B.App.Sc Human Biology
B.App.Sc Chinese Medicine*

protect our bodies from toxic overload.

Where do these 'toxins' come from? Many come from outside the body, such as the drugs we take for a headache such as paracetamol; chemical residues and additives in our foods; the stimulants we use such as coffee and the likes of air pollution. The Liver must chemically dismantle each one so that it can be secreted safely through urine or sweat. But, these 'toxins' also come from within such as the hormones our bodies use to regulate our monthly cycles (if you're female), our sleep/wake cycles and responses to life such as adrenalin.

Problems can occur in the body when for reasons mentioned above, our Liver becomes overloaded and simply can't keep up with the

rate of dismantling as fast as it needs to so the body must find other ways of coping. Sometimes our skin - that is used to clear out the excess, hence rashes or pimples - or our digestion is disturbed with bloating or heartburn etc. Or, our moods are affected as the hormones that normally would be broken down stay in the blood circulation in excess quantities causing familiar PMT symptoms or grumpiness.

So if you're feeling a little in need of a post lock-down cleanse, there are many herbal formulas that, properly prescribed, give liver function a boost. Most detox kits focus on liver herbs and can be helpful. However, always ask a health practitioner who knows your physiology before taking any weight loss or liver cleansing programme.

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Kinglake Ranges Health Centre will be closed from 24th December reopening on 4th January 2021.

The Wallan GP SuperClinic will be open throughout the Christmas period.

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Adam White B Physio, APAM
Amanda Rocha B Physio, APAM
Jennifer Loke A Exercise Physiologist

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Returning to exercise post-lockdown

It has certainly been a turbulent year with COVID-19 and its associated lockdowns. Now with easing restrictions, you may be excited about returning to team sports, your regular round of golf, the gym or getting back to your favourite exercise class such as yoga, Pilates or Zumba. It is fantastic to have goals to get your fitness back on track.

Before you get too enthusiastic, consider where you are at with your current level of fitness and strength. Yes, you may have been very active pre-COVID, but what have you been doing in the last 2-4 weeks, or 2-4 months for that matter?

Decreased access to gyms and fitness studios and not having the regular accountability to a Personal Trainer or other health professional has been challenging for many. It is not surprising that these restrictions, combined with stress, have led to people indulging in poor health behaviours such as less movement and increased intake of junk food and alcohol. So consider that you may need to start back at a lower baseline.

One of the most common reasons people see their local Physiotherapist with an injury comes down to one thing – doing too much, too soon!

Muscles start to atrophy (lose their size and strength) after about 2-3 weeks. This will vary

slightly from person to person depending on their training age but eventually everyone will succumb to the effects of detraining.

It isn't just muscles that are affected though. Our tendons, ligaments and bones also need regular loading to maintain their tensile strength and density. Don't forget how inactivity also affects your cardiovascular system too. It is really important to gradually build up the capacity and allow time for your body to adapt to regular exercise again.

Here are some things to consider if you are about to get back to exercise after an extended time off:

1. How frequently are you training/ moving?

It is recommended that healthy adults are active at least 5 days a week for 20-30minutes, depending on how hard you are working.

Have you been walking every day? Once a week? Once in the last month? If you haven't been walking regularly, start with 1 walk every second or third day, then gradually build up the frequency of your walks over a few weeks.

2. What intensity have you been working at?

All movement can be beneficial, but there is a big difference between light activity and moderate or vigorous exercise.

It is important to gradually increase the difficulty of your exercise over time. Going from gentle strolling to running straight away is likely to lead to increased risk of injury.

If you have other risk factors such as a family history of heart problems or high blood pressure, you can also increase your risk of a cardiac event. A great way to ensure you work at an appropriate intensity is to use a rating of perceived exertion (RPE).

When starting a new exercise program, aim to work at a level of effort that is somewhat hard (moderate intensity or 5-6/10 effort). This intensity will generally be safe for a majority of the population. If you wish to work at a vigorous intensity or have a chronic condition like heart disease or diabetes, it would be highly recommended to seek advice from a health professional before starting.

3. What type activity/ recreation do you want to get back to?

Any training program needs to be tailored to your goals.

Do you want to play 18 holes of golf? Do you want to play seniors footy? Perhaps you want to simply be able to do the gardening or keep up with your grandchildren.

A carefully structured exercise program can help you reach your potential and optimise

your performance. Some types of exercise you may need to perform include strength training, aerobic conditioning, mobility stretches, balance exercises or a combination of all of these options.

4. Do you have a chronic condition or injury?

This is probably the most important thing to consider. Depending on the condition or type of injury you have, some types of exercise or training intensities may be detrimental to your condition or slow your recovery. For example, sudden increases in training volume or intensity can lead to developing tendonopathies (e.g. tendonitis) of the joints like the hips, knees, shoulders or ankles.

It is essential that you have a good understanding of any medical conditions or injuries you have so that they can be managed properly. Poorly managed injuries can lead to reduced activity, which can lead to poor health and mental well-being.

Ensure you get the right advice from a qualified health professional.

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Rotary Club of Kinglake Ranges

By the time you are reading this, our first monthly Kinglake Market for this year has actually happened. November saw us back at our regular venue at the Kinglake Trust Reserve. Stallholders welcomed an amazing multitude of visitors and while they purchased carefully, many of the creations done during Covid lockdown found new homes.

December has two major events coming up. Firstly on 20 December our Twilight Market will be held outside the Library, next door to the Police Station. Hours will be 2 pm to 7 pm. Such is the demand for stalls we have applied to VicRoads and Murrindindi Shire Council to close the road between the Healesville-Kinglake Road roundabout and the Post Office Corner. Detours will be in place for that Sunday only.

Santa is sending one of his helpers, there will be a raffle to boost the Rotary coffers to enable us to do more of our community projects and it is the ideal opportunity for you to find that special present for Christmas.

For any enquiries about our Kinglake Market, email kinglakemarket@gmail.com or check out our Facebook page <https://www.facebook.com/kinglakemarket>.

Christmas in Kinglake – to

say decorations have been a bit light on, would be an understatement. This year our Rotary Club has co-opted several groups including Kinglake Ranges Neighbourhood House, Kinglake Ranges Arts, CWA and Boomerang Bag ladies, Mens Shed, various artists and woodworkers. Collectively we will work with local businesses to add to their planned decorations and really add some atmosphere to our streetscape.

We need wooden pallets – to make pallet trees, so if you can help, please email web@rotaryclubkinglakeranges.com.au or send us a Facebook message.

Hay bales painted with festive themes will be deposited at several sites across the ranges.

If you have any unwanted tinsel, decorations, trees – in fact anything that could be added to our Christmas decoration pile – please drop it into one of our collection points:

Bendigo Bank

Kinglake Pub

Kinglake Post Office

Kinglake Neighbourhood House

Mason White McDougall

A donation of 500 Christmas cards have been distributed

to all our local primary schools with a request that the students write a message of their choosing. The cards will be used to decorate shop windows and after the display is finished, our fantastic Post Office will ensure that they are distributed to people who are on their own without nearby family, who have any sort of health issues or just having a hard time. Thanks Helen – these cards will sure be put to good use.

In the Rotary calendar October is Mental Health month as well as Eradicate Polio. Even though we have been in recess, thanks to zoom we continued to meet and made donations to both health concerns. There are now only 2 countries worldwide that are yet to eradicate polio. Mental health has been an issue for years and continues to be even more so due to our Covid 19 restrictions and consequences.

Not only is 2021 Rotary's 100th Birthday in Australia, it's also coming up to our 10th birthday. Over those intervening years many local Rotary members have made major contributions to many community projects and individuals within the Kinglake Ranges.

You would be most welcome to come along and see what makes our volunteers so

dedicated. Our club is not really very formal, members help where and when they can and all qualify as 'glass half full' people. It's the little things that don't get publicity, like helping an elderly gentleman who had a hip replacement get the grass around his home down to a reasonable level for summer, or auspicing grants for several individuals, and working to make our community positive.

If 2020 has taught us anything, it is how much to value true friends and family and the wonderful lifestyle we are fortunate enough to have up on our mountain.

Our thoughts are of course with all those who have done it tough this year and we send our most sincere wishes for a better 2021. If you need help, our Rotary club members are here to give whatever we can to genuine needs in our community.

From our homes to yours – have a peaceful festive season, know that there are people who care and together we can make 2021 a better year for everyone.

The team at the Rotary Club of Kinglake Ranges www.rotaryclubkinglakeranges.com.au for all our contact details

<https://www.facebook.com/kinglakerangesrotary>

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Masons Falls blitz

As the busy season looms and restrictions ease, Masons Falls is looking its best and welcoming visitors back. The Parks Victoria team has been busy over the past months enhancing the area.

To improve traffic safety, large rocks and more than 300 ground cover seedlings have been placed along the roadsides to prevent vehicles parking along the side of the road.

Over the wetter months the walking track to the falls became very muddy and overgrown and was retaining water. We have now re-gravelled the track, trimmed vegetation and cleaned up a rock fall. This will make the walk to the falls safer and more enjoyable for locals and visitors alike.

Further work is planned around the lookout in the future.

Welcome new ranger Sharon Plummer

Sharon Plummer has joined our team at Parks Victoria as a ranger until mid-2021. Sharon knows the local area well and brings with her a wealth of experience



Work along Masons Falls Track.

including previously working with Parks Victoria and also managing the Toolangi sculpture trail project.

Sharon will be focused on establishing the TrailRider program in Kinglake National Park to ensure people of all abilities can enjoy the park. She will also have a strong

focus on supporting people to explore and learn more about the park, including educational programs and signage. She will support the team over the busy summer period with general ranger duties. Welcome Sharon.

Trevor Graham, Ranger Team Leader



While Bali, Boston and Barcelona might be off the list of places to explore for a while, you can still swim in pristine waters, meditate atop a mountain range and indulge in fine food and wine... and all this is right on your doorstep!



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ENVIRONMENT MATTERS

Soy blend candles

At Christmas, many of us delight in candles to add a touch of radiance and celebrate all that they bring. While they were initially observed in Paganistic traditions as a reminder that spring would return once more after the winter solstice, it was during the Middle Ages that candles were first used for Christmas to represent the Star of Bethlehem or symbolise the 'coming back to light'.

Despite the fact that traditional soy candles have proven to be a better option to use in comparison to paraffin - which is sourced from crude oil - many manufacturers are now also incorporating other types of vegetable oils such as coconut oil, in order to create natural soy blend candles.

On its own, soy wax already holds many invaluable properties. It is renewable, biodegradable and can be readily obtained from soya bean oil production. Furthermore, it is a clean-burning substance and as a result, produces less ecological footprint.

Although the use of soy wax is already beneficial, the addition of coconut wax, made from cold-pressed coconut, yields a more superior throw. Due to this, the candles can produce an aroma that comes from the solidified wax itself and when lit, release stronger amounts of fragrance into the air. It has also proven to be slow-burning and therefore allows for longer lasting candles.



Soy blend candles. Photo courtesy of Priya Mohandoss

However, the downside of coconut wax is that it can return to a liquid state at low temperatures. Yet when used in conjunction with soy wax, the candles are able to remain in a more solidified and stable state.

So in order to obtain some Christmas charm this year, something as simple as soy blend candles may just be the answer.

Priya Mohandoss

Convolvulus sabatius (Bindweed)

Description of plant: Convolvulus sabatius (Bindweed or Ground Morning Glory) is a dense and trailing woody-based prostrate perennial with slender stems and small oval green leaves. It bears clusters of open trumpet shaped flowers in lilac blue and it spreads quickly, making it an excellent groundcover. The blue, funnel shaped flowers are approximately 3cm in diameter and are produced in abundance from late spring to autumn.

A complementary plant for its white flowering, shrubby cousin, Convolvulus cneorum.

Height/width: The plant grows 10cm – 15cm in height and forms a lovely spreading matting effect. Spread up to 60cm, spacing 60cm apart.

Position: Convolvulus performs best in full sun with well-drained soil - preferably light with some added humus. Tolerant of dry conditions it is particularly useful for full sun to light shade. Provide a sheltered location. Non-invasive and easy to grow for low maintenance areas as well as adding restful, cool colour to the summer landscape.

Soil types and soil pH: Chalk, loam and sand, acid, alkaline and neutral

Plant uses: Will suit low maintenance garden, poolside, flower garden, coastal garden, beds, borders, ground cover and

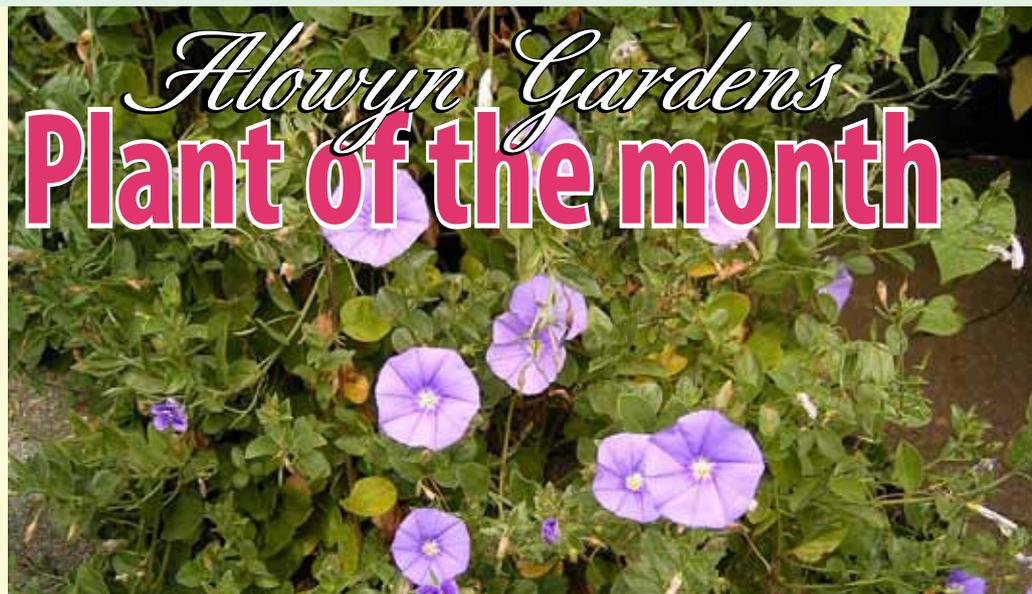


Photo: By Frank Vincentz - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=3559833>

containers. It is drought resistant and can be slotted into any colour scheme whether bright or pastel. Its lovely trailing habit makes it useful for spillover plantings on banks, hanging baskets or in pots.

Garden styles: City and courtyard, gravel and rock gardens, informal and cottage and Mediterranean gardens

Planting: Plant with care, ensuring you don't damage the roots when you take the plant from the pot. Don't tease the roots out before planting. If your soil is heavy or has clay subsoil, plant Convolvulus into an elevated mound, as good drainage is essential. Mulch plants with a 70 to

100mm layer of well-rotted organic material to keep roots cool. Prune lightly and regularly to maintain shape and promote fresh growth, prune yearly by about one third after flowering.

Watering: Check the moisture level in the soil with your finger first so as not to over or under water the plant. Do not let it become waterlogged for any length of time. Cut it back firmly every year or two. It is an extremely low-water requiring plant, and like many Mediterranean climate plants, it does require very good drainage.

Feeding: Convolvulus respond well to annual fertilising after flowering with a controlled release fertiliser.

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VICE PRESIDENT: PAT EVERINGTON paeverington@bigpond.com PH 5786 1787

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Identification and pressing plants with KPS students

We had a great educational November morning with keen students at Kinglake Primary School. Corinne Border from Yea Wetlands joined John Stewart and I in the bushland reserve next to the school oval to discover, identify and collect plant specimens (see photos).

Corinne Border expertly coached students in preparation, pressing, and displaying the specimens for a herbarium as a record for future educational use. This was a follow up from earlier fauna surveys with the school and is a lead up to the planting of a habitat corridor in the new year with these committed students.

Keep up the good caring work

After a wetter than average year with some continuing magnificent floral displays, preparation is required now for plantings in early summer before the usually drier mid- summer. We encourage you to keep up the lockdown-increased interest in your gardens and landscape and especially plant indigenous for natural habitat and preserving the local beauty. You will be rewarded for your efforts when you see the increased activity particularly by indigenous insects, lizards, birds and other animals that inhabit our precious little bit of the world.

A reminder that If you want to learn more of animal behavior around you, join some KLG members and schools like KPS who are already sharing our remote sensor cameras to monitor wildlife and inform us better.

Above: Principal Deb Keating, KLG President Roger Cook and Yea Wetlands Corinne Border identifying indigenous plants with KPS students. Below: Corinne demonstrating plant pressing to KPS students.



Kinglake Landcare activities

Despite the pandemic, in 2019/20 we had some 32 KLG related events with an estimated 832 KLG volunteer hours, especially from a small band of committed locals. As restrictions continue to ease, we will activate planned Landcare activities for our district such as distribution of endangered plants, inspections of members' properties, bushwalks, botanical walks, workshops and more.

Membership

Share in caring for our local natural landscapes, information on our local flora and fauna, our popular free 'Sustainable Gardening in Kinglake' booklet, a good library, tools for borrowing, and plug

in to future courses, lectures, seminars, workshops or webinars on all the issues regularly raised here. A nominal amount per year to cover costs, or go on our free 'friends' mailing list so we can keep in touch and share information.

Contact me or Secretary John Stewart on 0419 858504 or email johnstewart@live.com to join in.

Next meeting

7.30pm 14 December including AGM at Kinglake Memorial Reserve Hall (upstairs). All welcome (TBC).

Next events

Planning plenty for the post lockdown future.

Roger Cook, President

Fire and the Central Highlands

The forests of the Central Highlands, as with most forests in Australia, are dominated by Eucalyptus trees. The genus Eucalyptus rose to 'superdominance' with the gradual drying out of the continent over the last few million years. Eucalyptus is uniquely adapted to fire, with individual trees regenerating through woody reserves at the base (lignotubers) as well as by resprouting from the trunk (epicormic growth).

While climate remains the major reason why Australia's vegetation came to be dominated by fire adapted Eucalyptus, it remains contested how much the arrival of humans on the continent some 50,000 years ago contributed to this change. In part, this is because evidence of any intentional burning regime prior to European invasion is fragmentary.

When Cook sailed up the eastern coast of Australia in April 1770, he saw 'several smooks along shore before dark and two or 3 times afire in the night'. After the invasion, several Europeans noted how the land around Warrane (Sydney) had a park-like appearance, and in places 'chequered by woods and lawns'. This fragmentary evidence has led to the idea that Aborigines burnt the bush repeatedly and extensively to manage the country. The application of 'firestick farming', as it is called, was done to reduce fuel loads as well as create lush grass for favoured prey

species such as kangaroo and wallaby. One historian even described the entire continent of Australia as being managed like an English estate – the 'biggest estate on earth' – although one with many different managers.

In contrast, it has been pointed out that the scientific evidence of the First Nation people burning enough to impact the vegetation of the continent is minimal. In addition, with language being 'the body in which Aboriginal culture lives', it is notable that the 10 languages groups across south western Victorian lack words to describe purposeful burning of forests. In his description of the fire history of the Australian Alps, Dr Philip Zylstra, an academic at the University of Wollongong, notes how instead of 'simple, savage fire', the First Nations peoples used 'an extraordinarily complex system of controlled burning and exclusion'. For this reason, it is probably safer to say burning by First Nations people was more likely of a limited, mosaic type rather than broadscale burning across the landscape, not least because of the very real danger represented by an uncontrolled bushfire to the lives of First Nation peoples.

How Central Highland forests are fire adapted

The forests of the Central Highlands, as described in previous articles in the

Mountain Monthly, are characterised by high rainfall, which would render fire less dominant in shaping their history. This is particularly true for Mountain Ash trees (*Eucalyptus regnans*) of the wet forests. Unlike other Eucalypts, they cannot regenerate either through underground lignotubers or epicormic growth. Yet paradoxically, occasional intense fires are a factor in this species' continued existence. One reason is that any seeds released from trees without a fire are known to be eaten by hungry ants. Only with the immense seed fall following an intense fire are the ants sated, allowing seedlings to germinate. They then take advantage of the increased light and nutrients in the ash bed.

In the damp forests of the Central Highlands, dominated by Messmate (*Eucalyptus obliqua*), Mountain Grey Gum (*Eucalyptus cypellocarpa*) and Narrow-leaf Peppermint (*Eucalyptus radiata*), fire was probably more frequent – all these species, as individual trees, can regenerate after burning. But like the Mountain Ash forests, these mixed species forests don't welcome frequent conflagrations.

Fire since the European invasion

The arrivals of Europeans in the Kinglake area from the 1830s disrupted the ancient cultural practices of the First Nations people of the area – the Taung Wurrung ➤

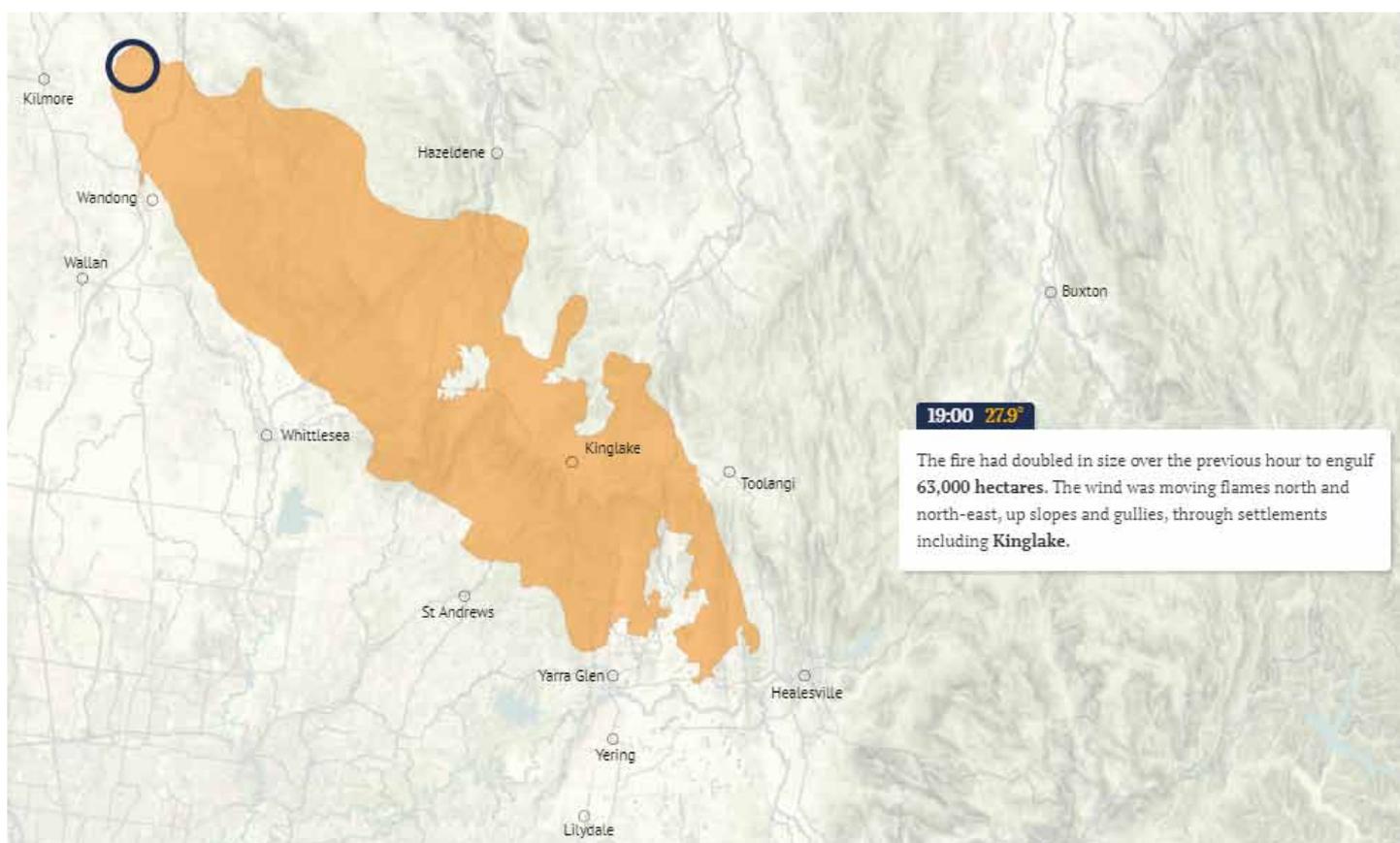
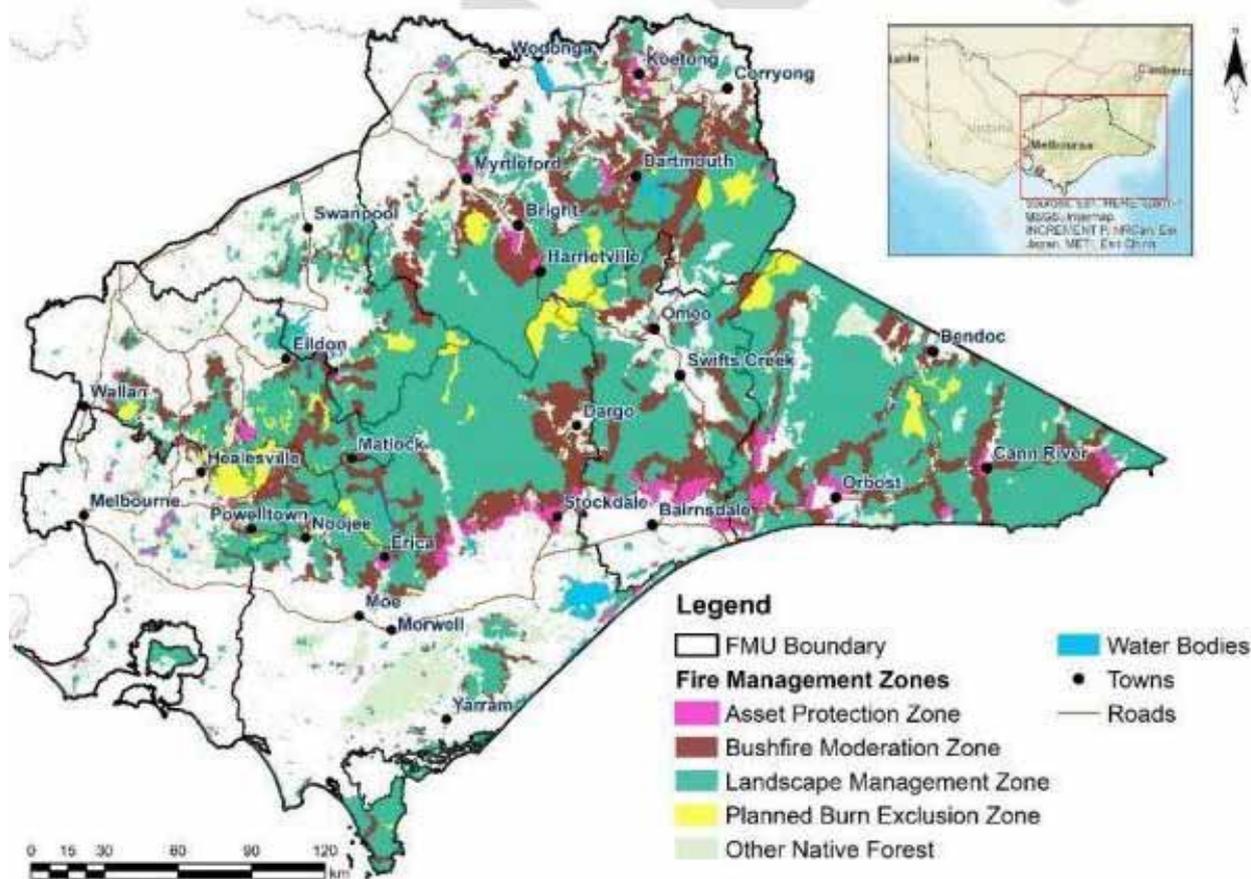


Figure 4.4-4 Fire Management Zones within the FMU



Source: DELWP, Fire Management Zones, accessed 2 April 2020; DELWP, VMLITE Spatial files, accessed 17 March 2020; DELWP, Forest Management Area Boundaries, accessed 16 March 2020; DJPR, Allocation April 2019, accessed 16 March 2020.

and the Woi Wurrung – who knew the forests and the animals and plants that live there. European practices of road building, clearing and farming fragmented the landscape. The stage was set for catastrophe, with humans living in fixed settlements adjacent to forests. Major fires occurred in various parts of the Central Highlands in 1851 as well as 1939, 1983 and 2009.

The 2009 Black Saturday Fire remains the worst in terms of lives lost in Victoria. It affected the Central Highlands particularly severely. Around midday on February 7, a fault on a power line at Kilmore East sparked a fire that spread quickly to the south east, fanned by hot temperatures and strong winds. A wind change in the evening pushed it towards Kinglake and beyond. This map, from an excellent article in *The Age* of 2019, shows the full extent of what was called the Kilmore East Fire. This would go on to create another major conflagration to the east, called the Murrindindi Fire.

Fire Management Zones

A Royal Commission following the Black

Saturday Fire recommended a change in the way state forests were managed. This led to the creation of Fire Management Zones. The clues for what these zones aim to achieve lie in their names: Asset Protection Zones, Bushfire Moderation Zone, Landscape Management Zone, and Planned Burning Exclusion Zone. The map below, from a VicForests document, shows how these zones are applied across eastern Victoria.

(FMU = Forest Management Unit.)

See map above.

The two categories of interest to us, your friendly neighbourhood environmental group, are Bushfire Moderation Zones and Landscape Management Zones. And we've just launched a court case against VicForests as we allege that VicForests have exceeded the area legally allowed to be logged in these zones. The limits to logging in these fire zones have been mandated by Government in the Code of Practice for Timber Production, which regulates logging in our state forests.

Many scientific studies indicate that logged forests are generally more

flammable than established forest. Once logged, a forest area 'dries out' as a result of exposure to sun and wind. Moreover, the trees are of a more uniform height, so fire can travel along the crowns more readily.

The future of fire

The bushfires of 2019-20 were shocking in their extent and intensity. A scientific study indicates that climate change was a factor in this, and with carbon pollution continuing every day, our bushfire seasons are only going to get worse. The number of dry lightning storms has also increased since about 2000, which ignite these drier forests. As well as reducing greenhouse gas pollution, we need to preserve the intact native forests, since carbon storage is among the many ecosystem services they provide. Such forests also provide a natural barrier to fire, with more moisture retained within them, and fire travelling less quickly among trees of uneven height.

And, that is another reason why we fight to end native forest logging.

Kinglake Friends of The Forest



COUNCIL SERVICES OVER CHRISTMAS - NEW YEAR PERIOD 2020-21

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

ALEXANDRA, KINGLAKE AND YEA LIBRARY AND CUSTOMER SERVICE CENTRES

Thursday 24 December 2020: 9.00 am – 3.00 pm

Friday 25 December 2020 – Saturday 2 January 2021: CLOSED

Monday 4 January 2021: Normal hours resume

MOBILE LIBRARY AND CUSTOMER SERVICES

Thursday 24 December 2020:

- 10.00 am – 12.00 noon (Toolangi)
- 1.00 pm – 3.00 pm (Flowerdale)

Friday 25 December 2020 – Saturday 2 January 2021: CLOSED

Tuesday 5 January 2021: Normal hours resume

SWIMMING POOLS

Friday 25 December 2020: CLOSED

Visit our website for opening times

MATERNAL AND CHILD HEALTH CENTRES

Thursday 24 December 2020: 9.00 am – 3.00 pm

Friday 25 December 2020 – Friday 1 January 2021: CLOSED

Saturday 2 January 2020: Normal hours resume

KERBSIDE WASTE COLLECTION SERVICES

Services due to be collected on Friday 25 December 2020 will be collected a day later than normal, on Saturday 26 December 2020. Services due to be collected on Friday 1 January 2021 will be collected a day later than normal, on Saturday 2 January 2021.

RESOURCE RECOVERY CENTRES

All Resource Recovery Centres (RRC) are closed on Christmas Day, Boxing Day and New Year's Day. In addition to these closures, all RRCs are closed on days of Total Fire Ban.

EMERGENCY CONTACT DETAILS

- Maternal and Child Health Advice Line: 13 22 29
- Poisons Information Line (24 hours): 13 11 26
- Community Safety - after hours emergency (stock on roads, dog attacks etc): 5772 0333
- Infrastructure Services - after hours emergency (dangerous road conditions): 5772 0333



Get in touch with Council

customer@murrindindi.vic.gov.au
murrindindi.vic.gov.au
5772 0333

For anything COVID-19 related

For advice and guidance, please contact the DHHS
Coronavirus hotline on 1800 675 398 and to report breaches
of restrictions, please contact Victoria Police on 131 444.



WHITTLESEA COMMUNITY HOUSE

P: 9716 3361 W: www.wchi.com.au E: wchi@whittleseach.com.au

At the time of writing this Whittlesea Community House remains closed to the public as a result of lockdown restrictions and we are working hard with our team and our partners to operate online wherever possible. There are several courses that are now operating face to face at the House. Check the information below for the latest.

Even though we are closed please don't hesitate to contact us if we can assist you, especially if you are experiencing distress, we are able to see you by appointment at the office if you need us.

'Text Out Tuesday' continues to be a popular way for us to keep in touch with you about what is going on so if you are yet to sign up then please call and we will put you on our list. Every Tuesday we will send out a message to let you know what is happening in your community and to hopefully brighten your day.

We are posting regularly on Facebook and invite you to join us at <https://www.facebook.com/wtchag/>

Fix it Friday – The phone in version!

We commenced Fix it Friday in May in phone in version and we are pleased to announce that we will be holding our final problem solving session for 2020 on Friday 11 December between 10am and 1pm. You can register in advance on 9716 3361 to be connected to a problem solver: lawyer, social worker, Centrelink advisor, NDIS specialist, Victims Assistance, Mental Health, Financial Counsellor, My AgedCare and more. Stop lying awake worrying – get answers from a real person and get back on track.

Boat Licence

Our next Boat Licence course dates are as follows:

Saturday 5 December	1.30pm-5.30pm
Saturday 12 December	9am-1pm
Saturday 19 December	9am-1pm
Cost:	\$130 per person

Sessions will be held face to face at the House. You must be aged 12+ to attend and PWC endorsements will only be issued to those over 16. If you require a PWC endorsement on your existing Marine Licence you can contact us for information on how to achieve it. Call 9716 3361.

First Aid

We are pleased to announce that we are hold a face-to-face First Aid session in December.

Thursday 3 December 9.15am-4.15pm

All courses will be available including CPR (\$85), Provide First Aid (\$150) and Provide an Emergency First AID Response in an Education and Care Setting (\$195). Call 9716 3361 to book your place.

Barista Training

The Barista Bus will pull into the House for a final session in 2020 on Thursday 10 December 9.30am – 3.30pm

Expressions of Interest Open NOW

Working and Learning Online

This course will commence in early 2021 and is designed to assist you to work or study using digital platforms and programs. If you are keen to work from home or are interested in courses which require online learning then this

is the course for you. This course requires some knowledge of computers and it is recommended that you complete digital literacy studies (see below) if you are starting from scratch. Call 9716 3361 for more information.

Quickbooks Online

Following the sellout of our recent Zoom training for Quickbooks online we are taking expressions of interest for another course in early 2021. Call 9716 3361 to register your interest.

Digital Literacy

Our recent Digital Literacy course also sold out in record time and we are planning another series in early 2021. Call 9716 3361 to register your interest, we will be covering tablets, laptops and Smartphones in the course.

Introduction to Construction Trades

Are you keen to take up a trade? Not sure which one suits you best? This is the course for you. Try carpentry, concreting, plastering, painting and tiling in a 2 week intensive program scheduled for September school holidays. Make great decisions about your trades future! Call 9716 3361.

Traffic Management

Cove Training will be onsite at the House in December for Stop Slow (4 December) and Traffic Management (11 December) courses face-to-face. Contact them for bookings on (03) 8773 9000.

Updates on courses and activities can be found on our webpage www.wchi.com.au. In the meantime, have a very Merry Christmas, keep your chins up and don't be shy about calling us. We can't wait to see you all in 2021.

Ann Friedel
PUBLISHING
 Graphic
 design
 AND PRINTING
 Phone: 03 5772 1026
 Mobile: 0418 556 107
publishing@friedel.net.au

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Kinglake West Primary School

We are rapidly approaching the end of what will have to be described as an unforgettable year for everyone involved. We have had two long periods of Remote and Flexible Learning (who ever thought they would shut down schools?), we are doing Parent Teacher interviews by video and wearing masks when we're on yard duty.

The children have been fantastic throughout it all. The attitude to learning has been amazing with most of the children completing the work sent home every week and then coming back to



school trying to cram all of the learning in. The behaviour in the classrooms and in the yard continues to be impressive and our only concern has been about building up the stamina to keep going after such a tumultuous year.

We recently completed our School Photos after booking and rebooking them and rebooking them again. I am sure that all of the Mums and Dads (and Grandparents and family friends) will enjoy seeing the smiling and happy faces. We had booked Life Education for earlier in the year and, again, this was rebooked twice as was the Life Education 'Let's talk about it' program on growing up, puberty and identity. Luckily all of these bookings and re-bookings have been successful as we ran all of these programs at the end of November.

Luckily we were able to squeeze Book Week activities in this year with our P-2 children creating bats and other flying animals, our Grade 3/4's a great looking dog and the 5/6 students using watercolours and folding to create a sea picture based on some of the nominated books. Children had a great afternoon and presented some amazing work.

We have just finished our Prep transition for our 2021 Prep class. This was another very interesting challenge for us as we were not allowed to have any more than 10 people come into the school at a time. This meant that we had 3 sessions with 7 or 8 children in each session, which meant some very personal attention for each of our new Preps in very small groups. I must say that they look like being another great group of Preps coming through the school. I would like to thank Barb Johnson who has come along to run a Rug Rats style program for the second group so that they can join us. Barb has run this program here for about 15 years and we

thought that it wasn't going to happen this year.

It has been a great year for our 3-6 classes who have been doing some amazing Science, Technology, Engineering and Maths work with our incredible STEM volunteer Mari. Mari approached us late last year offering her knowledge in the Science and Engineering areas and our children have completed really interesting work on Physics (forces, motion and resistance) and also on Computer Coding using the Scratch program. Mari's knowledge and understandings are certainly much greater than ours.

Staffing at the school will not change dramatically for next year. We will have 2 grade Prep/1's (Jane Manzoney and Fiona Portman); a straight Grade 2 (David Jovanovski); 2 Grade 3/4's (Erin Schulz and Melissa Sullivan) and; 3 Grade 5/6's (Michelle Nash, Sara Dunlop and Rose Halse). There hasn't been a lot of movement of staff for 2021 as many of them had just moved into an area and then we had all of the Remote and Flexible learning.

We have planned a Grade 6 Graduation that will be flexible and allow us to do it remotely (where no parents can attend), or opened up if we have enough notice that we can invite families. We are unsure what we can do so we will have to wait. Hopefully we can have families attend. This will be the same for our traditional family picnic and awards night. It will also be really sad if it has to change as it has been running to the same format for the past 18 years and is always a good social night for everyone to get together and farewell our Grade 6 students and celebrate the award winners.

Have a great Christmas break, enjoy a holiday if you can and I look forward to telling you all about the happenings at Kinglake West PS next year.

Mark Portman



Middle Kinglake Primary School



And just like that, the school year is nearly over. We have certainly been grateful to have all students back at school for fourth term and we have celebrated in style with lots of activities inside and outside the classroom.

With restrictions easing, all students were able to go on camp. The P-2 Camp Activity Day at Kinglake Forest Adventures was action packed and enjoyed by all. The students from Grades 3-6 enjoyed four days at Coonawarra Farm Resort down near Bairnsdale. It was great to be able to have a trip away with these kids and enjoy all the activities the camp had to offer. Everyone had a great time, stepping out of their comfort zone and challenging themselves to new things. This is what camps are all about. And the food was great.

While we haven't been able to visit shops, we have celebrated with a Book Fair at school, with lots of great books to purchase. Students browsed and made a wish list and went home with some great books. From the purchases the school was lucky enough to select some new titles for the library.

We also celebrated the Spring Carnival with an Oaks Day

activity day. Students dressed up in their race attire- there were horse trainers, jockeys and fashions on the fields. We had a picnic and horse races at lunchtime. It was a great day.

Our Remembrance Day service is always highly regarded and well attended. This year there was no audience but the students in Grades 5 & 6 did an amazing job to organise and prepare for a lovely service for the entire school. This year the focus was Women in War. They researched war heroes, wrote speeches, prepared wreaths and organised the formalities. It was a lovely service.

We have been excited to have had our new preps attending Transition sessions at school. They are a confident and happy bunch and we look forward to welcoming them and their families to MKPS. Next week the Grade 6s are off to their secondary schools and our current students will spend some time in their new grades. In 2021 we will have a P/1 class with Miss Clark, a Grade 2/3 with Miss Smith and a Grade 4/5/6 with Mrs Wilkinson. We will still offer the amazing variety of specialist subjects including Music, Library, STEM, Auslan, Art, PE and Sustainability which includes the Stephanie



Alexander Kitchen Garden Program.

Our Parents' and Friends' Association are a hard working group who raise money and organise events for our school. They pay the funds for the buses for camps and subsidise the swimming program each year. They also organise fun events like the Easter egg hunt and end of term lunches for the students. On a bigger scale they organise social events like the Trivia Night, Bunnings BBQs, Kinglake Fair stall, Mothers' Day High Tea and Fathers' Day Afternoon Tea. They held their AGM at the end of November and we congratulate the new office bearers. This year has been a bit quiet so we look forward to lots of PFA events in 2021.

As the term draws to a close we are looking forward to celebrating with the Grade 6s as they head off to secondary school. They will have their Graduations and Final Fun Day to mark the end of primary school.



We wish all our school community a very Merry Christmas and a safe and happy holiday. We look forward to seeing everyone again in 2021.

Meagan Callande, Principal

Kinglake Primary School

As we round the corner and the end of the year draws closer, I think many in our community will look back on this year with mixed emotions and absolute awe in how our beautiful community rallied and came through this extraordinary year.

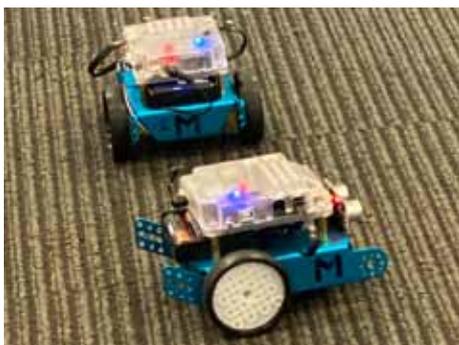
It has been a very surreal experience and one that I think we will always reflect on as a year of great resilience, challenges, problem solving and community support. I don't think any teacher or school would ever think within their time and career that we would ever teach for any extended time remotely. It certainly was a strange situation, but I am so grateful for the commitment of our parents, who supported their children through remote and on-line learning and of course our teaching and support staff who led the way in delivering an extraordinary teaching and learning experience that saw our students at KPS have minimal impact on their learning.

We have and will continue to support families and students with mental well-being for the remainder of this year and well into next year.

Transition - We welcomed our newest members of our school, the preps for 2021, as they completed their transition sessions. This is always an exciting time of the year as we see the beginning of a child's first step and journey into their primary school experiences. Supporting also mum and dad who also make this journey with their child. We are so excited to welcome Aiden, Layla, Ishana, Harry, Ollie and Arlo and hope your journey with us will be rewarding.

Our grade six students also make the transition to their respective secondary schools. This is a time that can be full of both excitement and anxiety as they leave the care and nurturing of small schools to the larger secondary schools. We always look to make good relationships with staff from our feeder secondary schools to ensure the transition is smooth. We farewell and wish Jacob, Bridgette, Avah, Matt, Hamish, Zayden, Keeley and Lilly all the best and good luck in their new journey through secondary school. You are always welcome back to visit and help out at our school!

Book week - We had a belated book week celebration this year, but as usual it was met with great excitement, festivities and participation in our costume day. This is also a day that our staff love! They enjoy just as much as the children, getting dressed up in costume and talking about their favourite books and characters. We



saw many different characters such as Darth Vader, Despereaux, Mad Hatter, Little Mermaid, Spiderman and so many more.

AFL Grand Final day - Each year we have a footy day that celebrated not only the AFL Grand Final teams but also the fun, game and skills that both girls and boys learn from participating in AFL or any other form of football or sport. We have a passionate group of supporters who barrack loud and proud for their teams. Of course we had a very passionate and excited group of Richmond supporters, including myself that were very happy with the final outcome on the day. Our students were able to enjoy rotations of activities around football, craft, skills clinics, bingo (AFL style) and so much more. Always a fun day.

Halloween - Students who wished to participate in Halloween were able to dress up on the Friday before Halloween, which fell on a Saturday this year. We had many spooky creatures and characters, but everyone respected the need to be fun and inclusive instead of just scary! It was lovely to follow some of our normal routines and events that we would celebrate each year, but especially this year with students being apart and missing out on so many other events throughout the year due to the COVID pandemic.

NATA Young Scientists Award - I would like to congratulate Denny and Theo on their submission to this year's NATA Young Scientists Award. This is a national science competition and both Denny and Theo can hold their heads high, knowing that out of all the schools across the country and out of 100 submissions, theirs was 5th in the nation. This is a marvellous achievement from the grade 2 and 3 students and it

is clear that their interest and future in science is bright.

This is just one example of how we encourage and foster scientific learning and participation within and external to the classrooms. We foster young talent within science and work toward inspiring those young students keen to learn.

Robots have arrived! - Our mBOT robots have arrived and students just love working with them. STEM captains Hamish and Zayden have been thrilled at the opportunity to work with and program the robots and inspire students in all classrooms to trial the new technology. The robotic program is part of our science and STEM program and will be used in all classrooms from prep to grade 6. The learning will be levelled to their capabilities and will also feature in lunchtime STEM club activities.

The robots were funded by the efforts of our fundraising committee, especially our fundraising co-ordinator, Anna, and we thank her very much for the co-ordination and running of events that have resulted in this and other science equipment purchases this year. We have also purchased circuit boards for our senior students to complete their Physics learning as part of the curriculum. With these tools, we believe our students get the best opportunity to learn through real life experiences the technology that will be the future.

Christmas wishes - Finally, before I sign off for yet another year, I'd like to take this opportunity to thank our local community, school community, parents, students and of course the amazing staff at KPS. They have all shown such resilience and courage over this year to continue to look after each other, keep this community safe from virus and support our students in their learning. I am proud to lead this school and see such wonderful community spirit.

My wish for all of us is that when we return in January 2021, we no longer have to worry about the threat of COVID19, that our children will be able to play and learn in safety, that our parents and wider community can again enter into our school and classrooms and be part of our children's learning and experience in primary school.

The staff and I wish everyone within the Kinglake Community and especially our school community a very Merry Christmas and a happy and safe New Year and Summer holiday break. Take care and stay safe!

Deb Keating, Principal

Flowerdale Primary School



Hard to believe we are saying goodbye to 2020, when we feel as though we have hardly said hello. And, sad to know we are saying goodbye to some of our most delightful children.

Our Grade 6 children – Jake and Anna – are making their way to Yea next year. Jake joined us as a cute little preppie so long ago, while Anna joined us in Grade 4. Both have been school leaders, hard workers, respected role models, fantastic friends and they leave us with beautiful memories. We know Yea High School will love our Flowerdale Grade 6 kids.



With great sadness, we also farewell our Donnelley family – Tigerman Archie (Grade 1), Frankie, Georgie and Issy, (all Grade Prep) and their parents Pip and Bryan, who leave us to take up their new life in New Zealand. We will miss them so much. We also say goodbye to Thomas who has been with us since Prep and who moves to a new district in the coming year. To all our departing children and families – you leave with our love, our best wishes and our thanks for making our lives richer for knowing you.

As Term 4 powers ahead, children are excitedly preparing for our Christmas Concert and Art Show. They are allowing their creative juices to flow through the waters of our mosaic beach-scene-backdrop to the sand pit (with Kerry at the helm). They have celebrated Naidoc Week with incursions,

activities and damper making. They are learning about all the different sections of the orchestra and doing musical performances. They are animating their original stories with dioramas. They are delving into the depths of Greek Mythology, learning about cultures through the study of Art History, and learning basketball (thanks Nicolle). They have given our teachers a most fantastic World Teachers Day luncheon. They have completed the first planting of our Indigenous Garden, and are seeing the first rewards of their efforts in



the Vegie Garden. They have participated in a beautiful Remembrance Day Ceremony. They have celebrated Bike Day and Footy Day and have had a whole school camping sleepover. All this - on top of their excellent efforts in Literacy, Numeracy, Science and Inquiry in the classroom - have made our children balanced life-long learners, and very tired little people. We are so proud of them.

With the year galloping to an end, we pause to thank our dedicated, professional Teachers – Teaching Principal Sandra, Shelley, Brooke,

Nicole and Bree; our Chaplain Kerry and Aides Yvonne, Danielle, Jayde and Annie; our Business Manager Cherie; IT technician Gippo and, of course, the wonderful families who continue to support our school and their children. We thank all the different community groups who have thrown their weight behind the school in a most challenging year.

We wish you all a very happy Christmastime and a happy and restful summertime holidays.

Annie Robertson.

Strathewen Primary School

After this very strange and disrupted year, we're humming along happily in Strathewen.

Using some funding reserves, we have employed an additional teacher two days a week to assist students in need of a little further learning support having returned from remote learning.

This will continue into 2021, with the Education Department's announcement of some targeted tuition funding being provided to schools for this purpose.

In the classrooms, we've been focusing on NAIDOC week and learning about the history of the land we're on. As always, we recognised Remembrance Day, with students writing poetry and creating beautiful floral tributes in multi-age workshops.

We've been taking a close look at what's happening in our school gardens this spring, with students enjoying a photography focus. A wonderful collection of student photos are featured in our newsletter each week.

Grade 5 and 6 students have just completed a series of Health Education workshops, with Georgina from HUSH education, which were fantastic. And now that we're back onsite, our Junior School Councillors are working on simple and safe fundraising projects that will allow us to continue the educational sponsorship support of the three school aged siblings we help out in Central Bali.

This time of year is always busy, with so many events eagerly anticipated by the crew. We're planning a special end of year onsite Christmas Day, in place of our usual whole school day in the city.

The day will begin with our Christmas Marketplace, so that students can still complete their traditional Christmas shopping together. We'll be wrapping and labelling our



gifts, enjoying a specially ordered and catered lunch and then relaxing with a movie afternoon.

Similarly, our Grade 6 Big Night Out with staff has been replaced this year with a Big Night In. When the other students head off home at the end of the day, we'll kick off with special afternoon tea and some school based action. We'll move on to a slightly formal sit down dinner and a movie event.

We always enjoy our special night out, so we're expecting to make our 'night in' just as successful.

Our Grade 6 graduation will be a live streamed event during the school day, with all the usual features. We'll have

speeches, presentations and tributes and hopefully our families and friends from near and far will join us remotely.

We're also preparing to plant our Grade 6 Graduation Tree, generously donated by Bunnings in Mernda. Our beautiful flowering gum will be given a prominent position as our senior students leave behind a special legacy when they move on to secondary school. We've had to be a little flexible with our school traditions this year, but we've still got plenty to look forward to.

For those with little ones who are interested in our Thursday Pre-Prep program, we have our sessions on hold until further notice. Hopefully we'll

be kicking off with our regular program next year. In the meantime, we have our three transition mornings on the go, with our incoming preps coming along to school for their sessions.

Ours is a wonderful small school, offering excellent learning programs in a supportive, friendly environment. We're proud of our beautiful grounds and gardens and exciting play spaces.

If you're looking at schools for 2021, have any questions about our prep transition programs or future enrolments, feel free to call the school.

Jane Hayward
Principal

Campfire Home Church



Slaughter of the Innocent

When the Magi (wise men) arrived at Jerusalem, many months after Christ's birth, they expected to find the new born king (Messiah) in the palace. But King Herod knew nothing, so he asked his advisors about it. They quoted a Bible prophecy about Bethlehem, and suggested that he look for the child there. Herod told the Magi to find the child, and let him know, so he could come and worship too. But Herod's real purpose was to kill this potential threat to his throne.

The Magi found the child and honoured Him with their gifts, before going home another way. Herod was furious, when they did not report back, so he ordered his soldiers to kill all the children up to 2 years old in the area. He failed to kill Jesus, because Joseph had already left with his family. They became refugees in Egypt until Herod died.

When King Herod murdered children to preserve his power and secure his future, this was nothing new. Children have been the victims of adults' selfish and wicked ways – whether by choice or neglect – since the beginning of time. Too many children have been starved, abused, exploited, corrupted, neglected, and even murdered by the very adults that were supposed to take care of them. Their future, and their potential, has been stolen through emotional scarring, sexual abuse, physical violence, and death – including in the womb.

Thirty years after escaping Herod, Jesus brought His message of hope and salvation to ALL – including the sick, the abused, and the powerless. He told His followers to overcome evil with good; and rebuked the powerful when they exploited people for personal gain. He pointed to children (who rely on adults for everything) as an example of how to trust God; and strongly rebuked those who mistreated them. He came to transform the hearts and lives of individuals, not overthrow governments.

Jesus knows what it is like to be a child, to be abused, and to be unjustly treated. He had the power to destroy His enemies, but chose to die on a cross so that even the worst of sinners can find redemption in Him. He overcame death, so that we can have hope and peace in this life and the next. His words of hope, ***“Come to Me, all you who labour and are heavy laden, and I will give you rest”***, come with the authority of someone who understands, and can deliver.

May you know the hope and peace, that Jesus came to bring, this Christmas.

“For God so loved the world that He gave His one and only Son, so that whoever believes in Him will not perish but have everlasting life.”

Would you like to know more about Jesus, and what it means to follow Him? Watch “Who is Jesus?” <https://youtu.be/QDkppqVhgrlo>

Contact Mark (0408867775) if you want to know more.

Mark Trodd

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

Kinglake Fire Brigade

December already and with it comes hot summer days and of course Christmas, be it one that may look very different than what we are used to this year. But, I am sure with Christmas there will still be the usual things that will come with it like decorations and some Christmas festivities. We would like to ask that you enjoy this great time of year but do it safely and be careful on the roads when travelling.

Fire Danger Period

At time of writing the CFA declared FIRE DANGER PERIOD (FDP) for North Central had not yet been declared. This may change during publication and if so we will endeavour to inform you, in as timely

a manner as possible. There are some areas that have already declared their FDP and they can be found on the CFA website.

Keep an eye out on our Facebook site or you may notice that the Fire Danger Sign will be changing. This is an indication that the FDP has started and we are getting the daily Fire Danger Ratings information about what the day will bring.

Please remember that when it is announced, this means **fire restrictions** are in force, and will determine the use of fire in the community, and is to help prevent fires from starting.

Who is affected? - People living

in country Victoria and the outer metropolitan suburbs of Melbourne.

What does it mean? - You cannot light a fire in the open air unless you have a permit or comply with certain requirements. If you don't obtain a permit, you could be breaking the law and may be prosecuted. And, usually only in extenuating circumstances you may get a permit.

There is a ZERO tolerance to the lighting of these illegal fires, and authorities will be called.

Burning off during the Fire Danger Period

You need a permit to burn-off during the ➤

Kinglake CERT

We can all agree that 2020 has been a very hard year for not only our community, but also for our state, country and the rest of the world. Covid19 saw lots of changes within Ambulance Victoria and in all healthcare fields.

All of our past training on correct full Personal Protective Equipment (PPE) use, 'donning and doffing' (taking on and taking off without cross-contamination) procedures were really put into

practise. This highlighted why regular training in preparation for emergencies is vital and how regular refresher sessions keep skills in the forefront of our minds for when called upon.

During the 'lock-down' period, many of our amazing team members made the difficult decision to stand-down from the roster due to either travel restrictions or presenting risks to themselves/family members/community/workplaces, which left us with an extremely reduced capacity to continue serving our community. A huge thank-you and well done to Kate, Krissy, Lorraine, Kathy and Trevor for managing to fill over 95% of shifts for those months. It was a tiring but fulfilling effort.

With summer 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.

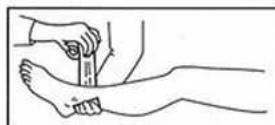
A reminder that if you require an ambulance, call 000 and if the CERT team are available they will be dispatched by the Ambulance Service at the same time as the nearest ambulance.

Kinglake CERT will be holding our Annual General Meeting (AGM) on: Wednesday 17 March 2021 at 7pm. All interested members of the community are most welcome to attend.

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

Kinglake CERT

Snake Bite Management



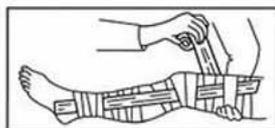
• Place wound dressing on the bite site. Do not wash venom off the skin as it may assist in later identification.



• 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)

Fire Danger Period. You MUST also notify ESTA of your burn-off as contained in your permit. Otherwise brigades will be called out unnecessarily.

To find out about applying for a fire permit contact Murrindindi Shire Council.

Total Fire Ban Days

When a Total Fire Ban Day is declared by the CFA at any time throughout the year, on days when fires are likely to spread rapidly and be difficult to control. NO fires are to be lit in the open air on Total Fire Ban Days unless you have a special permit. The penalties for lighting fires illegally during the FDP and on Total Fire Ban Days include large fines and possible imprisonment.

Fire Danger Ratings

Here is some information about Fire danger ratings.

- Fire Danger Ratings are used during the Fire Danger Period (usually October to May depending on the area).
- The Fire Danger Rating tells you how dangerous a fire would be if one started.
- Every day an arrow will point to the rating for the day.
- The higher the rating, the more dangerous the situation if a fire starts.
- Code Red is the most dangerous rating.
- On a Code Red day, do not stay in bushfire prone areas, leave the night before or early in the morning.
- Do not travel into the bush on Extreme and Code Red days.
- Ratings are forecast using Bureau of Meteorology data for up to four days in advance, based on weather and other environmental conditions such as fuel load.
- The rating is your prompt to take action to stay safe. It helps you to know when conditions are dangerous enough to put your bushfire survival plan in to action.
- Are a great tool to use to decide when to start enacting your plans and to leave early.

Do You know what each rating means? If not please go to the link written below.



Property Preparation

As always good property preparation for fire remains a very important aspect of living in the area that we do. And, doing this preparation can help to minimise the risk to your property of being destroyed by bushfire.

Some tips for property preparation are to keep trees, overhanging branches and shrubs to a minimum near your home, particularly around and under windows. A big clean up before the fire season can make a huge difference to the survival of your home if a bushfire were to come through.

Embers are one of the most common causes of homes burning down during a bushfire, even if the fire front doesn't reach the property. Check where leaves and twigs gather around your home as this is where embers are likely to fall. Keep these areas clear all summer. Keep leaf litter, shrubs and any other fuels to a minimum under trees on your property. This will help to stop a fire from reaching the tree tops, which will reduce embers and the fire intensity near your home.

Before you leave, make sure you remove all flammable items from around your home. Houses have been lost from things as simple as embers landing on a doormat.

Some links you may find interesting:

For more about restrictions and what you can and can't do go to:

www.cfa.vic.gov.au/warnings-restrictions/about-the-fire-danger-period/

www.cfa.vic.gov.au/warnings-restrictions/restrictions-during-the-fire-danger-period

The ratings can be found:

Online at www.emergency.vic.gov.au or www.cfa.vic.gov.au

By calling the VicEmergency Hotline on 1800 226 226

Along major roads and in towns.

CFA have released a publication Your Guide to Property Preparation, this can be found online and downloaded.

Go to : www.cfa.vic.gov.au/fm_files/attachments/plan_and_prepare/Your-Guide-to-Property-Preparation_WEB.pdf

Christmas decorations, lights and candles

The festive season brings several extra fire

risks to the community and your family. Some simple pre-cautions can help to keep your family safe:

- Check Christmas lights carefully for frayed wires, bare spots in insulation, and excessive wear before putting them up.
- Do not overload electrical circuits or power boards.
- Dispose of live trees quickly after the Christmas period before they dry out and become a fire hazard.
- Do not leave Christmas lights on when you go out or when you go to bed.
- Do not let bulbs touch anything that can burn easily, like paper or other decoration.
- Use only non-flammable or flame-retardant artificial trees and decorations.
- Do not place candles near trees, decorations, presents or other flammable objects.

Santa Run and Santa visits

At time of writing this we are sorry to announce that there will be no visits by Santa or the Annual Kinglake Fire Brigade Santa Run this year as restrictions have been put in place by CFA as a result of COVID. If this changes we will inform you as best we can. This is a great event that we enjoy doing each year and it saddens us to not be able to bring Santa to town.

Training

Even under the restrictions we continue to train. Training nights are Wednesday nights from 7.30pm to 9.30pm, or Sunday mornings from 9.30am to 11.30.

Recruitment

New members are always welcome whether you wish to be an operational firefighter or non-operational there are many other things that you can do.

To find out more information please contact myself on 0439346034.

Lastly even though we haven't been out in the community as normal, we would like to thank the community for their continuing support of the Brigade. We would like to wish you all a Merry Christmas and a Safe Summer season. And, we hope that we can see you all out in the community again soon.

*Linda Craske
Brigade Community Safety Coordinator*

Toolangi Fire Brigade

Summer Season Forecast

As I write this article, we have seen all 4 seasons in one week; from wintery conditions with cold temperatures, rain and winds through to 30-degree sunny days. So, what is the forecast for this Summer?

Weather forecasting is not an exact science as you know and works from gathering large amounts of data from many sources, crunching it through super computers and coming out with scenarios with the likely probability of each scenario.

The Bureau of Meteorology (BoM) has called an El Nina event for the summer, caused mainly by warmer waters over the Pacific Ocean; including a range of factors in other oceans and winds. It is rated at mild to strong. This means that it is likely we will have above average rainfall until February 2021. The event is similar to the El Nina of 2010/11; so not quite as much rain predicted as back then.

That's the rainfall. What about temperatures? Predictions are that we will not have the peaks of last season with less 40+ degree days, but more days over 30 degrees, and warmer nights.

What about storms? More storm activity is expected, and with it can bring significant rain and possible flooding and lightning. Lightning is a major contributor to bush and grassfires. The State Emergency Service (SES) have already seen several flood events.

What does this mean for our local CFA brigades? The heavy rainfalls and warm conditions have been perfect for grass and flora growth. Grasses are now seeding and will shortly start to dry out. Councils are starting to mow, farmers are cutting hay, however the grass will continue to grow. The likelihood of grassfires is



the predominant predicted callout this season.

Grassfires can move very quickly with high winds and can be difficult to contain. As we live in a forested area, bushfire will always be a possibility as well.

For more information on El Nina conditions check here: <http://www.bom.gov.au/watl/about-weather-and-climate/risk/risk-enso.shtml>

CFA and Covid-19

Like the rest of the State of Victoria we have had to deal with Covid-19 and abide by the laws like everyone else. This has meant that until recently the station has been closed with access only when required to turn out to an incident. All brigade members have been required to be temperature checked upon entry to the station. Face to face training had to cease for a period, except for online training. Training has now resumed with restrictions easing across the state. The brigade has a COVID-19 plan, with stringent cleaning and disinfecting required for the station, all vehicles and personnel. We are always required to wear face masks, as is required across the state. Has this been hard, you betcha; but through it all we have always been able to crew our trucks and turn out when the community is in need. We have kept safe to assist in keeping you safe.

We usually hold an Open Station day around this time of year, to advise on preparing for the fire season. This hasn't been possible this year due to restrictions. We are looking at alternatives and will advise these shortly. We are always available to help with questions you might have.

Your Fire Plan – fire preparedness and your property

It's important to state that the safest place always, is to be away from the fire. What if you can't leave in time or your plan is to stay, what do you do? Either way you need to prepare your property to increase both your chances of survival, and that of your property. The two main aims in preparing your property are: 1. to stop or slow the fire getting to your home and 2. to try and stop it from getting into your home. More detailed information on how to prepare for summer can be found here: <https://www.cfa.vic.gov.au/plan-prepare/how-to-prepare-your-property>

Burning Off

The Council has recently made the burning off rules simpler. It is important that your burn off is in a clear area and there are no close flammable materials on the ground or nearby trees. More information can be found here: <https://www.murrindindi.vic.gov.au/Your-Council/Emergency-Management/Bushfire-Prevention-and-Planning> or you can ring Council on (03) 5772 0333.

Get in touch with us

Our Facebook page: <https://www.facebook.com/toolangifirebrigade/>
Our website: <https://toolangicfa.org.au>
Email: cfatoolangi@hotmail.com

*Dawn Hartog, Captain
Michael Nardella, Brigade Community
Safety Coordinator*

FIRE BRIGADE EQUIPMENT FOR SALE BY TENDER



The Toolangi Fire Brigade are tendering two items.

First item is a **2006 (July) Land Rover Defender** - 2.5L turbo diesel, 5spd manual, air con and power steering, aluminium tray, steel bull bar, tyres at 95%, 39,500 genuine klms. Regularly serviced by CFA workshop. Comes with 400L slip on firefighting unit, Honda GX 160 pump with hose reel and suction hose. All excellent condition.

Second item is a **firefighting trailer by Rapid Industries 2008 (Nov)**. Plant trailer with 1000L tank, Honda GX 160 pump with hose reel and hard suction hose.

For more photos and a tender expression form, please contact the Brigade Secretary - Debbie Franchin at debbie.stephens@yvw.com.au

Tenders close for both items on 31 December 2020, with decision to be made on the successful tenderer by 15 January 2021.



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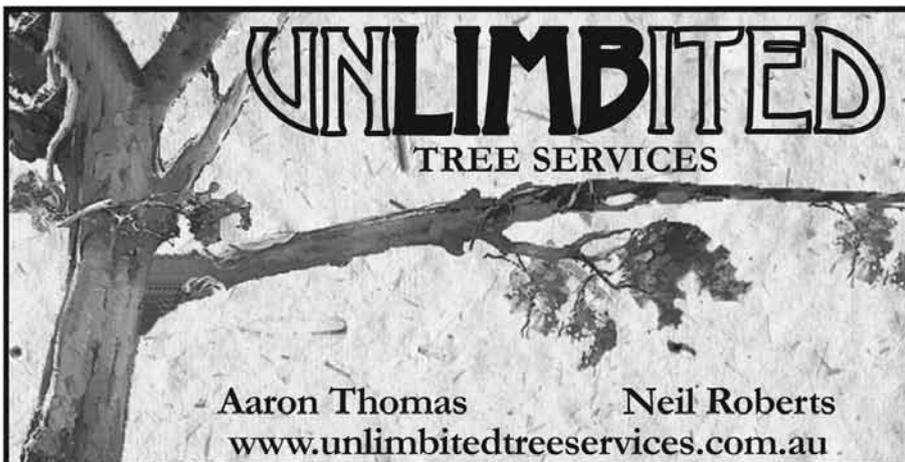
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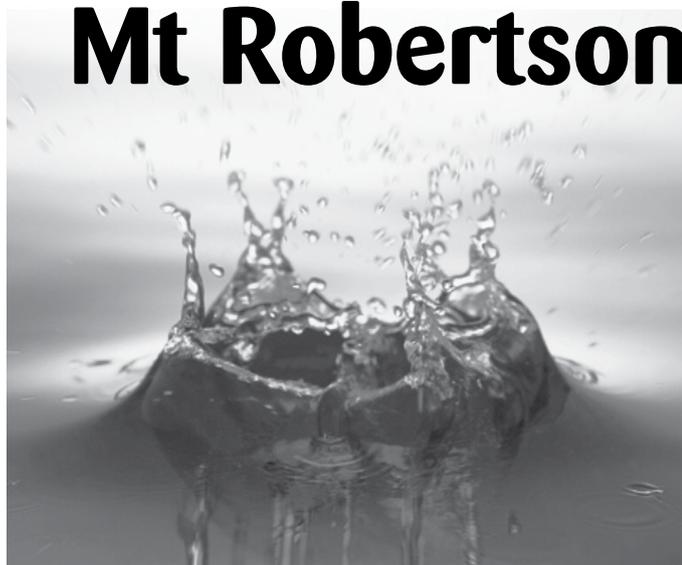
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MARKETS (LOCAL)

Bollygum	5786 1426
Kinglake Produce & Artisan Market	0400 337 556

MEDICAL SERVICES

Nexus Primary Health	1300 77 33 52
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
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NURSERY / GARDEN

Alowyn Gardens	9730 2400
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PAINTERS

John Kyme Painter & Decorator	0418 564 851
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PEST CONTROL

Melbourne Wildlife and Pest Control	0438 728 400
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PHARMACY

Hurstbridge Pharmacy	9718 2628
Kinglake Community Pharmacy	5786 1109

PLASTERING

PDL Plastering	0417 558 727 or 5786 5591
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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
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REAL ESTATE AGENTS

Mason, White, McDougall	5786 1199
Integrity Real Estate	5786 2033

REMOVALS

Whittlesea Removals	9466 9455
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SCRAP METAL

United Metal Recycling	9467 5505
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SECURITY

Speedy TV & Security	0498 138 968
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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
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SUPERMARKET

Kinglake FoodWorks	5763 6602
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TANK CLEANING

Accent On Tank Cleaning	0407 684 910
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TIMBER SUPPLIES

Simply Timber & Roofing	03 5743 0000
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TOWING & TRANSPORT

Eddy's Towing	0407 849 252 or 5797 8220
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TREE SERVICES

Morgan's Tree Services Pty Ltd	0419 895 464
Star Tree Service	5783 3170
Unlimbited Tree Services	0419 506 739

TV ANTENNAS

Speedy TV & Security	0498 138 968
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VALUATIONS

Yarra Valley Valuations	5961 9176
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VETERINARY SERVICES

Mountain Ranges Vet Clinic	5786 1777
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WATER BORES

Northwest Drilling	0409 362 289 or 9436 1982
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WATER SUPPLIERS

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
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MURRINDINDI SHIRE COUNCIL

Customer Service & 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
www.mountainmonthly.com.au



Find us on Facebook and Instagram

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

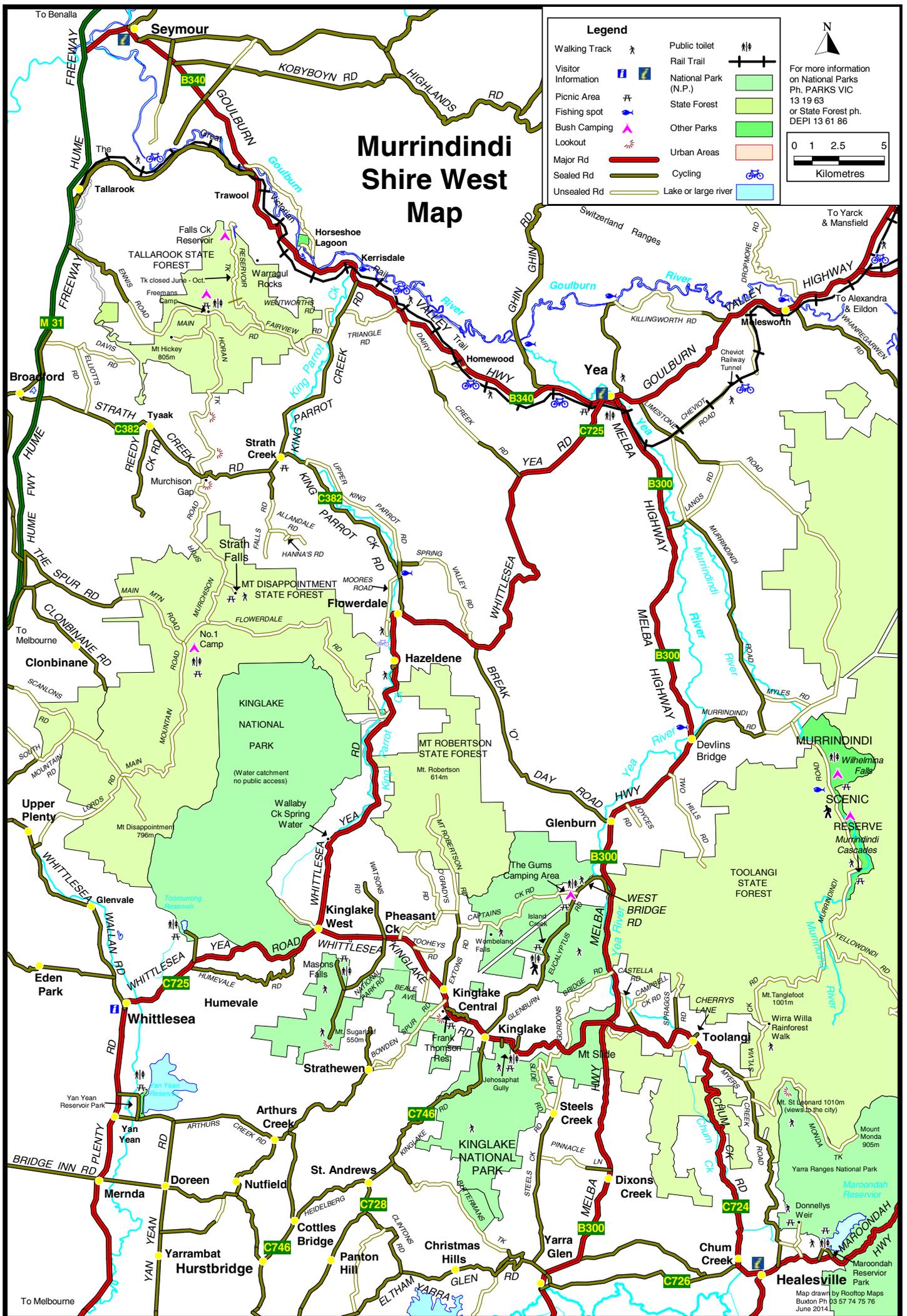
Red Cross Patient Transport Service	0419 872 230
Lower Hume Community Transport Scheme	5799 2965

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





This year has been a difficult one for many reasons, but now we can look forward to spending a joy filled holiday season with our dearest family and friends. Thank you to all of the Kinglake Ranges & Yarra Valley Residents for showing your incredible support for Integrity once again over the last year, we feel honoured to be able to continue serving our community. Stay safe and we look forward to seeing you in 2021.

From our family to yours, we wish you all a very

MERRY CHRISTMAS & HAPPY NEW YEAR

<p>NEW \$1.1 - \$1.2 mil</p> <p>3 2 11 </p> <p>Castella</p>	<p>COMING SOON</p> <p>1.27 Acres</p> <p>3 2 6 </p> <p>Kinglake West</p>	<p>COMING SOON</p> <p>1,137 m2</p> <p>3 2 4 </p> <p>Kinglake West</p>	<p>NEW \$360,000</p> <p>1.2 Acres</p> <p>Kinglake</p>
<p>NEW \$1.175 mil</p> <p>4 2 12 </p> <p>Healesville</p>	<p>NEW \$169,000</p> <p>1.21 Acres</p> <p>Kinglake</p>	<p>NEW \$700,000</p> <p>3 2 2 </p> <p>Kinglake</p>	<p>NEW \$975k - \$995k</p> <p>4 2 4 </p> <p>Chirnside Park</p>
<p>SOLD \$650,000</p> <p>3 2 2 </p> <p>Kinglake</p>	<p>SOLD \$445,000</p> <p>4 2 2 </p> <p>Flowerdale</p>	<p>SOLD \$507,000</p> <p>3 1 2 </p> <p>Kinglake</p>	<p>SOLD \$722,000</p> <p>3 2 8 </p> <p>Kinglake West</p>
<p>SOLD \$585,000</p> <p>3 2 2 </p> <p>Kinglake</p>	<p>SOLD \$635,000</p> <p>3 2 4 </p> <p>Kinglake West</p>	<p>SOLD \$540,000</p> <p>2 2 3 </p> <p>Pheasant Creek</p>	<p>SOLD \$901,000</p> <p>7 3 4 </p> <p>Glenburn</p>

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2017 WINNER
AGENT OF THE YEAR

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2018
AGENT OF THE YEAR
AWARD WINNER

2018
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VICTORIAN
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SALES
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OF THE
YEAR

Agent of the Year Awards
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Winner
2019

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agent of the year awards
Agency of the Year
2020

9730 2333

Shop 2/38 - 40 Bell Street

Yarra Glen



5786 2033

Shop 1/2 Kinglake-Glenburn Road

Kinglake



YOUR # 1 AGENT IN THE DISTRICT



masonwhitemcdougall

KINGLAKE WEST

NEW



SO MUCH POTENTIAL, 2 DWELLINGS ON ONE LOT

Looking for a great location; an investment; a renovation, large extended family, or owner occupier looking for a second income, this property has it all with versatility and plenty of options. Enjoying a position to the front of the block is the main house with its own private courtyard. Beyond the colour bond exterior and front decking is the large living area, open plan kitchen, 3 bedrooms, wood colonial windows and doors and a double carport. The property is across the road from a 24/7 Gym and a minutes' walk away from the local general store and bakery.

MAIN DWELLING FEATURES

- 3 large Bedrooms, 1 Bathroom
- Large entertaining deck
- Double Carport with access into house
- Excellent location

SECOND DWELLING (DETACHED)

- 2 Bedrooms (one with BIR)
- Large kitchen with electric cooking
- Open plan living and dining
- Separate bathroom and laundry

EXTRA FEATURES;

- Colour Bond shed 7 X 4.5 with concrete, no power
- Dual income
- Level land with great potential
- Close to local Primary School, general store, bakery and 24-hour gym
- Each dwelling has its own septic
- Separate metres

So House hunters keen for extra accommodation for teens, guest or this could be your opportunity to get your foot in the real estate market and buy with mum and dad, whatever your reasons, book your inspection and come and have a look.

We have a shortage of rental properties with numerous prospective tenants looking. The Property Management team at Mason White McDougall are very professional and will strive to get you the best outcome possible.

Feel free to get in contact to discuss your property management needs. Mason White McDougall have 4 offices strategically positioned offering a Real Estate service second to none. We are proud of our company with a philosophy aimed squarely at giving quality service and striving for the highest standards in everything we do.



Claire
Senior Property Manager
KINGLAKE



Lauren
Senior Property Manager
HURSTBRIDGE



Joel
Head of Property Management
DIAMOND CREEK



Cheryl
Senior Property Manager
DIAMOND CREEK

KINGLAKE WEST



KINGLAKE WEST



KINGLAKE WEST



KINGLAKE WEST



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 1199

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

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