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Mountain Monthly

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Emergency Services Join Forces For Training Exercise



One 'victim' had been flung to the bottom of the skate park.

Another had wandered off with a major injury, while another was disoriented with a head wound and someone was trapped under the front of a car.

There was a sudden burst of activity as the Kinglake CFA crews and the Kinglake CERT team turned up at Bollygum

Park and joined forces for an exercise run by an Ambulance Victoria trainer.

Kinglake CFA Captain, Paul Buck, said crews worked alongside Ambulance CERT team members in stabilising and then moving patients in to awaiting ambulances for transport to hospital.

"It was a great opportunity to work with fellow volunteers from the community all striving for a common outcome. Crews were able to share experiences as well as talking about the roles of the different agencies during an emergency", he said.

The co-operation between the two emergency services crews was an extension of CERT's usual Wednesday night training and led to a valuable debrief and further training in triage and CPR at the ambulance station.

All the volunteer 'victims' were expertly rescued and newer recruits given a valuable insight into how the services can better work together.

CFA and CERT are always looking for new members so if you are interested get in touch with them or your local brigade. <https://www.cfa.vic.gov.au/volunteers-careers>



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COVER PHOTO: *A beautiful baby ready to fly towards 2025.*
Photo: Jane O'Connor

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New Council Sworn In

Murrindindi Shire's new Councillors have been sworn in and begin their four year term following the recent local government elections.

The elected Councillors are:

- Cr Sandice McAulay (Cathedral Ward)
- Cr Sue Carpenter (Cheviot Ward)
- Cr Anita Carr (Eildon Ward)
- Cr Eric Lording (King Parrot Ward)
- Cr Jodi Adams (Kinglake Ward)

- Cr Paul Hildebrand (Koriella Ward)
- Cr Damien Gallagher (Red Gate Ward).

They were due to hold their first council meeting on 20 November, where a new Mayor will be elected.

They were also due to be appointed a portfolio for the first year of their term, allowing them to build deeper insights and contribute meaningfully to strategic planning and policy development in key

areas of Council's operations.

To learn more about each Councillor, including which representative serves your ward, visit murrindindi.vic.gov.au/councillors or call Council on (03) 5772 0333.

The councillors will represent their community on Murrindindi Shire Council until the next general council election in October 2028.

Keep batteries out of your bins



With the Christmas season in full swing, there's likely to be plenty of battery-operated toys and gadgets emerging from the wrapping paper, but how you dispose of spent batteries is causing a major headache.

The improper disposal of household batteries is causing significant risks to the public and council employee safety as they can cause fires in bins, collection trucks and land fill sites.

They can be disposed of safely at recycling drop-off points in Kinglake, Yea and Alexandra, as well as other sites listed below.

Household batteries are made up of toxic substances that can pose risks to you, your property and the people who empty your bins. This includes batteries in laptops, mobile phones, cameras, power tools and toys.

But, by recycling them correctly means the existing resources in them can be reused.

Murrindindi Shire Council says some simple ways to store your batteries at home before taking them to a drop-off location include:

- Cover the ends of used batteries with duct tape or clear sticky tape, to prevent sparking and reduce the risk of fire
- Store them in a glass container and make sure the container is not airtight
- Don't keep them in metal containers or with other metal objects
- Store them in a cool, dry place away



- from heat sources
- Keep them away from children and pets

Residents can recycle AA, button and rechargeable batteries as well as batteries from cars, laptops, mobile phones, cameras, power tools and electronic toys by taking them to the following locations for safe disposal and recycling:

- Alexandra Resource Recovery Centre
- Yea Resource Recovery Centre
- Marysville Resource Recovery Centre
- Kinglake Resource Recovery Centre
- Alexandra FoodWorks
- Yea FoodWorks
- Eildon FoodWorks
- Marysville Grocer

Council CEO, Livia Bonazzi, says residents can make a significant difference to the safety of our community and environment

by keeping batteries out of kerbside bins.

"When disposed of incorrectly, batteries can cause dangerous fires in bins, collection trucks, and at our Resource Recovery Centres, endangering our workers and residents alike. We've already seen this happen recently, and it's a risk we can all help prevent", she said.

For more information on battery recycling locations, visit murrindindi.vic.gov.au/batteries or contact Council's Resource Recovery team on (03) 5772 0333.

Pictured: Matt Hall, Resource Recovery Centre (RRC) Operator at Council's household battery disposal station at the Alexandra RRC.

Pictured: The household battery recycling bin is almost full thanks to locals keeping batteries out of their bins

6 DEC VICSWIM at Council pools	8-21 DEC Whittlesea Christmas Extravaganza	8 DEC Kinglake West CFA Santa Run	14 DEC Christmas in Kinglake	15 DEC Kinglake Twilight Market	22 DEC Kinglake CFA Santa Run	15 JAN Mountain Monthly Deadline	26 JAN Australia Day celebrations
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Holiday Greetings From the MM Team

As we come to the end of another year, the team at Mountain Monthly wishes our readers and advertisers a safe and happy holiday season.

As a community-owned not-for-profit that has continued to operate for 43 years, we couldn't continue without the ongoing support of our businesses, readers, and contributors.

In turn, we urge our community to support our local businesses as much as possible in these tricky economic times.

We are surrounded by a wonderful environment and great day trips to the shire's towns and attractions abound. If staying closer to home appeals, check out what our shire has to offer, whether you like to walk, cycle, take the kids for a swim, or just enjoy a great lunch and scenery.

There will be markets, community Christmas events, and our own Santas on

the back of fire trucks to entertain young and old alike.

Our hardworking community groups are constantly looking for new members to support the enormously valuable contribution they make to where we live.

Perhaps they can offer some great activities going into 2025 and would welcome your enquiries.

The emergency services we rely on are working hard to prepare for the coming summer season and have been engaged in training exercises.

It is a season that is seeing predictions of volatile weather conditions, and it is the responsibility of all of us to be prepared.

In our last edition for the year, there is plenty of information about what we can all do to contribute to general community safety and ensure we prepare our

properties and make plans.

Connect with our local CFA brigades if you need help with fire planning.

Whether your holiday plans involve trips away to the seaside, into the bush, staying local or to visit friends and family, let's make safety the first priority.

And, let's look after where we live. Treat our environment with respect, take your rubbish home, observe what areas can be accessed and be kind to others.

Let us also check on neighbours who may need assistance and ensure our most vulnerable residents are taken care of.

The next edition of MM will be February 2025, so you need to get your contributions in by 15 January.

Have a safe and happy holiday season.

The MM Team



Part-Time Administration Officer

The Kinglake Ranges Neighbourhood House is seeking expressions of interest in a part-time Administration Officer role.

The Administration Officer position is responsible for the efficient day-to-day delivery of administrative and clerical tasks to support the efficient management of KRNH, other employees, and community as necessary.

The Administration Officer will provide a welcoming approach to all visitors to the House using a values-based approach, as well as completing administrative tasks that support House services, programs, events, and activities.

As part of a team, the Administration Officer will participate in delivering community-based initiatives for the House's clients.

The position requires strong interpersonal communication skills, along with excellent administration skills. Delivery of House services will be guided by the Houses' core values of: Community-Led, Integrity and accountability, Inclusive, Responsive and Accessible.

For a copy of the Position Description please contact 5786 1301 or to apply president@kinglakeranges.com.au



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Chris: 0438 609 709
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Plan and prepare for the fire season

All community members are being urged to plan and prepare for the coming fire season with long range forecasts predicting a hotter and wetter than average summer.

Murrindindi Shire Council is calling on community members to cut or slash overgrown grass, clean up their properties, and to make a fire plan.

Fire restrictions came into force in Murrindindi on 18 November and a date for the CFA Fire Danger Period had not yet been announced at the time MM went to print.

Although the CFA Fire Danger Period hasn't been announced yet, there are also drier than average conditions in some areas that were expected to see the fire danger period declared soon.

Rural areas are more likely to be impacted by bushfires and grassfires, but the shire says it is also important that owners of residential and industrial land take

the time to prepare their properties in advance of the Fire Danger Period.

Residential landowners are required to maintain the grass on their property to a height not exceeding 10 cm, to reduce fire risk throughout summer. If you own rural land over one hectare in size, you may be required to cut the grass around the perimeter of your property (a minimum of 10 meters from the property boundary), where possible to reduce that fuel load and slow any potential fire.

As part of Council's Fire Prevention Program, steps are being taken to reduce fire risk across the Shire. The council's Fire Prevention officers will begin inspecting properties across the Shire to identify potential fire hazards and work with property owners to reduce fuel loads and help you meet your fire prevention responsibilities.

The Roadside Slashing Program was underway, with contractors working

across the Shire to maintain over 460km of Council-managed roadsides.

Shire CEO, Livia Bonazzi, said she was encouraging everyone to take the time ahead of the Fire Danger Period to prepare or refresh your fire plan, clean up your property, and know where to get the right information during an emergency.

- The VicEmergency app and website are the primary source for emergency information.
- Find our local Emergency Broadcasters at murrindindi.vic.gov.au/emergencycontacts
- For more information on how to prepare your property, visit cfa.vic.gov.au or murrindindi.vic.gov.au/fireandheat
- For any fire emergency call triple zero 000
- To notify any burn-offs you may plan on doing call 1800 668 511

Council's Road Advisory Group Recommendations

Maintaining the shire's 1200 kilometers of sealed and unsealed roads, along with roadsides within townships, is one of Murrindindi Shire's largest annual investments.

A Roads Advisory Group set up in 2023 has presented 16 recommendations that have been accepted by council.

The 14-member group, who all live and work across the shire, represented the local community and reported to council on what was most important to residents.

Some of their recommendations are already in progress, including:

- updating the Special Charge Scheme Policy to make it fairer

- advocating for lower speed limits in high-risk areas
- reviewing work practices to find efficiencies
- establishing a rapid response roads and tree crew for urgent maintenance requests

The recommendations will guide the review of the council's Road Asset Management Plan and Road Management Plan, which outline how council creates, maintains, renews and upgrades local roads and road assets over the next decade and beyond.

To learn more about the Group's recommendations, visit murrindindi.vic.gov.au/road-recommendations

Car Thefts Reach 10 Year High

As people prepare to head off on holiday, or to just enjoy getting out and about, they are being urged to take some safety precautions after an upsurge in car thefts

In Victoria, car thefts are up by almost 25%, taking the level to a 10 year high, according to the latest Victorian Crime Statistics.

There were more than 23,248 thefts or attempted thefts of motor vehicles in the 12 months to June 2024 – an increase of 4500 offences.

Items stolen from inside vehicles increased by 17.2 per cent with 9,000 offences.

The RACV's General Manager Motoring Products, Jeff Ames, says it's essential for all Victorians to complete a car security check, as the statistics are showing it's far

too easy for thieves to access valuables in a car, and to steal the car itself.

"Opportunistic thieves will break into or enter a car and take possessions that are easily visible from outside the vehicle, often using the opportunity to steal the car itself", Mr Ames said.

"It's crucial to protect your vehicle, including when it's parked at home, in the street or even in secure carparks. If your car is parked at home in a driveway, this doesn't mean it's completely safe either – don't forget to lock the doors, wind up windows and ensure nothing valuable is in plain sight".

Number plates rank as one of the top items stolen from cars which can then be fitted onto stolen vehicles and used to commit crimes including ram raids, fuel theft, and burglaries, plus the cost impacts

and inconvenience to the car owner.

Attempted theft alone also showed a spike of 43 per cent with 2,760 offences.

RACV suggests the following car security check:

1. Install anti-theft screws on all number plates
2. Remove valuables from vehicles.
3. Always lock your car.
4. Use secure parking if possible, like a locked garage or park behind a locked gate.
5. Review and update your car insurance if required, to ensure you're covered.

For more information about how to minimise the risk of vehicle theft, visit racv.com.au or nhw.com.au.

Free Entry For Council Pools

Swimming pools across the shire are now open and entry will be free for the 2024/25 season.

There are public pools in Alexandra, Eildon, Marysville, and Yea.

This season, the council will also host the VICSWIM program, a low-cost, five-day intensive summer initiative that teaches swimming and water safety to children from four years of age.

Running across three weeks in January, and beginning on Monday 6 January, the program provides essential water safety education for children.

There will be trained lifeguards on duty at all pool locations throughout the summer. The council issued a reminder that pool safety is a shared responsibility.

"While our lifeguards are highly skilled, and dedicated to safeguarding all

swimmers, parents and guardians are required to supervise their children, particularly young ones.

"We ask all visitors to follow pool safety guidelines and be mindful of others".

For more information, including pool opening hours and locations, visit the website at murrindindi.vic.gov.au/pools or call Council on (03) 5772 0333.

Kayigai Trail Project at Yea Wetlands

If a wetlands walk or shady picnic spot appeals, the new walking trail at the Yea Wetlands has begun.

Murrindindi Shire Council, together with the Yea Wetlands Discovery Centre are constructing the Kayigai Trail that will give visitors closer access to the area's waterways.

Popular with nature photographers, anyone keen on observing nature, tourists and locals, the 600-metre trail will include boardwalks, gravel pathways and bird observation hides in the wetlands' northern zone.

There will be 200 metres of timber boardwalk and four new viewing platforms.

The trail follows the Yea River and the platforms are being positioned to enhance bird and wildlife watching.

While impacts to visitors will be minimal, during the construction phase, some parts of the wetlands will be fenced off for safety, as machinery will be in use.

To reduce contractor engagement costs and minimise heavy machinery presence in this ecologically sensitive

area, construction of the trail has been coordinated to coincide with preliminary flood recovery works.

Yea Wetlands Committee Chair, Don Knight, said the start for the trail follows two years of planning, delayed by major flood events.

It has been funded from the Victorian Government's Regional Tourism Investment Fund

You can stay updated on the project at murrindindi.vic.gov.au/projects

Kinglake Ranges Mens Shed

The members of the men's shed would like to wish everyone a safe and exciting Christmas and a happy new year to all, their family, friends and neighbours.

We also have school holidays, and everyone who are going away, or staying home, due to one reason or another, please stay safe,

We are also going into the fire season, be prepared, have a plan, and if things become extreme, please follow the instructions by the CFA and/ or SES.

Moving on to other items, we would like to express our gratitude to the Murrindindi Shire Council, Quick Response Grants section for their assistance in obtaining a new notice board.

It has already been erected in the local shops on the Cappa Rossi wall, next to the laneway between the cafe and the supermarket,.

The old one was falling apart, and we had to fight the spiders when the old was taken down.

I would like to thank the owners of the premises, giving us permission to replace the old for new notice board, also the

Cappa Rossi family for their support, and lastly, I also would like to thank the shed members who assisted in taking down the old one and installing the new one - it was quite a task,

Also, we still have one bench for sale, with another one being constructed as we speak. We are also constructing a six seater picnic bench from cyprus pine, and this too will be up for sale.

We will be building another two seat rustic outdoor setting over the next few weeks, and I will let everyone know when this is happening.

We also completed a small task for the Kinglake elderly citizens club, a small project at the kindergarten at the Neighbourhood House, and also assisted a local lady who requested our help.

We are still conducting the repair cafe at the Neighbourhood House. The last for the year, so don't miss out, come and have a chat on 12 December.

We are also looking at other ways to improve our services, and abilities across the community.

We have a great group of gents who will welcome all new members into the shed activities. Also repeating ourselves, we



also have a well organized kitchen, pool table, library, of books and videos, large television,

There is no need to be a person of any skills, if you wish to learn, participate in any activities, come and have a go,

So, as previously mentioned in other editions we have posted in the Mountain Monthly, you can contact us via email kinglake-shed@outlook.com. Facebook, kinglake ranges mens shed. Mobile 0402 523 488.

Or drop in on any thursday evening after,4,00pm until at least 8,00pm, No 5 Oldfield rd, Kinglake west 3757.



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

PRESIDENT: LISA PORTMAN lisaportman@bigpond.com PH 0428 373 171

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You can keep fighting fatigue,

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Working long, multiple days in a row by yourself can be part of the job but consider the cost to you and your family.

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Local and Global Uncertainty in Spring

The Reserve Bank of Australia (RBA) continues to take a cautious approach to rate cuts. With the cash rate held steady at 4.35%, Governor Michele Bullock, has emphasized the need to maintain this high rate in response to persistent inflation.

Calls for rate relief are growing, yet inflationary pressures make it unlikely the RBA will ease rates in the near term without risking further economic instability.

Australia's inflation remains stubbornly high, with the underlying rate at 3.5% annually in the September quarter. This is well above the RBA's target of 2-3%. Inflation is particularly pronounced in labour-intensive services, where rising wages and strong demand continue to drive up prices. This inflationary environment not only erodes consumer spending power but also constrains the RBA's flexibility in monetary policy, as reducing rates could further stoke inflation.

Compared to other advanced economies, Australia's inflation rate is among the highest, second only to the UK. Unlike some central banks that took an aggressive approach to rate hikes, the RBA has moved cautiously to avoid a surge in unemployment, opting for a

balanced approach to support labour market stability.

Recent signs show that Australia's labour market may be stabilizing, with youth unemployment and underemployment rates leveling out. Additionally, job

advertisements have seen a modest rise, and the average number of hours worked has remained steady.

Labour productivity in Australia has stagnated, stuck at levels seen back in 2016. This presents a serious challenge for the RBA, as productivity gains are crucial to sustainable wage growth that does not exacerbate inflation. Without improvements in productivity, any wage increases may fuel inflation, limiting the RBA's ability to consider rate cuts. The labour market's health will be crucial to supporting economic stability amid inflationary pressures.

Newly elected U.S. President Donald Trump's proposed tariffs on Chinese imports could trigger a global trade war, raising the cost of goods worldwide. This would further complicate Australia's inflation landscape, as higher import costs could add pressure for rate hikes instead of cuts.

Additionally, Australia's economy, which is highly

reliant on exports to China, could face a significant impact if Chinese economic growth slows because of these trade tensions. For sectors like mining, a slowdown in China could lead to reduced income and economic hardship for related industries and workers.

Despite high interest rates, housing credit growth has continued to rise since mid-2023, largely driven by rising incomes. Many borrowers have managed to handle rate increases due to factors such as Stage 3 tax cuts, which have boosted household incomes. Additionally, fixed-rate mortgages taken out during the pandemic have shielded some borrowers from the immediate impact of rate hikes, contributing to continued demand for housing loans.

National auction clearance rates have dropped to 63.4%, reflecting an environment where buyers have more bargaining power amid high mortgage rates. Elevated rates have not only constrained buying power but have also led to an increase in distressed property listings. Though clearance rates saw a slight rise to 65.8%, they remain below seasonal averages, indicating that rate uncertainty is affecting market activity.



In response to the housing supply shortage, Victoria has introduced a 10-year land release plan across 27 greenfield sites around Melbourne. While this long-term initiative aims to alleviate housing supply pressures and improve affordability, it may not provide immediate relief for current market conditions.

While high interest rates, inflation, and global trade risks challenge Australia's economic outlook, demand should slowly increase supported by wage growth and a stable jobs market. Yet the path to lower interest rates remains uncertain as the RBA contends with persistent inflation, productivity issues, and global trade uncertainties that may shape its monetary policy decisions in the coming months. Watch this space.

We want to thank all our readers for your devotion over the last 12 months, have a great Christmas!

Will Verhagen

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Murrindindi Shire Council election



Declaration of results

The following candidates were elected to Murrindindi Shire Council at the general election held in October 2024:

Cathedral Ward

McAULAY, Sandice

Cheviot Ward

CARPENTER, Sue

Eildon Ward

CARR, Anita

King Parrot Ward

LORDING, Eric

Kinglake Ward

ADAMS, Jodi

Koriella Ward

HILDEBRAND, Paul

Red Gate Ward

GALLAGHER, Damien

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

Susan Cross

Election Manager

12 November 2024

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

Authorised by S. Bluemmel, Electoral Commissioner, 530 Collins Street, Melbourne, Victoria.



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How To Beat The Mosquito Bite

Holidaymakers are being warned to be alert to the spread of Japanese Encephalitis this summer.

If you are travelling to inland riverine – and some alpine – areas where the mosquito-borne virus is most prevalent, there is a JEV vaccine that is available through GPs, Aboriginal health services, community pharmacies and some local councils.

The Victorian Government has extended the vaccination program to more local government areas for this mosquito season, making it available in 24 regional local government areas.

Most people with JEV infection do not have symptoms or have only mild symptoms. However, a small number (around one in every 250 people) can develop severe infection of the brain (encephalitis).

Symptoms may include fever,

headache, nausea, vomiting and muscle aches, and people with severe infection can develop encephalitis or meningitis which can be fatal.

Victorians can contact their local public health unit for further information or assistance with locating their local immunisation provider.

Simple and practical steps that Victorians can undertake to reduce the risk of being bitten by mosquitoes, include:

- wearing long, loose and light-coloured clothing when outdoors
- using mosquito repellents that contain active ingredients including Picaridin or DEET
- spraying or rubbing repellent on children's clothes is recommended, avoiding their skin
- limiting time spent outdoors when mosquitoes are most active such as at dawn and dusk
- removing stagnant water where mosquitoes can breed around the home or a campsite
- making sure windows are fitted with mosquito netting or screens.



The virus was first detected in Victoria, and several other parts of Australia, in 2022. To learn more, visit betterhealth.vic.gov.au/campaigns/protect-yourself-mosquito-borne-disease

P54/0123045

Best Start

Best Life

Four-Year-Old Kinder is becoming Pre-Prep.

In 2025, Pre-Prep will be available for 16–30 hours per week in Murrindindi Shire. Pre-Prep means more time to develop important social and emotional skills. Learning through play helps children explore, solve problems, communicate and create, while making friends – getting them ready for school and life. Enrol for 2025. Speak with your preferred kinder service or local council today about how to register for a place or to learn more visit vic.gov.au/pre-prep



Nov 17

Show & Shine Fundraiser

Nov 17

Lift The Lid Walk

Nov 20

KL Rotary AGM

Dec 15

Kinglake Twilight Market 2pm - 7pm

Youth Exchange Dinner

We had the pleasure of serving 100 Rotary Youth Exchange (RYE) students on their outbound Orientation on November 10th! Organised by the RYE and ROTEX District 9790 with inbounds, parents, guests, counsellors, District Governor's and friends from District 9800 in attendance it was a wonderful day. Thanks to Valley Meal Prep for catering and putting out a massive, delicious spread and all of our Rotarian pastry chefs that made all the desserts you could wish for. We wish them all the best as they prepare to fly out all over the world for their exchanges in Jan 2025!



Supporting Our Local Junior Sports

We as a Rotary Club have been sponsoring the junior sports teams ongoing and in November, we were happy to support the new basketball singlets that were presented to two of the junior basketball teams. The junior football jumpers were just handed out too and we are so thrilled.



Legend has it that having the Rotary Logo on your clothes makes you run faster. We think they look fantastic!



Whittlesea Show Helping Hands

Two of our lovely Rotarians Julie & Nina recruiting our newest member T-Rex. What great big smiles they all have! A group from our Kinglake Ranges Rotary volunteered helping with the gates over the show weekend. Thankful for the beautiful weather!



Strathewen PS Colour Run

Our Rotarians had so much fun being a part of the Strathewen Primary School's Colour Run Fundraiser. One of our cooks even got honour of spraying the runners in green!



Chefs pictured left to right: Nina, Rowan and Carol.

New Defibrillator Installed!

Thanks to our Murrindindi Shire Council & Alpha Sport for assistance in funding the defibrillator that our President Bob installed at the Kinglake West Service Station.



2024	FEB 25	MAR 24	APR 28
Book a Stall	MAY 26	JUN 23	JUL 28
	AUG 25	SEP 22	OCT 27
	NOV 24	DEC 15 - TWILIGHT MARKET	

Kinglake Community Centre
1 EXTONS RD. KINGLAKE CENTRAL

OCTOBER GATES RAISED \$2,500 FOR END POLIO

DECEMBER GATES WILL GO TO: SES & CERT

Thanks to these Jnr. Kinglake Footy Legends for doing parking!

Farewell Barbara Joyce

Kinglake is home to an amazing number of talented and generous people who give so much of themselves for the benefit of our community. One such person is Barbara Joyce who has devoted much of her time to our arts community.

It is time for Barbara to move to a new seachange location to be closer to family, but the legacy she leaves behind is remarkable.

The spectacular wall and tank art that features throughout the region from Kinglake West to Toolangi is but one of her legacies as Project Manager of the 'Dindi Arts Trail', which includes 13 murals at 6 different sites from Toolangi to Kinglake, Kinglake West and Flowerdale.

Barbara originally worked with Kinglake Ranges Arts (KRA) on a research project funded by FRRR to investigate appropriate sites for a mural trail in the Kinglake Ranges. This included risk assessment, permissions and appropriate artists costings. Barbara worked with Kinglake



Ranges Neighbourhood House (KRNH), KRA, Kinglake Historical Society, Toolangi and Castella Community Houses and Flowerdale Community House to submit grant applications to FRRR for funds for these murals.

As Barbara states when the application was finished, "It felt like a freight train leaving my house when I submitted the application".

Some evocative anecdotes

which follow the path of the murals' creation:

Community consultation for the Flowerdale mural showed a clear preference for images of the king parrot and the platypus. During a phone discussion with the mural artist, Barbara looked out her window. "I think the king parrots win, as a flock has just arrived on my veranda", she said and they both laughed. "Sometimes birds answer a question on your mind, you just need to look out the window."

Wedgetail eagles are often spotted in the Flowerdale area. As the giant king parrot images were being painted on the water tank the artists noticed 6 wedgetail eagles circling above. The birds probably flew down to the water tanks later that day and inspected the new big birds that had arrived in their territory.

Mural artists travel far and wide for their work and when it was discovered whiskers were missing from the Leadbeater's possum mural in Toolangi, an urgent phone call was made to the artist. "No worries," said the artist, "I'll pop some whiskers on the possum next time I pass through Toolangi." No mention of the distance he had to travel.

When the spotted-tailed quoll was painted on the wall, people reminisced about how quolls used to live in the area and how they used to help control the rat population. There was a great stir on Facebook a few months later when a deceased spotted quoll was discovered on the road after a control burn had been undertaken nearby. It was interesting to discover that they are still out there.

As Barbara approached the recently finished Bunjil and Waa mural one morning, she was surprised to see many additional birds on the wall. The overhead bright lights of the Stadium had attracted

large moths which local birds were happy to feast on. Startled by her approach, a flock of birds seemed to 'fly out' of the mural.

Perhaps they were also celebrating the fabulous addition to their home on the mountain.

Barbara has also been involved in the management of many other Kinglake Ranges projects including:

- The 'Respect and Remember' Exhibition commemorating the tenth anniversary of Black Saturday. Barbara's involvement included management of the exhibition, BBC interviews and escorting members of the Black Saturday Royal Commission through the exhibition and on to the Strathewen memorial.

- Barbara coordinated a project involving the three Kinglake Primary schools to create felted leaves to adorn a tree at the Kinglake childcare centre.

- As a member of KRA Barbara was involved in developing and overseeing art workshops for Kinglake residents, including felting workshops creating felted birds and hats.

Prior to her Kinglake residency Barbara lived in Strathewen and was heavily involved in the art scene and many other community support activities.

Strathewen

- Barbara helped organise Strathewen Cultural events with art, music and dance pre-Black Saturday. After Black Saturday Barbara became a member of the Strathewen Residents Support Committee developing activities to aid recovery from trauma, including Community Dinners, Programs for Kids and Health and Wellbeing classes, plus artist-led lessons in landscape, portrait, still life, life drawing, collage and printmaking, dry and wet felting.

- Barbara became a member ➤



of the Strathewen Memorial Working Group consulting with the community to establish a Black Saturday Memorial. The community's words and poetry from the Poetry Tree are engraved in sandstone circles.

- Barbara coordinated a knitting group to create knitted chooks for all the Primary School age children based on their coloured drawings on the chook they wanted. Some of these drawings are in the Victorian Museum Black Saturday collection. The DAX centre has included this project in their trauma recovery section. The project was featured in a documentary about Black Saturday and an episode of Better Homes and Gardens. "Giving out the chooks to the children would have to be one of the sweetest moments of my life".

- Barbara became a Director of the Dunmoochin Foundation for a period of 20 years, overseeing the 'Artist in Residence' program. Dunmoochin had been the residence of renowned Australian artist Clifton Pugh. There are five residences and artists from around Australia and overseas were in residence during her time of governance. Barbara oversaw development of the 'Open Studios' exhibitions at Dunmoochin and performances in the Long Gallery. In 2000 the main house at Dunmoochin burned down, so a rebuilding program was developed. Barbara had the honour of meeting Albert Tucker and John Percival when they returned to Dunmoochin and reminisced about their lives as artists.

Art Therapist

- Worked for Road Trauma Support

Services running art therapy sessions for people impacted by road trauma.

Unfortunately, the time has come for Barbara to leave our community and make her way to a new home far away from the Kinglake Ranges; a sea change bringing with it fresh opportunities and a chance to enjoy family without the tyranny of distance. It is with deep sadness that we must now say goodbye and wish her well on her new journey.

We will always remember her through her legacy of art and farewell her in a spirit of kinship. Every journey through the Kinglake ranges will evoke her memory through the fabulous art she enabled. What thanks can we offer for all of this?

Take a bow Barbara, you deserve it!

By Michelle Bolmat



New shop and tasting room coming for Kinglake Distillery

Kinglake's unique whisky distillery is gearing up for the holiday season and is planning to open a new tasting room and shop next February.

Kinglake Whisky was the first and still the only Australian distillery making a carbon neutral whisky.

Nature influences every stage of process, from the unfiltered mountain spring water to the local pollen and yeast. The result is a whisky that could only be made in Kinglake.

The most important Kinglake variable that allows this family-owned enterprise on O'Grady's Road to make a very distinctive

spirit is the use of local Spring Water. Chyser Creek rises from a natural Spring located on the distillery property, that has the perfect iron and calcium characteristics for making whisky. It is one of very few distilleries in Australia that has its own source of water – the foundation of any single malt.

The distillery donated 1/3 of its more than 20 hectare property to Greenfleet to re-wild back to natural bush. The new tasting room and shop will look out over the area replanted to native bush. Keep an eye out for when the new facility opens and visits can be arranged. kinglakedistillery.com.au

Monument Public Meeting – Your Comments, Please!



Although there was a smaller attendance than we had hoped, all those present at the public meeting, held on Wednesday 30 October at the Community Centre, were in favour of the proposal to have an outdoor monument in Kinglake listing the names of all who enlisted from Kinglake for service in World War 1 and World War 2.

These names, 48 from World War 1 and 68 from World War 2, are listed on the very impressive honour boards which hang in the Community Centre but they can only be viewed when that building is open.

The Kinglake Historical Society members are strongly in favour of the outdoor monument proposal and we were pleased to find that the representatives of the Kinglake Lions Club, Kinglake Rotary Club and the Whittlesea and Yea/Kinglake RSL branches also support the idea.

Now we would like to hear from other Kinglake district residents whether you support the suggestion and any ideas you may have as to the design of the monument and the most appropriate location for it.

Your comments, opinions and suggestions can be sent to Kinglake

Historical Society on our email address – kinglakehistoricalsociety@gmail.com – or to our postal address – PO Box 108, Kinglake West 3757 - and these will be considered at further meetings to be held in 2025.

2024

It's been a busy year. Highlights have been the visits of ten groups of Year 11 students from secondary schools who come to see the 2009 bushfire display and hear the personal stories of KHS members who were present during and after that disastrous event. Teachers who accompanied the students have sent their thanks and tell us that the experience is of great value to the students in their 'Disaster and Recovery' study. We have also enjoyed the visits of the Kinglake Primary School students, the Eltham North Probus Club and the Croydon Senior Citizens.

Two special occasions were the dedication of memorials to former members, Marg Hale and Gail Newton, and our first AGM as an incorporated body with special guests, the Vice-President of the Royal Historical Society of Victoria and the Mayor of Murrindindi Shire Council.

This year as usual, KHS contributed

information for Middle Kinglake Primary School's Anzac Day ceremony and their story-writing project, and also for the Kinglake Lions Club Anzac Day service, and we provided the 'Building Our Community' display at the Kinglake Music & Arts Festival.

We greatly appreciate the work done during this year, managed by the Kinglake Lions Club, on the restoration of the former Kinglake Post Office, and we have had a couple of working bees ourselves to tidy and improve the Heritage Centre building, garden and grounds. We are also grateful for the generous donation from the Kinglake CERT team and enjoyed meeting the representatives who visited us for afternoon tea.

We keep in touch with our 47 associate members, who support and encourage us, by sending out our quarterly newsletter, and we also post our news on our website and social media with the assistance of NMS Consulting. We thank Mountain Monthly for continuing to allow space for our articles, and we wish all our readers and supporters the compliments of the Christmas season.

*Deidre Hawkins, Kinglake Historical Society
kinglakehistoricalsociety@gmail.com*

Kinglake Heritage Centre

**Kinglake West Reserve ~ Open Sundays 12 noon – 4pm
\$2 donation appreciated ~ 150 Years of Kinglake Stories
Groups weekdays by appointment – phone 0414 255 893**



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WHAT'S ON @ THE HOUSE

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FIBRE FRIENDS (AKA Knit Knacks)

Monday 9 December. 10.00am-1.00pm
\$3.00 per session

HEALTH ABILITY

Wednesday 11 December. 12.00pm-2.30pm
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services information

CAFFE REPAIR

Tuesday 17 December. 10.00am-2.00pm
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SATURDAY 9AM - 12:30PM

Boosting Your Bone Health

New Program at Whittlesea Physiotherapy and Clinical Pilates for Stronger Bones and Improved Quality of Life

Bone health is essential at every stage of life, but as we age, it becomes crucial to focus on maintaining and even improving it. To support our community in building stronger bones and reducing the risk of fractures, Whittlesea Physiotherapy and Clinical Pilates is thrilled to announce our new 10-week Bone Density Improvement Program, starting on 3 February 2025 with sessions every Monday and Thursday at 2.30pm. Spaces are limited, and bookings are essential, so don't miss this opportunity to strengthen your bones and enhance your well-being.

Understanding Bone Health

Bone strength depends on bone density and the internal architecture of the bones themselves. Over time, certain factors can lead to decreased bone density and changes in bone structure, including:

- Aging
- Changes in hormone levels (particularly after menopause)
- Medications that impact bone health
- Genetics and hereditary risk
- Lifestyle factors like inadequate physical activity, poor nutrition, and smoking

When these factors combine, the risk of developing osteoporosis and osteopenia increases.

The Silent Nature of Osteoporosis and Osteopenia

Osteoporosis and osteopenia are often called 'silent diseases' because most people don't realise they have these conditions until a fracture occurs or there are visible postural changes. Two-thirds of Australians over 50 have osteoporosis or osteopenia, with the majority having

osteopenia (78 percent), leading to more than half of all fractures among this group. Fractures most commonly affect the hip, spine, wrist, arm, and pelvis, causing significant impacts on quality of life. In Australia, a fracture from osteoporosis occurs every 3.4 minutes, and this is expected to increase to one every 2.9 minutes soon.

For many, these fractures result in persistent pain, reduced balance, confidence, and even loss of independence. Once an osteoporotic fracture occurs, the risk of subsequent fractures rises significantly. Early assessment and intervention can help to mitigate this risk, improving bone density and reducing fracture risk through lifestyle and therapeutic interventions.

Is Your Bone Health at Risk? Take the Assessment

Assessing risk factors is an essential first step in protecting your bone health. The Know Your Bones online tool can help you identify any underlying risks (visit: <https://www.knowyourbones.org.au/>). Factors like a history of low-trauma fractures, family history, early menopause, certain medications, low body weight, inadequate calcium and vitamin D, smoking, and excessive alcohol use all play a role in bone health risk.

Diagnosing and Managing Osteoporosis and Osteopenia

Your GP can arrange a bone mineral density test if you are over 50 and have any risk factors. A collaborative healthcare team — including your physiotherapist, GP, and possibly a rheumatologist or endocrinologist — can help you create a personalised bone health plan. This plan may encompass tailored physical activity, balanced nutrition, and guidance on lifestyle modifications for optimal bone health.



How Physiotherapy Can Help

Physiotherapy is a key component in managing osteoporosis and osteopenia. It offers a range of benefits, including:

- Exercise programs that safely load bones to strengthen them
- Posture optimisation exercises
- Balance training to minimise fall risk
- Pain management for fractures
- Self-management strategies and ongoing education

Many studies show that a structured exercise program can help manage bone health and prevent falls, particularly for those who have already experienced spinal fractures. Our new Bone Density Improvement Program is based on evidence-based methods and includes:

- Supervised, targeted exercise sessions twice per week, each lasting 30 minutes
- Tailored exercises to improve bone density and strength
- Educational sessions and handouts to help you understand and manage your bone health

Our program is designed for those diagnosed with osteoporosis, osteopenia, or anyone at risk of bone density loss. Guided by our experienced physiotherapists, this 10-week journey will equip you with tools and exercises to make meaningful progress toward healthier bones and greater confidence in daily life. If you're interested in joining, please don't wait — bookings are essential and spaces are limited. For questions or to register, call us at (03) 9716 2250.

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RESTLESS NIGHTS WITH RESTLESS LEGS

Restless legs is a syndrome that is very frustrating disorder and is characterized by the need to jiggle and move your legs constantly.

It usually strikes while you are resting and especially at night. It can drive some crazy and prevents a good sleep, for the sufferer and their partner!

It can be experienced as tingling, numbness, cramping and pain along with the feeling that you need to get up and walk around to re-lieve it. It's a poorly misunderstood disorder that has no known medical cure.

So what is it and why does it hit most when we rest?

In Chinese Medicine terms there are a number of causes, the major two being blood stasis (poor circulation) and blood deficiency (Iron and B group vitamins) as well as magnesium and Calcium deficiency. Restless legs is often correlated with other chronic disorders such as kidney failure, diabetes, varicose veins or peripheral neuropathy. It can be exacerbated by antihistamine use so be cautious especially if you use an 'over the counter' sleep drugs, while studies have also shown antacids such as PPI's (protein pump inhibitors) can also exacerbate this condition.

There are a number of treatments that have good results. Natural therapies are generally the best way as drugs are more to reduce the symptoms, but don't treat the cause. A Magnesium supplement is a great place to start, it can be taken internally and/or combines with topical application of Magnesium oil or creams. Magnesium is a muscle relaxant so can help with stress and improve sleep and relax us generally, best taken along with in combination with Calcium.

Other signs of magnesium deficiency include weakness and fatigue, migraines and tension headaches, muscle twitches



and spasms, dizziness and low stress tolerance. The form your magnesium comes in is also important. Studies have shown that magnesium citrate being the water-soluble form is more readily absorbed than inorganic salts such as magnesium oxide. Talk to your chemist or health professional for the right one for you. Good food sources of magnesium include Hemp seeds, pumpkin seeds, Brazil nuts, spinach, avo-cado (my favorite)

and red kidney beans (which are also good for water retention). Vitamin C with natural bio-flavonoids that are available in fruit fibre, so make sure you get the pulp with your fresh orange or other juices as it increases uptake of many other vita-mins and iron.

In Chinese Medicine we first look at the cause and will treat accordingly and will include massage and acupuncture to boost circulation and nourish blood. Herbs such as Cinnamon, Ginger and Chinese Angelica are frequently used for this condition with good success while herbal formulas that assist in blood circulation work reliably to relieve the condition.

Keeping up your daily exercise is very important...walking or swimming is great to get the blood moving and that reduces the pooling of blood in the vessels that can cause varicose veins and restless legs. A warm bath or foot soak with Epsom salts (which are magnesium crystals) before bed will help a good deal as well and ensure a good night sleep. So don't put up with this frustrating condition and enjoy your well-earned rest.

Dr Angela Palmer, Kinglake Chinese Medicine

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52 Watsons Road, Pheasant Creek.

Samantha Heyfron B Physio, APAM
Adam White B Physio, APAM
Tanvi Tiwari B Physio, MSc MSK Rehab
Luke McMurray B. Physio, B. Appsc, APAM
Maighan Cann B. Appsc, M. PhysioPrac

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Whittlesea Agricultural Society – Christmas Extravaganza

Dates: Sunday 8 December to Saturday 21 December 2024

Times: 1 pm-8pm each day in period as above

Venue: Whittlesea Agricultural Society Administration Building

McPhees Road, Whittlesea (through the wrought iron gates)

Come along and embrace the spirit of Christmas and enjoy the varied array of Christmas trees decorated by local small businesses, schools, community groups and individuals.

This is the fourth year the Society has presented this event, making Christmas more memorable with the decorated trees, festive music, lights and Santa.

Santa will be in attendance on special days, just check the Whittlesea Agricultural Society Facebook page.

Sensory sessions are available upon request. Group bookings are encouraged and we will try and arrange an agreeable time.

Please ring Anne – 0408 516 582

Gold coin donation on entry.

Entries for the decorated Christmas tree are now open.

Please call – 97162835 / email: info@whittleseashow.org.au for entry forms. Any enquiries to Anne – 0408 516 582

Kinglake CWA

And now it is Christmas! Well very **nearly – so let's celebrate the magnificent community we have all chosen to live in by Lighting up the town with our 4m tall Christmas Tree.**

Where: Kinglake Library grounds

When: Saturday 14 December 7pm-9 pm

Why: Because some people are doing it tough and by linking together, we will bring some joy to the lives of children in particular

Who's welcome: Anyone who cares about Kinglake – you, your children, parents, grandparents or friends.

The cost : only \$5 per adult and children under 15 years are free.

Many community volunteers will be there to make it all happen – a big thank you to these dedicated individuals and groups who do so much year-round.

Some of our newer residents have offered their assistance – what a great way to meet other locals and make new friends.

Kinglake, Middle Kinglake, Kinglake West and Strathewen Primary Schools are creating the Santa Animals artworks for the safety fence and Kinglake Bush Kinder has a heap of Christmas coasters to paint and decorate.

UGFM will be there will an outside broadcast, the combined Kinglake

Schools Children's Choir will serenade you and there will be hampers and raffles drawn intermittently throughout the night.

Tickets will be limited due to the size of the grounds – so go to our Facebook Page Christmas in Kinglake and follow the links to Eventbrite.com.au to purchase yours!

And, our local businesses who have sponsored the tree and are contributing towards the catering costs – it would not be possible to make this a low cost family event without your support.

Bendigo Bank Kinglake, Murrindindi Shire Council, Integrity Real Estate, Foundation Murrindindi, Kinglake Community Pharmacy, Kinglake Foodworks, Kinglake Neighbourhood House, Kinglake Post Office, Simply Timber and Roofing Kinglake, Cindy McLeish MP, Oldfields Garden and Farm.

If you would like to be involved in any way, please text or phone Chrissy 0408 729 580 or email kinglakecwa@gmail.com.

We wish everyone, their friends and family, a safe and happy festive season and look forward to continuing to make our community one of which we can all be proud.

The Kinglake CWA ladies and friends

FREE COMMUNITY EVENT

EVENTS Whittlesea

The Whittlesea Christmas Festival 2024

Sat. 14th Dec. 4pm-9pm

@ the Whittlesea Agricultural Society
– Parking at Showgrounds

MORE FOOD MORE MARKET STALLS MORE MUSIC
MORE CLASSIC CARS KIDS CRAFT ACTIVITIES
CHRISTMAS TREE EXTRAVAGANZA SANTA & THE GRINCH

LIVE MUSIC & FOOD from 4pm

FREE ENTRY ANIMAL FARM BRING THE FAMILY

DO YOU SEE WHAT I SEE?

Community Carols from 7pm
Family Friendly - Non-Alcohol Event - BYO picnic/chairs

Proudly supported by City of Whittlesea Horizons

A Kinglake CWA project

Christmas in Kinglake

Saturday December 14 - 7 pm at Kinglake Library

Let's light up the town with our 4m Christmas Tree

- * Family fun and BBQ
- * CFA Santa photo opportunity
- * Children's Choir
- * Santa Animals Artwork
- * Hampers - Raffles and more

Limited numbers - book through Facebook.com/christmasinkinglake or eventbrite.com.au

Special thanks to our sponsors
Bendigo Bank Kinglake - Murrindindi Shire Council
Integrity Real Estate - Kinglake Post Office
Kinglake Pharmacy - Kinglake Foodworks
Foundation Murrindindi - Simply Timber
Oldfields - Cindy McLeish MP
and all our community volunteers

ENVIRONMENT MATTERS

Christmas rose

In December, throughout the rocky expanses of Europe, Greece and Asia Minor - that is presently an area of Turkey - grows a perennial known as the Christmas rose. Displaying mystique, especially during the medieval era, it emerges from November to February in the Northern hemisphere, due to glacial conditions.

Belonging to the family Ranunculaceae, scientifically called helleborus niger, it consists of 15-20 types of species. Its florets are of a white hue with a touch of green or pink. The term niger, refers to it being composed of dark roots that avoid dirt from being eroded. Now though, there are a variety of hybrids that are called Helleborus x hybridus. These species, are made up of hues of pinks to greens along with purples, allowing a dash of colour to prevail.

The stamens that are distinctly yellow, are used by bees to extract nectar especially



*A display of Christmas flair.
Photo courtesy of Priya Mohandoss*

during winter when such resources are scarce. In addition, this causes a habitat for many types of biodiversity to thrive, for example, avian species and local creatures. On the whole, this has the capability to build an ecosystem that readily provides for those that need such means to subsist on a continual basis.

In terms of the Christmas legend, while the Magi were about to bestow their offerings of gold, frankincense and myrrh, there was another shepherdess that voyaged too, named Madelon. While they offered gold, frankincense and myrrh, she had nought to present to him. As a consequence, she became upset and began to cry. An angel from above, noticed her sorrow and drove through the snow to release a white bloom that was the Christmas rose.

Celebrated as a winter charmer, helleborus is prolific to any type of garden design, allowing us to reflect upon the image of its splendor.

Priya Mohandoss

YOU CAN'T CONTROL FIRE, BUT YOU CAN PREPARE FOR IT.

The best way to keep you and your loved ones safe this fire season, is to make sure you have a fire plan.



Go to fireplanner.vic.gov.au to create your personalised fire plan now.

HOW WELL DO YOU KNOW FIRE?

Authorised by the Victorian Government, 1 Treasury Place, Melbourne





Kinglake LANDCARE

SUMMERTIME

Kinglake district is the traditional land of the Taungurung and Wurundjeri people of the Kulin Nation. For some, Garrawang is Kangaroo Apple season in December moving into Biderap dry summer season in January/February.

Unlike our imported concept of four seasons, Kulin Nation's seven seasons reflect movement of the stars, changing weather, and the life cycle of plants and animals developed over many thousands of years.

ACTIVITIES JUST GONE

In November an informative Australian Museum Frog ID webinar organised and sponsored by the Environmental Programs Unit of Murrindindi Shire Council at Kinglake Library showed the value of using the Museum free app to identify frogs (frogid.net.au).

Some then went to Stony Creek Reserve in Kinglake West to use the app and enjoy the tranquil surrounds (see photo), but, no frogs this dry night unlike rainy late October. See photos of Victorian Smooth Froglet (*Geocrinia Victoriana*) taken previously at the reserve and the Eastern Banjo Frog/*Pobblebonk* (*Limnodynastes dumerilii*) two of at least nine frog species in our district.

Our Using a Chainsaw Safely theory and practical event in November was part of the Rural Skills program funded by the Foundation for Rural and Regional Renewal (FRRR) supporting a range of courses and workshops including fencing, pest plant and animal control, plant identification,



Frog ID volunteers at Stony Creek Reserve, Kinglake West

pruning, plant propagating, and more.

Installation of nest boxes in partnership with Birdlife Australia "Boxes for Birds: a Kinglake community nest box project" has been continuing on members' properties and public reserves.

Also, in November we met the CFA Vegetation Management Officer, North East Region about the CFA Joint Fuel Management Program.

COMING UP

Talk on Ants by great presenter Ron Litjens at Yea Butter factory in December (see below) hosted by Yea River Landcare Group.

Further nest boxes to be constructed at a workshop early next year and we will advise members and friends of any emerging activities over December/January.

GET OUR FREE BOOKLET

'Caring for Your Patch' covering backyard garden design, food growing, plant selection, weed and pest animal management and more, is available from Kinglake Library, KRNH, Kinglake Heritage Centre, local garden suppliers,

Landcare events, some local shops and servos, and online from <https://ugln.net/about/resources/>. On that site you can also locate detailed vegetation reports on selected local roads.

MEMBERSHIP BENEFITS

New members can contact Secretary John Stewart on 0419 858504 or johnstewart@live.com to join for \$16 per year. Alternatively, you can be added to our free 'friends' mailing list for notification of events.

Next meeting

7.30pm Monday 9 December upstairs at Kinglake Memorial Reserve Hall. All welcome.

First meeting in New Year on Monday 17 February.

Next events

- Friday 6 December 7.30pm Talk on Ants by Ron Litjens at Yea Butter factory. \$10 non members, \$5 members.

- Nestbox installation further demo TBA. Contact Chris Cobern 0413 855490

- Nest box workshop Jan/Feb 2025 TBA

Roger Cook, President



Victorian Smooth Froglet at Stony Creek Reserve



*Eastern Banjo Frog/
Pobblebonk*



It's summer, but with how the weather has been over the last three years, it is a lottery how the following summer months will be. Even though December usually has moderate temperatures with the heat building up through mid-January this hasn't been the case recently.

We had a couple of very humid days at the end of Spring with Brown Rot warnings which will create ideal conditions for fungal and bacterial infections. With a La Niña forecast, this will happen more often and impact on fruit as well as vegetable growing.

Things to do in December

- If you have Daphne growing and want a few more plants, this is the best time to take cuttings.
- Daffodils have finished by now and they need to be allowed to yellow off. It will look untidy but the bulbs will get food for the next flowering season from the leaves. Once the leaves have browned off, they are easily removed.
- Check your fruit trees, especially apples. It is good to remove some of the immature fruit to allow the others to develop better. Thinning the fruit also helps allow air flow to keep disease under control. It can be difficult doing this because you want all your fruit to harvest but as I have found, with willpower, you get better results. Remove the smallest first then check that there is room in between and if they are still too cramped, thin out.
- It isn't too late to plant tomatoes. As we are cooler, our seasons tend to be a bit later. South Australia is currently removing tomato plants infected with a new disease, Brown Rugose Fruit Virus. It also affects Capsicums and Chillies. It is also worthwhile planting some capsicums and chillies as there could be shortages of these vegetables over the summer.
- Other vegies that can go in are lettuces, onions, beans, peas and pumpkins.
- If you are very optimistic, have a warm sunny spot in your garden, try cantaloupes and watermelons. They need full sun. Plant 3 seedlings in the same hole that is hilled up.

Attracting the beneficial Insects



The pollinators have done their job and now with the warmer weather on the way hopefully, the good bugs need to be invited to make short work of some of the pests. Having these good bugs will give your garden more diversity and help control some of the pests naturally. To attract these good bugs, such as wasps, hover flies, ladybugs and lacewings, planting perennial and annual flowers will ensure they visit your garden.

Flowering plants like Borage, Calendula, Basil, Marigold and Sunflowers, Alyssum are just a few, but any other flowering pretty annuals are certainly worthwhile in the vegie garden and around fruit trees. Clumping Nasturtiums are great under fruit trees. Some flowering plants can be planted in pots in the vegie garden and that won't take away space from the garden beds especially if you want to plant thyme and oregano, both are good for the beneficial insects.

The cabbage butterfly will be around unfortunately. If you have cabbage, caulies and other brassicas, the caterpillars will soon hatch and wreak havoc on the plants if they haven't already. There are commercial natural insecticides available and the main one is Dipel which is a bacteria. It is very effective in controlling the cabbage caterpillars. However if

you have the herb Wormwood growing, boiling a handful of leaves in about 3 cups of water, once cooled, is an effective spray to control these caterpillars. The other natural biological control is Derris Dust. It is also useful on caterpillars found on tomato plants.

Things to do in January

- Prune roses and perennials after flowering
- Tie up tomatoes on stakes and remove the lower leaves to minimise disease opportunities. If you have bush tomatoes, also remove the lower leaves.
- Remove any vegies that have gone to seed. Peas may have finished and if there are dry pods, collect the seed, put into a paper bag, label and let dry further and plant later in spring. Lots of other veggies like lettuce can be easily saved for another growing season. Once the flower heads have dried out, shake the head in an envelope and keep it in a dry area. Most of these seeds are viable for the next 12 months.
- Brussel sprouts and leeks can be planted now this month in seed raising trays. They both take longer and will be ready early to mid-winter.
- Pull and dry garlic by hanging the bulbs in an airy area. ➤

- Strawberries will be sending out runners. These runners can be replanted to make new plants.
- Pick beans regularly. The picking stimulates the plant to produce more beans.

If this month has been humid and warm, keep an eye out for brown rot warnings if you have stone fruits like apricots and peaches. If you find signs of mould on the fruit, remove the fruit immediately, and do not put in the compost. The fungus will hang around for as long as it is humid and if we have humidity over a few days which we have had in past years, it is best

to continue removal of diseased fruit. Commercial growers will spray fungicides to minimise economic loss but these fungicides have a longer withholding period and need to be used with care.

I have heard claims that seaweed sprays may help prevent brown rot if the fruit trees are regularly sprayed over the summer months. I haven't tried this as yet but may give it a go this month as a preventative. I'll let you know.

Grow Me Instead...

There are quite a few Indigenous plants growing throughout the Kinglake Ranges

area that will happily sit alongside some of the exotics. As our veggie gardens benefit from the environmental diversity that plants can provide, so too, do our Indigenous plants enrich diversity.

Our local Kinglake Landcare group has wide experience and advice for the gardener on how to include these plants that will complement their gardens. It is worth considering having a few of these plants that not only grow well in our area because they originate here and have evolved to be adaptive to the conditions, but also their contribution to the health of native animals and insects.

Plant me instead

To replace Agapanthus and Pampas Grass

1. *Gahnia sieberiana* (Red-fruited Saw-sedge)
2. *Dianella tasmanica* (Tasman Flax-lily)
3. *Poa labillardierei* and *Poa ensiformis* (Tussock Grasses).

To replace Spanish and English Broom

1. *Pultenaea daphnoides* (Large-leaf Bush-pea). Several other *Pultenaea* species are also suitable.
2. *Goodia pubescens* (Silky Golden Tip)



Gahnia sieberiana (Red-fruited Saw-sedge)

Can form large clumps 1.5 to 2 metres in diameter with flowering stems reaching 3 metres.

Flowers occur in spring and summer in long black clusters at the ends of the stems.

The flowers are followed by shiny, red-brown seeds about 4 mm long.

Gahnia species provide habitat for birds, frogs, reptiles and small mammals.

A food source for birds (seeds) and insects (flowers).

Gahnia sieberiana is a food plant for caterpillars of the Swordgrass Brown butterfly.

Frost tolerant. Full sun to full shade.

Aboriginal Use: Seed pods ground for food.

Gahnia is an excellent substitute for Pampas Grass which is an environmental weed.

Flowering spikes make good floral decoration either fresh or dried.

See the Landcare report on page 23 to obtain a copy of their booklet *Caring For Your Patch*.



Dianella tasmanica (Tasman Flax-lily)

Very robust perennial forming a large clump up to 1.5 metres in diameter and 1.5m tall. Spreads vigorously from strong yellow underground stems.

Frost and snow tolerant.

Best in semi shade to full shade. Leaves can burn in full sun.

A great choice for mass planting under large trees.

Small clusters of blue flowers with yellow anthers and stamens

are produced from August to February.

Plant has large shiny purple berries after flowering.

A useful environmental plant:

Berries attract birds.

Leaves are a food plant for caterpillars

Provides habitat for frogs.

Aboriginal Use: Leaves used for basket making and plaiting into cords. Fruit was used as a dye.



Tussock Grasses (*Poa labillardierei* and *Poa ensiformis*).

Tussock grasses are ornamental tufting perennials that can be used in mixed native landscapes and borders.

Because of their attractive form, these Poas are good for landscaping either as individual contrast plants or in massed plantings.

Flowerheads in summer add to their appeal.

An individual *Poa* can form a clump up to 1.2m. in diameter. Clumps can be periodically cut back in early spring to encourage new green growth.

These versatile native tussock grasses are especially useful for embankments and erosion control, with *Poa ensiformis* a common grass of mountain forests and *Poa labillardierei* common across Victoria.

Aboriginal Use: Leaves used for string and basket-making

Environmental importance:

A grazing food of kangaroos and wallabies.

Tussocks provide habitat for frogs, reptiles (eg. skinks, legless lizards), small ground dwelling birds, small mammals
A food plant for caterpillars of several butterfly species including Skippers, Xenica and Browns.

The seeds are an important food for a variety of birds.



Goodia pubescens (Silky Golden Tip)

Goodia pubescens is a rare (but prolific in the Kinglake district) shrub growing to 3 metres tall.

It Grows quickly and can be lightly trimmed to form a tall, loose hedge.

Goodia has long sprays, of lightly fragrant bright yellow, pea-like flowers with red or brown markings from September to November

Can be planted as a group or singly as a specimen tree.

The flowers, leaves and seeds attract birds and a variety of insects.



Discovering Our Frogs and why they matter

Do you know what frog species thrive in our environment?

Would you be able to identify their calls when they welcome some rain, or crank up for the breeding season?

Murrindindi Shire Council and the Australian Museum recently joined forces to present a captivating online webinar for FrogID Week, followed by in-person walks in Alexandra, Kinglake and Yea.

Nadiah Roslan from the Australian Museum Research Institute, a biologist with extensive experience in climate

biology and conservation, hosted the webinar and an important citizen science project to encourage us to record and submit frog calls.

Anyone can download the FrogID app and get started to help log and record the frogs we hear.

Over 100 attendees participated and following the webinar groups in Kinglake, Alexandra and Yea visited locations in search of frogs and their calls.

Council's libraries in Kinglake and Yea also celebrated FrogID Week with frog-themed

story time sessions. Children enjoyed frog-related books, songs, and crafts, with librarians dressing up as frogs to add to the fun.

To learn more about FrogID Week and watch a recording of the webinar, visit Council's website at murrindindi.vic.gov.au/frogidweek2024

But, it isn't just confined to a week. You can go out hunting for frog calls with the FrogID app.

For inspiration for where to explore, visit the council's website at murrindindi.vic.gov.au/parks or discoverdindi.com.au"

ACCENT ON TANK CLEANING



Have you had your water tank cleaned in the last 3 years?

NO!

HAVE YOU CONSIDERED THE HEALTH RISKS TO YOUR FAMILY?

The build up of sludge, decaying leaves, animals or animal matter, which if left may cause harmful bacteria, leading to salmonella, legionella or gastric problems.

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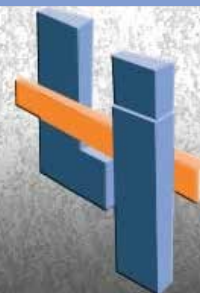
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Discover imperiled forest gems in Toolangi and Kinglake

Tours with Kinglake Friends of the Forest, January and February 2024

Like many in the community, we at Kinglake Friends of the Forest are deeply concerned about the outdated, destructive and ineffective practice of planned burning that is threatening to cook 25,000 Ha of forest in the Tallarook, Kinglake and Marysville area within the next 3 years.

Every year more science emerges showing that planned burns in southern forests cause more harm than good. Yet huge amounts of taxpayer money are being poured into incinerating forests. Why isn't the government funding more remote firefighters, more waterbombers, and the newest technology in rapid detection and suppression of bushfires instead?

But, this article isn't about the numerous problems with planned burning. We want to tell you about some special local places we've enjoyed this year. We've visited areas scheduled for planned burning to survey for threatened flora and fauna and gather data about forest structure to learn more about bushfire behaviour. We've ended up in a lot of incredible spots with enchanting creatures.

One of these places we've taken to calling 'the magic forest'. In the middle of an area scheduled for planned burning in Mount Robertson State Forest, nestled between regenerating forest logged in the 1980s

and forest that failed to regenerate a canopy after logging in 2018, is a patch of ancient mountain ash forest.

In an area dominated by messmate, peppermints and mountain grey gum, it felt completely unreal when we recently stumbled upon mountain ash trees over 6 metres in circumference, sporting huge hollows from the base all the way up to massive-limbed canopies 50 meters above us. We're still finding out more about the age and history of this patch, but the size of the trees and the understorey of moss-coated tree ferns, blanket leaf and olearia, all tall enough to allow easy passage for delighted humans, tell a story of tranquil resilience in the face of bushfire and industrial disturbance.

This is borne out by the fire severity mapping for 2009 that shows the lowest possible severity: 5b – No crown scorch. No understorey burnt. That this forest eluded the loggers is thanks to the topography – a steep embankment on one side and a stream on the other. The resilience and beauty of the magic forest is extraordinary, but a forest can only endure so much until its structure and species composition changes, perhaps forever. With every disturbance more is chipped away. This remnant is only 225 meters wide in most sections, so the imminent planned burn could spell its demise.

11 km away as the Gang-Gang flies is 'The Nest', named after Eagles Nest Creek

and also because this forest is home to a host of incredible wildlife, including several threatened species. As you can probably predict by now, 'The Nest' is also scheduled to be burnt by the Victorian Government.

The Victorian Biodiversity Atlas shows that Barred Galaxias and Platypus swim the creeks, Sooty Owls and Yellow-bellied Gliders shriek at the moon, Brush-tailed Phascogales navigate vertical and horizontal surfaces at breakneck speed, while Greater Gliders move slowly through their nocturnal world in almost perfect silence. These species are all listed from vulnerable to critically endangered. All risk death or displacement because of this burn. The density of threatened gliders is particularly striking, making it an important stronghold for these once-common marsupials. This also makes it a great place to go spotlighting ...

Evening walk and spotlighting at The Nest: Meet at 6pm on January 18 at the intersection of Victoria Range Rd, Spraggs Rd, and Marginal Rd. Bring a picnic dinner.

Visit The Magic Forest: Meet at 1pm on Feb 8 at the carpark on the right just after Extons Rd turns to gravel. Be prepared for walking off-track for 10 minutes including some steep and muddy sections.

For more information about our upcoming events visit www.kinglakefriendsoftheforest.com/events

Middle Kinglake Primary School



Remembrance Service

Just like that the 2024 school year is nearly over! We've had a great year, full of learning and fun and there are a few things to tick off before we break for the holidays.

Thanks to all our families and the wider community for their support during this year, we are very appreciative and we look forward to welcoming new families and friends onboard for 2025.

MKPS is (for the most part) like a well oiled machine. There are many people completing many roles that make us successful. In late October we got the chance to celebrate our teaching staff, the people at the front of classrooms every day educating and completing many hours behind the scenes to provide the best for our kids.

Teaching is the most rewarding job; building relationships with students, watching them grow and learn, so World Teachers' Day was an opportunity to recognise the contribution of our teachers and say thanks. We had a special assembly, students wrote letters to their teachers, there was a morning tea and gifts. We are so thrilled that our staff will remain the same in 2025, providing consistency and familiarity at MKPS.

Grade 3/4 have been learning about local government. In their classroom they formed small 'councils' who were in charge of running the classroom for a day each. They set rules, decided on tasks to complete and hand out consequences when rules were broken. Feedback was sought and acted on. The engagement level of all students was very high, with them gaining some insight into how our local community councils work.

The published copy of 'Tales from Middle Kinglake Primary School 2024' was



Book Launch

launched at our Book Launch. Grade 5/6 students were very proud to receive copies of their book and gather signatures of the contributing authors. We are thrilled to be part of this project and join Andre Louis, Aaron Huggins and Rob Verhagan as published authors.

Have you heard of GaGa Ball? It's a fun, competitive game, a bit like Poison Ball, that our students had experienced and loved, during previous camps. So we decided to get our own! A huge thank you to Michael, Will and Nick for constructing the pit which has already provided hours of fun for our students.

Students presented another moving service in commemoration of Remembrance Day. We welcomed many RSL members and families to witness the pride and respect our students put into the service. Hannah made a special presentation for our dear friend Denys Potts, he is dearly missed, especially at events like these. We thank the Whittlesea/ Kinglake and Yea RSL for their ongoing support.

As the year wraps up we prepare to say goodbye our Grade 6 students. It has been a pleasure to work with these students and watch them grow academically and socially and we wish them well in the next stage of the education journey. Five out of six of these students are the youngest in their families so it means the end of the MKPS line for the Draffin, Macek, Hofman, Wilson and Strong families. We'd like to thank them all for their contribution and support of MKPS over many years and wish them well.

I worked with the Grade 6 students to ask a number of reflection questions about their time at MKPS. Here are some of their responses-

Arlo- What will you remember about MKPS? "My friends and teachers, after

school sport, being able to play basketball in the half court on wet days".

Nick- What will you remember about MKPS? "Interviewing Vietnam Veteran Bill Wearne and learning all about the Vietnam War and also being MC for the school ANZAC Day service".

Lucinda- What are you thankful for? "I am thankful for having kind and caring teachers and an amazing principal as well as the best friends".

Hannah- What have you learned? "To do my best at everything, give everything a go and participate, to be a good public speaker and never give up at anything".

Leelou- What will you remember about MKPS? "I will remember all of the dress up days because I find self expression in creating fun costumes and hats".

We wish the MKPS and Mountain Monthly communities a Merry Christmas and a safe and happy 2025. We thank you for the support in 2024 and look forward to updating you with all that is happening at MKPS in 2025.

Enrolments are open for 2025 and beyond, and we look forward to meeting new families. MKPS offers an engaging and individualised Literacy and Numeracy curriculum plus many specialist curriculum subjects including Art, Music, Library, Social & Emotional Learning, Auslan, Health & PE and STEM. We have a huge focus on Sustainability, including the Stephanie Alexander Kitchen Garden Program. Students are involved in gardening, cooking and learning about environmental issues. If you would like more information about our fabulous school, please don't hesitate to contact us. Call us to schedule a personalised tour. Check out our website <https://www.mkps.vic.edu.au> or 'like' our Facebook page for up to date happenings.

Meagan Callander, Principal

Kinglake West Primary School



Well, here we are! Another school year almost completed.

So many new experiences, both in the classroom and outside of it. New friends made, new learning locked in, and new opportunities shared by all. It has been a wonderful year at Kinglake West Primary School, and we have thoroughly enjoyed the opportunity to share our wonderful school with new students and families who have joined us throughout the year.

As we make our way into the final few weeks of the 2024 school year, we reflect on our experiences fondly and look forward to what the 2025 school year brings.

We have welcomed our 2025 preps for their transition sessions, with these students becoming familiar with the school, staff, students and families, as well as the learning environment in which they will spend so much time next year.

We continue to welcome tours and enrolments, as we prepare for the new school year, while celebrating the successes of the current year. If you have any questions regarding tours or enrolment, please contact the office on 5786 5262 or via email at kinglake.west.ps@education.vic.gov.au

Tours are available by appointment.

Prep Breakfast

This term, the preps had their first 'camp program' at KWPS. They had a pyjama day and enjoyed breakfast at school. We are very proud of all students for their wonderful manners at the Kinglake West 'restaurant'. So much fun was had and many delicious breakfasts were eaten. Always a great way to build student independence, while also giving them the chance to socialise with their peers and practice their table manners.

Grade 1/2 Dinner and Sleepover

This year's dinner (Grade 1's and 2's) was a huge success, with students enjoying a lolly hunt, games, dinner and dessert at school. So much energy, laughter,



delicious food, and opportunities for students to engage with their peers in a different way. Our students were so well-mannered and thoroughly enjoyed their pizza and ice-cream.

The grade one students then departed school, leaving the grade twos to enjoy The Bee Movie and a sleepover at school. Students were excited to watch The Bee Movie, after spending the term learning about living things, including bees. They then snuggled into their sleeping beds and drifted off to sleep (eventually). There may have been lots of tired students (and teachers) on Friday morning, but it was worth it to see the smiling faces during breakfast. Such a fabulous event.

Grade 3/4 Camp

Grade 3/4 camp. Such an incredible experience for our students. Our 3/4s have had a fabulously full two-day camp at Upper Plenty Conference Centre with



lots of food, activities, laughter, smiles and plenty of steps. Activities included rock climbing, flying fox, initiatives and a tube slide.

NOW ACCEPTING ENROLMENTS FOR 2025

Enrolment forms available on the school website or at the office. Call now to book a tour

5786 5262



Kinglake Primary School

Thank You Bendigo Bank Kinglake donation for a defibrillator:

The Bendigo Bank in Kinglake have provided our school community with a very generous donation that helped support the purchase of a Defibrillator and safety box that is housed on the outside of the school building.

This purchase will be an amazing life saving asset to the Kinglake Community. We thank Darren and Karen from Bendigo Bank for supporting the school with the purchase and making this happen.

Benefits of a Defibrillator:

1. **Saves Lives:** The primary benefit of using a defibrillator is that it can save lives. Cardiac arrest is a leading cause of death around the world. Every minute that passes without treatment reduces the chances of survival by 7-10%. By delivering a shock to the heart, a defibrillator can restore a normal rhythm and increase the chances of survival.

2. **Easy to Use:** Modern defibrillators are designed to be easy to use, even for someone without medical training. They provide clear instructions and often come with visual aids to help users place the pads correctly. This makes them a valuable tool in situations where time is of the essence.

3. **Quick Response:** One of the key benefits of defibrillators is that they provide a quick response. In an emergency situation, every second counts. Defibrillators can be used within minutes of a cardiac arrest, increasing the chances of survival.

4. **Portable:** Defibrillators are now available in a portable format, making them ideal for use in settings outside of a hospital. This includes public spaces such as airports, sports stadiums, and shopping malls.

5. **Easy Maintenance:** Defibrillators require little maintenance, making them an affordable option for businesses and organizations. Many models are designed to perform self-tests, ensuring they are always in working order when needed.

6. **Improved Survival Rates:** Studies have shown that the use of defibrillators can improve survival rates in cases of cardiac arrest. The American Heart Association estimates that early defibrillation,



within the first 3-5 minutes after collapse, can increase survival rates by as much as 60%.

7. **Reduced Brain Damage:** When a person suffers a cardiac arrest, their brain can be deprived of oxygen for an extended period of time, leading to brain damage. The use of a defibrillator can restore a normal heart rhythm, reducing the risk of brain damage.

8. **Reduces the Need for Hospitalisation:** Early defibrillation can also reduce the need for hospitalization, as it can prevent further damage to the heart and other organs. This can result in significant cost savings for individuals and healthcare providers.

9. **Improved Quality of Life:** For those who survive a cardiac arrest, the use of a defibrillator can significantly improve their quality of life. It can prevent long-term complications such as heart failure, which can lead to a reduction in mobility and overall health.

10. **Increased Public Awareness:** The increased availability and use of defibrillators has led to greater public awareness of the importance of prompt action in the event of a cardiac arrest. This increased awareness has led to more people being trained in CPR and improved survival rates overall.

In conclusion, the use of a defibrillator is a critical component in the management of cardiac arrest. It provides a quick response, easy maintenance, improved survival rates, and can reduce the risk of long-term complications. As such, the benefits of using a defibrillator cannot be overstated.

Trivia Night:

A HUGE Thank you to everyone that supported our Trivia night. This money has gone towards supporting purchasing a Defibrillator for the school as well as looking into purchasing flexible furniture for classrooms. A VERY BIG Thank you to our local businesses that supported with donations: Teaserama Hair and Beauty, Irelands Plumbing, Hilltop Fitness, Kinglake Creative, Yarra Valley Chocolaterie

Kinglake Primary School

JOIN OUR OSHC

Requirements:

- Cert III & enrolled in a Diploma or Diploma Qualified
- Ability to work independently
- Create engaging activities
- Effective communication skills

Call Us for Further Details

03 5786 1284

kinglake.ps@education.vic.gov.au

Flowerdale Primary School

What an incredible Semester 2 at FPS. For those of you that don't know me, my name is Steph and I have been the Acting Principal at Flowerdale Primary School since the beginning of Term 3.

It has been a super busy semester working with students, staff and the FPS community, getting to know everyone and working towards our purpose here at this beautiful little school.

Over the last 2 terms, our students have been enjoying our Monday morning Breakie Club, where they get to catch up over their weekend and talk about the week ahead while enjoying some toast and fruit and our Lego lunch time club, where students have been able to put their creativity to the test and work with their peers to build some 'out of this world' Lego structures. We have had a focus on our PBL and School Values, ensuring we are paying close attention to students who have gone above and beyond in displaying the school values and receiving points to trade into our Flowershop.

Students are having full ownership of their points and have the choice to either trade them in, to buy regulation toys, sporting equipment, arts and crafts, toys, stationary, Principal for a day, extra time at recess or lunch or continue to bank their points to save for a big-ticket prize. Students have been absolutely loving this and keeping themselves and others accountable when recognising school values.

Our Junior and Senior classes have been busy with all things Reading, Writing and Maths and are spending some time writing Student Leadership and SRC applications for 2025. Students have just enjoyed an intensive week of swim school and have been given further skills to ensure they are safe around water, particularly as we near the Summer holiday break period. A huge shoutout to the staff here at FPS. They continue to allow our students to

experience learning in multiple ways and ensure our students are remaining connected to learning.

In Dance and Drama, students have been rehearsing for our School Performance of Goodnight Princess. A huge congratulations to all of our students and Dance/Drama teacher Jess for all her efforts in putting the show together. In creative life skills students have been able to see the results from planting their poppy seeds on ANZAC Day and can finally see them flowering. The beautiful Spring weather has been perfect to harvest the abundance of herbs growing in our retaining wall. They are currently drying to be packaged up and sent home with families.

We have spent a lot of work on our Instructional Model, how we teach, what we teach and how to best support our little learners moving forward. Our Wellbeing Leader – Cass has worked significantly on processes and policies in our school, including the implementation of Disability Inclusion and ensuring all our students have student profiles and teachers are making adjustments to planning and learning on a student needs basis.

In 2025, we will be moving to a 3 class model and introducing specialist subjects that include Performing Arts, PE, STEM, Kitchen Garden, Auslan and Art. We also have our own Library which students will be able to use as well as our Library Van that will come out fortnightly to work within our library space. We have a lot to look forward to next year and know that FPS will continue to grow and support all our learners along the way. If you would like to find out more about this wonderful little gem of a school, please don't hesitate to contact us. I look forward to meeting so many more people in this incredible community.

As we near the end of the year, take some time to rest, reflect and smile.

Stephanie Marcanio, Acting Principal



Strathewen Primary School



For the last couple of years, our Junior School Council, student leadership team, has planned a special Halloween dress up day event at school. It's become a real highlight for our students, from pre-prep to grade 6 and everyone gets involved.

The costumes were fabulous, and the Halloween cupcake stall was a big success. With the local community also running a special evening event in Strathewen, it's a big day for many.

We've just enjoyed a huge fundraising Colour Run afternoon. Thanks to our Parent's Club volunteers, this event is held every 2 years and it's a terrific day. We kicked off proceedings with a great sausage sizzle, thanks to Nina, Carol and Rowan from the Rotary Club of Kinglake, and the carnival atmosphere continued with past students Giselle and Scarlett running the fairy floss and soft serve ice cream machines.

Kylie, ran her wonderful warm up sports session, which featured lots of team games involving water and then the Colour Run was on. The fitness track was put to use, as our students ran the gauntlet, dodging colour bombs on the way and trying unsuccessfully to dodge local CFA brigade member, Darren, on the fire hose. After a grey morning, the sun was shining, we had a pair of wedge-tailed eagles flying overhead and loads of brightly coloured kids and adults around to finish off our Friday. Thanks to everyone

who sponsored our students, supporting our small school.

The excitement is building, and rehearsals are getting a bit more serious, as we prepare for our whole school, end of year production of Charlie and the Chocolate Factory. The costumes have been finalised, finishing touches are being added to backdrops and props and we're polishing up the singing and acting skills of the team. Our Christmas concert is always held on the first Friday in December at the Strathewen Hall. It's a real celebration, which includes musical performances, the production, the grade six graduation and even our pre-prep students perform an item. We finish up with a community supper and the man in red arriving on a fire truck.

Thanks to the School Breakfast Club program, our early morning breakfasts have kicked off once again, with the opportunity for a terrific, social breakfast available to students on Mondays and Wednesdays.

It's a great way to start the day, sharing a healthy meal and catching up with friends around the table before classes begin. Just a reminder to any friends and neighbours that might need a helping hand, that we have a community pantry here at school, adjacent to the main building entrance.

Coming up, we have our Celebration of Wonderful Women event, featuring a day of inter-generational story telling.

We'll hear from some amazing women as they share stories about their education, growing up, career plans, challenges they may have faced, life's highlights, future plans and much more. We held this event for the first time last year and it was a great success.

Thanks to support from the Shire of Nillumbik, through a successful 16 Days of Activism grant application, we're planning a fabulous day once again with a host of special guest speakers, music from our marimba band and choir and plenty more.

To finish off the year we're working on transition programs for our grade 6 students, as we prepare them to head off on their next adventure. We also have the much-anticipated grade 6 'big night out' with staff and our whole school end of year Christmas excursion in the next few weeks.

At S.P.S. Pre-Prep sessions for pre-schoolers run throughout the year, on Thursday mornings from 9-11am. Our teacher, Maree, runs a play-based 'school' session for our visitors, and this term, our transitioning Foundation/Prep students for 2025 are enjoying their extended Thursday mornings, as they join the junior class and stay with us until lunchtime. If you're still considering schools for next year, you're welcome to call in for chat and to meet our staff team. If you would like further information about our little school, feel free to give us a call on 9714 8278.

Jane Hayward, Principal

Campfire Home Church Christmas Message

Downsizing AND UPSIZING

Recently, we helped an elderly couple downsize from a 2-acre property with a large house, to a modest unit in a retirement village. Deciding what to take and what to leave behind was a difficult process but it had to be done. Some things found a new home, and other things went to the tip, but many personal items - with an emotional attachment - required some serious soul-searching. But there is one type of downsizing that we must ALL face - and Christmas gives us some important news concerning what comes next.

Christmas is more than a holiday, or an opportunity for families to gather, share a meal, and give each other gifts - as important as that is. It is a celebration of the HOPE that has come to the world when GOD became human and lived amongst us as JESUS CHRIST.

But why would JESUS leave the riches and glories of HEAVEN - and essentially downsize - to live in our world, where sin, suffering and death reign? Why would He choose to experience the vulnerabilities of childhood, the hardships of poverty, the uncertainties of political oppression and instability, and the trauma of abuse and death? Well, JESUS told us, so we don't need to guess. He said,

"For GOD so loved the world that He gave His only begotten SON, so that whoever believes in Him should not perish but have everlasting life. For GOD did not send His SON into the world to condemn the world, but that the world through Him might be saved." John 3:16,17

JESUS did not come to condemn the world - for we are already responsible for our own choices - He came to SAVE us. Firstly, He came in person to give us a taste of Heaven - by healing the sick, raising the dead, restoring the broken-hearted, releasing the captives, and feeding the hungry. Secondly, He came to show us the way to Heaven - where sin, suffering, and death do not exist - because no one can get there without Him.

Many ordinary people received Him gladly, and found a HOPE that this world with all its troubles and uncertainties cannot give. But others rejected Him, preferring to put all their hopes in this world, which is passing away. People have been embracing and sadly rejecting JESUS ever since - and Christmas continues to prompt each new generation to make their choice.

Christmas is a reminder that JESUS willingly downsized from the glories of Heaven, so that we could be upsized to become citizens of His Eternal Kingdom. He chose to die for us, so that we could live with Him forever - and His resurrection proves He can keep His promises.

JESUS is preparing a place for everyone who is His, and His invitation remains open to ALL, but time is short. Are you booked in yet?

Campfire Church meets for fellowship on the 2nd Sunday each month (except January), from 5pm. Join us anytime. Ring Mark (0408867775) for details.

Church Services

ALABASTER CHURCH KINGLAKE

Ellimatta Centre

94 Whittlesea-Kinglake Rd, Kinglake

Sunday service: 10am

3rd Sunday of the month: Community Meal

Instagram @alabasterkinglake

W: www.alabasterchurch.org.au |

E: michelle@mcchurch.org.au

ANGLICAN CHURCH

St Peter's Memorial Church:

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

St Peters Memorial Church

Sunday service: 8.30 am

Minister: Rev'd Dr Walter Firth 0439 447 395

(03) 9716 2042

Christ Church, Whittlesea

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

Sunday service: 10.30am Communion

Minister: Rev'd Dr Walter Firth 0439447395

03 9716 2042

Walter.firth@gmail.com

Weddings and baptisms by appointment

CAMPFIRE HOME CHURCH - KINGLAKE

Monthly fellowship and meal

2nd Sunday of the month from 5pm.

Prayer and fellowship every Wednesday -9pm.

ALL WELCOME - Ring Mark (0408867775) for details.

NEW HORIZONS

28 Forest Street, Whittlesea

Website: www.nhchurch.com.au

Administrator: 9716 3057 / 0408 127 043

ST MARY'S CATHOLIC CHURCH KINGLAKE AT CHRIST THE LIGHT PARISH

128 Main Road, Kinglake

Sunday Mass: 8:30am

Parish Priest: Fr Hien Vu

Office: St Mary's Primary School, 2-20 Fir Street Whittlesea

For all enquires for Baptisms, reconciliation, First Communion or Confirmation,

Please call the office:

Phone: 9412 8493 or Mobile: 0448 101 401

Office hours: Tuesday-Friday, 9am-4pm

Email: merndawhittlesea@cam.org.au

Website: www.christthelightparish.org.au

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

JOIN THE CONVERSATION - HELP TEST A NEW CHAT FEATURE FOR OUR WEBSITE

We will soon add a new Live Chat feature to our website to help our community find the information they need easier and faster.

To help test it out, we need your help! By volunteering your time to be involved in testing sessions, you'll help us identify issues and provide valuable feedback to improve the user experience on our website.

Regardless of your experience or familiarity with technology or our website, your unique perspective is valuable, and we encourage you to get involved.

To register your interest in the testing sessions being held early next year, please email communications@murrindindi.vic.gov.au

IMMUNISATION SCHEDULE 2025

We provide a comprehensive childhood immunisation service, free to children between 6 weeks and less than 5 years old. Sessions are conducted in Yea, Kinglake and Alexandra by appointment only.

Our nurses are available to discuss immunisation and give the required vaccines. For more information and the 2025 schedule, visit murrindindi.vic.gov.au/immunisation

PREPARE FOR FIRE SEASON

The CFA has declared the Fire Danger Period starting on Monday 18 November. If you haven't already, now is the time to prepare your property. Council officers are inspecting properties across Murrindindi Shire for fire hazards.

If a fire hazard is identified, a Fire Prevention Notice will be issued detailing required actions. For information about Fire Prevention Notices, visit murrindindi.vic.gov.au/fireprevention

For information on preparing your property, visit the CFA website at cfa.vic.gov.au/plan-prepare

Council's Roadside Slashing Program is underway, with contractors working their way across the Shire throughout November and December. Find more details at murrindindi.vic.gov.au/slashing

HOLIDAY OPERATING HOURS 2024/25

LIBRARIES AND CUSTOMER SERVICE (INCLUDING THE MOBILE LIBRARY), MATERNAL AND CHILD HEALTH CENTRES:

- Tuesday 24 December 2024: 9.00 am - 3.00 pm
- Wednesday 25 December – Wednesday 1 January 2025: CLOSED
- Thursday 2 January 2025: Usual hours resume

SWIMMING POOLS

- Monday 25 December 2024: CLOSED
- Wednesday 1 January 2025: Closed for morning swimming, open from 1.00 pm

Find out more at murrindindi.vic.gov.au/pools

KERBSIDE COLLECTION SERVICES

Kerbside bin collection will not occur on Wednesday 25 December 2024 (Christmas Day) or Wednesday 1 January 2025 (New Years Day).

During the weeks commencing 23 and 30 December, from Wednesday to Friday, collections will occur a day later, including Fridays, which will be collected on Saturday. For a full list of holiday collection dates visit murrindindi.vic.gov.au/holidayhours

RESOURCE RECOVERY CENTRES AND ALEXANDRA LANDFILL

All Resource Recovery Centres (RRCs) are closed on Christmas Day, Boxing Day and New Year's Day. RRCs are also closed on Total Fire Ban days.

EMERGENCY CONTACT INFORMATION

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

For more information about our holiday operating hours, visit murrindindi.vic.gov.au/holidayhours

STAY INFORMED

To stay up to date with the latest Council news, follow us on Facebook, visit murrindindi.vic.gov.au/news or subscribe to our e-newsletter Murrindindi Matters.

GET IN TOUCH

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

Kinglake Junior Football Club

2024 was a fantastic season for the Kinglake Junior Football Club. We fielded two teams this season; Under 10s and Under 12s. Both teams did so well, with the Under 12s playing finals. A big thank you to our coaches, players, parents and all who have volunteered time throughout the season.

Planning is well under way for season 2025. The coming season will be bigger and better than any before!

We're currently accepting registrations and expressions of interest from players in the following age groups:

- Under 9s (players born 2016, 2017, 2018)
- Under 11s (players born 2014, 2015)
- Under 13s (players born 2012, 2013)
- Under 16s (players born 2009, 2010, 2011)

We are a family friendly football club and joining is a great way for kids to make new mates in the area, and also for families to meet other families. Our values of Team Building, Leadership and Community are at the heart of what we do.

Pre-season training commenced mid November and will continue into December. If you would like to check us out, you are most welcome to join our preseason training sessions.

We hope to see you soon.
Go Lakers!



Important Dates

Under 16s Preseason Training at Kinglake Football Club Oval Wednesdays 5pm-6pm 04/12, 11/12 & 18/12 (Break up BBQ)

Under 9s, 11s, 13s Preseason Training at Kinglake West Reserve (Recreation Road) Thursdays 5pm-6pm 05/12, 12/12 & 18/12 (18/12 is Wednesday. This is our final training session and break up BBQ at Kinglake Football Club Oval)

Important Links

For player registration: [https://www.](https://www.playhq.com/afl/org/kinglake-football-club)

[playhq.com/afl/org/kinglake-football-club](https://www.playhq.com/afl/org/kinglake-football-club)
Submit an expression of interest: email kinglakejfc@gmail.com or scan the QR code

Join us at training: email kinglakejfc@gmail.com to let us know you're coming.



Dual Gold Medallist at KPNP Taekwondo Open

Congratulations to Bruce Williams from Tigers Taekwondo at Kinglake West on winning Gold Medals in both Poomsae and Sparring at the KPNP Taekwondo Open Series in Craigieburn.

Bruce performed two solo forms routines (Poomsae - Taeguk Sam and Taeguk Sa Jang) consecutively, scoring well in the 'Good' range with a respectable average of 6.7, winning the gold medal.

Allocated a 'bye' in his Kyorugi (sparring) division draw meant Bruce went straight into his final against an opponent from a strong club, who had already won a match. Bruce came out quick on his feet and landed some hard scoring body kicks, winning his first round convincingly (even managing to land a spinning back kick that unfortunately didn't register a score).

Applying the pressure again straight away in the second round saw Bruce's opponent overcome early and cede the match.

A special mention and thanks to the Shepparton Koryo Taekwondo Centre crew for having Bruce over for a number of cross-training sessions as part of his tournament preparations - Well Done Bruce!

For more information about Taekwondo and Self Defence classes in Kinglake West please contact Tim on 0414 888 992.



Kinglake Football and Netball Club

Thank you to everyone who attended our AGM in October.

We want to extend a huge thank you to our outgoing committee for their dedication and hard work over the past year.

We're excited to introduce our new committee for the 2025 season:

- President: Cameron Caine
- Treasurer: Andy Griffiths
- General Committee: Daniel Somerville, James Kelly, Jeff Hurst, Jess Exton, Joe Lopizzo, Laura Caine, Lochlan Kelly, Penelope Forde, Ryan Hurst, Travis Roberts.

Pre-season Football

We're pumped to kick off the 2024/25 pre-season! Training will be held on Monday and Wednesday nights, with some variation depending on the session plans, and there will be 8-10 sessions leading up to Christmas.

Training began on 25 November with a time trial at the Kinglake Memorial Reserve, followed by a meet-and-greet BBQ. This was a great chance to meet new team mates, committee members, reconnect and set the tone for the season ahead. The final session before Christmas is on Wednesday 18 December (venue TBA), followed by a BBQ break-up to close out the year.

Bring your best energy and let's make this pre-season count!

KFNC Announcement: Re-signing of Coaches for 2025 Season

We're thrilled to announce that Rodney 'Stig' Pratt and Brendan 'Boof' Howlett will be returning as Reserves coaches for the 2025 season. Their support and dedication have been invaluable and we're delighted to see them commit to the team again.

Make sure you get up to pre-season training to show your support for our coaching staff and kick off the season strong. Let's bring the energy and determination as we prepare for a big year ahead.

Netball Updates

Congratulations to Olivia Turner-Dickason!

Olivia won the '2024 Division 10 Best and Fairest' and we're so proud of her amazing effort this season. She's a true star for the Lakers. Well done, Olivia.

Exciting News for 2025

We are thrilled to announce that Latoya has been appointed as Head Coach for our netball teams for 2025. After an outstanding 2024 season, including her recognition in the NFNL Div 3 Team of the Year, we know she will bring incredible leadership and experience to the team. Pre-season training was set to begin at the end of November (dates to be confirmed), and we look forward to another fantastic year.

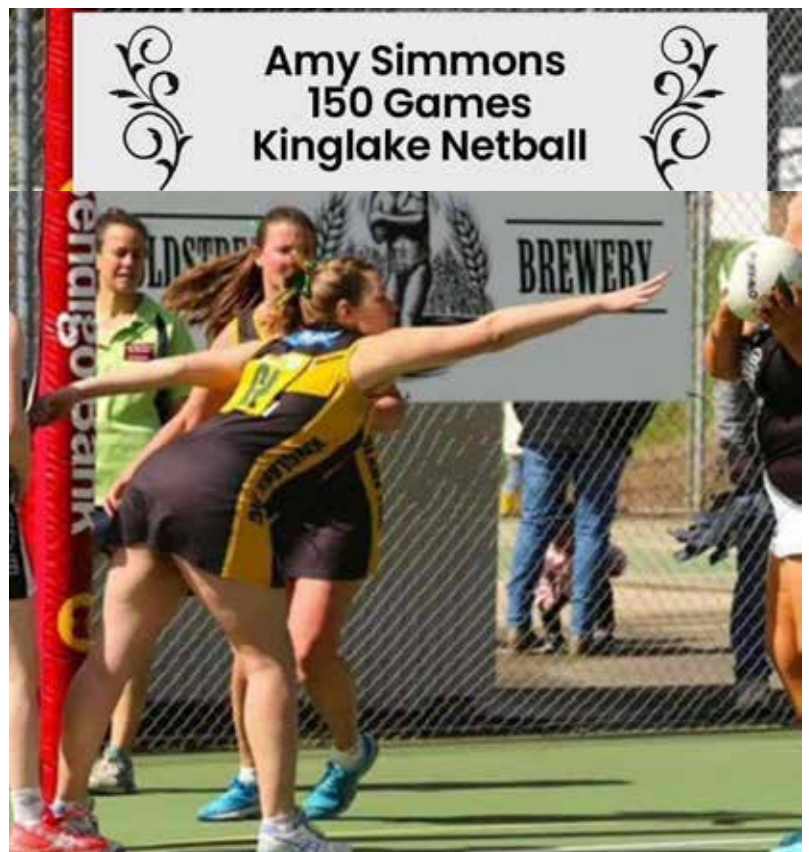
Congratulations to Amy Simmons, Georgia Hannah and Taryn Jennings on their Milestones

•Amy Simmons joined Kinglake Netball in 2014 and took to the court for her 150th game. A multiple club Best & Fairest recipient, Amy was part of the 2017 C Grade AFL Yarra Ranges Premiership team and has made numerous finals appearances with the B Grade side in 2019 and Kinglake 1s in 2024. Known for her strong defensive presence as GK and GD, Amy is also recognized for her leadership and support both on and off the court, especially as the 2024 Secretary & Netball Coordinator.

•Georgia Hannah joined Kinglake Netball in 2021 and has played various positions across goals, midcourt, and defense. Predominantly in WD and GK, Georgia brings a strong defensive game, with excellent court coverage and rebound positioning. Her contributions off the court, ensuring all players feel welcome and supported, make her a valuable member of the club. Best of luck with your 50th game, Georgia – here's to many more!

•Taryn Jennings took to the court on 8 November for her 200th game for the Kinglake Football & Netball Club.

Taryn can be seen predominantly in C grade as she covers the entire court with immaculate fitness and speed. Taryn can





also be seen in WA position which highlights her agility and goal feeding precision.

Taryn started playing netball for Kinglake in 2008 when Kinglake registered their first netball team. Taryn has represented Kinglake in numerous Grand Finals across the years as well as winning numerous Best & Fairest awards playing across A & B grade which is a highlight for her as she strives to give her best every time she takes the court.

to Kinglake over the years and we are so incredibly proud of her dedication and support of the club. We wish her all the best for her 200th game and many more future games.

We look forward to seeing you at our upcoming events and games and visiting our website for merchandise and club information. Don't forget to follow us on Instagram and Facebook to stay updated.

GO LAKERS!



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**KINGLAKE WEST FIRE BRIGADE
SANTA RUN
SUNDAY 8TH OF DECEMBER 2024**

Santa Claus is coming to town.
He's making a list and checking it twice!
Have you been naughty or nice?
Big kids and little kids are welcome, just listen out for the siren.
Say g'day and grab a bag of lollies!

Please note that not all streets that Santa visits are listed and times are approximate. We will try to keep people updated on our progress using our fb page.

!! Times are approximate only – Listen out for siren !!

- 9:30 National Park Rd, Ryans, Rae St. Pine Ridge Rd
- 10:30 Macs Rd.
- 10:50 Kinross
- 11:00 Stoney Creek
- 11:15 Monarch Cl.
- 11:30 Coombs Rd.
- 12:00 Top End Humevale Rd.
- 1:10 Edenvale, Amlyn Crt, Nagle Way, Kestrel Lane, Plover Way, Peregrine Dve.
- 1:40 Kings Rd.
- 2:10 Jouvelet St.
- 2:25 Watsons Rd.
- 2:40 Wallaby Way, Koala & Lyrebird
- 3:10 Marks Rd.
- 3:40 Watsons Rd. Jorgensen
- 4:10 Cnr Whittlesea-Kinglake Rd. & Pheasant Creek Rd.
- 4:20 Beale Ave.

!! Times are approximate only – Listen out for siren !!

Kinglake Fire Brigade

Summer is upon us

As we near Christmas we have experienced a reasonably dry spring.

Soil moisture levels are down, and this means more of the bush is dry and available to burn. As a result, fire restrictions came in on 18 November. This was earlier than usual and an indication of the dry conditions, particularly in the northern part of the Shire.

You cannot burn off without a permit. You can apply for a permit online at <https://firepermits.vic.gov.au>. If you are issued a permit, it is important that you follow all the requirements of the permit.

For information on what is allowed during the Fire Danger Period you can go to the CFA website and search for "Can I Can't I" or contact your local fire brigade.

Do you have a fire plan? It is important that you talk with your family about what you plan to do in the event of a fire threatening your location. Take the time now to discuss what your are going to do with pets, what you plan to take with you and consider if you want to leave the area early on a day of extreme fire danger. Do it now before the fire comes.

Santa Run

Santa has contacted Kinglake Fire Brigade and advised that he will be in Kinglake on Sunday the 22 December to say hello before Christmas. Details will be posted on our Facebook page closer to the date. Keep an ear out for the truck sirens and Santa won't be far behind.

Finally, we would like to wish everyone a safe, happy and fire free Christmas and New Year. Take care everyone.

Paul Buck, Captain

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Kinglake SES

The Annual Whittlesea Show has come and gone for 2024, but we again had a presence at the show with a stall near the circus tent. This year we had the assistance of members from the Central Support Unit and Rutherglen Unit.

We were also fortunate to have the Driver Reviver van and a small wooden truck for the kids to sit in, which turned out to be a great hit.

On both Saturday and Sunday we had two demonstrations on how we get injured trapped people out of vehicles following an accident.

This presence gives us the opportunity to display some of the equipment used and talk about the different areas we are involved in and also hand out literature on how to prepare your house for upcoming storm events.

Hopefully you had the opportunity to watch the demonstrations or were able to have a chat about what the SES does in the community and beyond.



The Month's Activities

We had 10 Requests for Assistance (RFA's) this month, again given our area 7 were for trees on roads, but 3 were to assist the Ambulance.

Training at present is focused on our upcoming unit Road Crash Rescue assessment which will be held in early December. This assessment is done every 3 years by all SES/CFA/FRV units across Victoria on a rolling basis to ensure that units maintain their standards.

In December we say goodbye to Tim, who with his family are moving down to Frankston.

We thank Tim for his efforts over the last few years and wish him well. Fortunately for the Vicses Tim is joining Frankston to continue his SES journey.

As one person leaves we would like to welcome Erin who has almost completed her Crew Member Supervised course which will see her on a truck shortly.

To ensure that we have good response times when RFA's come in, we are fortunate that we house a vehicle at the Kinglake West CFA shed, this allows members in and close to Kinglake West to respond quickly.

We wish all our community a Happy and safe Christmas.

Kinglake SES is only a small unit and is always looking for new members. Training and safety gear is provided so if this is something that you are interested in, then come down to the unit, we train every Monday night from 7.30pm to 9.30pm except public holidays or contact our Unit Controller Leanne Klammer 0428 110 773, Deputy Controllers Andrew Derwent 0419 581 520, or Wayne Leech 0407 400 465 and have a chat, you might find it a good way to meet people in our community and learn new skills at the same time.

BUSINESS & TRADES GUIDE

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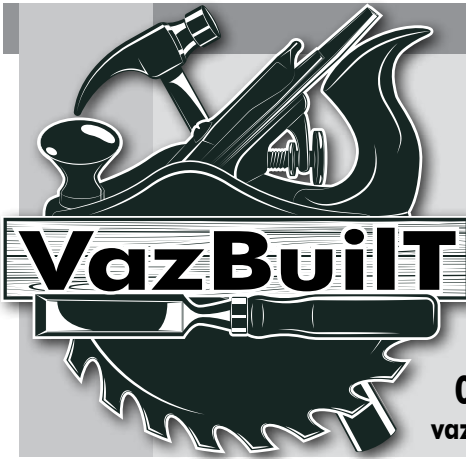
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E: accounts@kinglakeplumbing.com.au

W: www.kinglakeplumbing.com.au



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Anthony McMahon
37 Thomson Lane
Kinglake 3763
p/f: 5786 1427
m: 0409 143 237
e: maccasmill@bigpond.com

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ML Accounting Solutions	0438 778 303
Tax Equity	9716 1311

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Kinglake Exhaust Centre - Harry	0417 363 762
Kinglake Ranges Service & Repair	0418 515 506
Parkers Auto Plus	9716 2010
Whittlesea Smash Repairs & Towing	9716 1303

BANKS

Bendigo Bank – Kinglake	5786 1656
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BIN HIRE

Barbers Bin Hire	9714 8511 or 0409 677 687
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BUILDERS

Leonard Interiors	0418 335 475
Mattador Building & Construction	0400 357 408

CAFES, BAKERY, FOOD & RESTAURANTS/CATERING

Cappa Rossi's Cafe	5786 1783
Songbird Cafe & Larder	5786 1275

CARPENTRY

Vazbuilt	0414 085 247
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CONCRETE, STONE & BRICKLAYING SERVICES

Fleetwood Concreting	0418 534 973
Wheeler & Sons Construction	0421 435 766

EARTHWORKS

JR Earthworks	Damien 0418 506 130
Sprocket Earthmoving	0437 550 333

ELECTRICIANS & DATA SPECIALISTS

Gary Francis Electrical	0438 001 302
Kinglake Electrical Services	Jason 0448 810 715

ENGINEERING, DESIGN & WELDING

R & D Burns Engineering	0428 300 357
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FENCING

Maccas Rural Services	5786 1427 or 0409 143 237
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FINANCIAL SERVICES

NS Finance & Mortgages – Nicole	0412 169 035
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FIREWOOD

Oldfields Garden & Farm	5786 2171
Whittlesea Hardware	9716 2226

FLORIST

Seed to Stem	0498 483 989
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FUNERAL HOMES

Halls Funeral Services	9438 5416
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GARDEN SERVICES & SUPPLIES

Johnny Slash - Slashing	0423 302 391
Morgan's Fuel Reduction	0419 895 464
Northern Mowers & Ag	03 9716 0579
Pheasant Creek Gas and Property Maintenance	0401 870 158

GAS SUPPLIES

Kinglake Gas	Barry 5786 2197
Pheasant Creek Gas and Property Maintenance	0401 870 158

GRAPHIC DESIGNER

Ann Friedel Publishing	0418 556 107
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HAIRDRESSER

L D Hair Studio	0404 092 927
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HANDYMAN

Viking Maintenance	0499 949 940
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HARDWARE

Simply Timber & Roofing	03 5743 0000
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HEALTH & WELLBEING

Chinese Medicine – Dr Angela Palmer	5786 1889
Kinglake Massage and Day Spa	0428 550 384
Whittlesea Physiotherapy	9716 2250

LANDSCAPING

Wheeler & Sons Construction	0421 435 766
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LAWYERS / LEGAL SERVICES

TBA Law	03 5794 2334
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MARKETS (LOCAL)

Kinglake Produce & Artisan Market	0400 337 556
Whittlesea Monday Market	0428 821 644

MEDICAL SERVICES

Whittlesea Medical Imaging	9716 0278
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METAL FABRICATIONS

Outer Edge Creations – Custom Fabrications	0409 575 846
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NURSERY / GARDEN

Alowyn Gardens	9730 2400
Oldfields Garden & Farm	5786 2171

PAINTERS

Edge Master Painting	0437 847 821
John Kyme Painter & Decorator	0418 564 851
Misty Mountain Painting	0499 949 940
On Time Painting Australia	0402 771 175

PEST CONTROL

Home Pest Services	0488 004 882
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PET SERVICES

Waggs Home Visits	0419 562 127
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PHARMACY

Kinglake Community Pharmacy	5786 1109
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PLANNING

Dindi & Yarra Planning	0413 188 248
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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
Licensed to Plumb	0405 263 224
Mountain Range Plumbing	Damien 0418 506 130

POST OFFICE

Kinglake Post Office	5786 1209
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REAL ESTATE AGENTS

Integrity Real Estate	5786 2033
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SCRAP METAL

United Metal Recycling	9467 5505
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SECURITY

All Protect Security Systems	0419 585 773
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SEPTIC SERVICES

GC Septic Tank Cleaning	0418 303 761
Septic Services	0421 764 072
Septic Tank Specialists (Kinglake)	0408 176 344
Wallace Septic Tank Cleaning	0490 390 158

STOCKFEED

Oldfields Garden & Farm	5786 2171
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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
Whittlesea Hardware	9716 2226

TREE SERVICES

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

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

Mt Robertson Spring Water	0400 389 022 or 5786 1389
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WEDDING VENUE

Forest Weddings	5786 5230
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MURRINDINDI SHIRE COUNCIL

Customer Service &

General Enquiries	(03) 5772 0333
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Alexandra Library	(03) 5772 0333
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Yea Library	(03) 5772 0333
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Kinglake Library	(03) 5772 0333
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Mobile Library	(03) 5772 0333
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Operations Emergencies*	(03) 5772 0333
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(eg collapsed bridge or trees over road)

Community Safety Emergencies*	(03) 5772 0333
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(eg stock on roads or dog attacks)

***These numbers must only be used in the case of an emergency.** For further information on Council or opening hours of the Resource Recovery Centres please visit the website <https://www.murrindindi.vic.gov.au/Home>

MOUNTAIN MONTHLY THE RANGES NEWS

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COMMUNITY & EMERGENCY CONTACT NUMBERS

EMERGENCY SERVICES

Kinglake Police	5786 1333
CFA	000
Police	000
Ambulance	000
SES	13 25 00
Nexus Primary Health	1300 77 33 52
Kinglake Ranges Health Centre	
Whittlesea Medical Clinic	
Whittlesea	9716 2207
Dental 24 hr Emergency (Bundoora)	1800 233 684
Mountain Ranges Vet Clinic	5786 1777
Help for Wildlife	0477 555 611
Wildlife Victoria	1300 094 535
Local Laws	0419 572 425
AusNet Services - Power Failure	13 17 99

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
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
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
General Counselling	
– Yea Community Health	5736 0400
Familycare	1800 663 107
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

Kinglake Neighbourhood House	5786 1301
Kinglake Ranges Men's Shed	0402 523 488
5 Oldfield Road, Kinglake West 5757	
email: kinglake-shed@outlook.com	
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
Lions Tool Library	0414 555 544
Sports Stadium Bookings	5786 1522
Kinglake West Mechanics Institute	0435 414 110
PO Box 108, Pheasant Creek	3757
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

K Stewart (Kinglake)	0419 347 581
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RESOURCE RECOVERY CENTRE

TRANSFER STATION (KINGLAKE)	
CHARGES FOR MURRINDINDI RATEPAYERS	
We recommend you check the website	
www.murrindindindi.vic.gov.au for current charges	

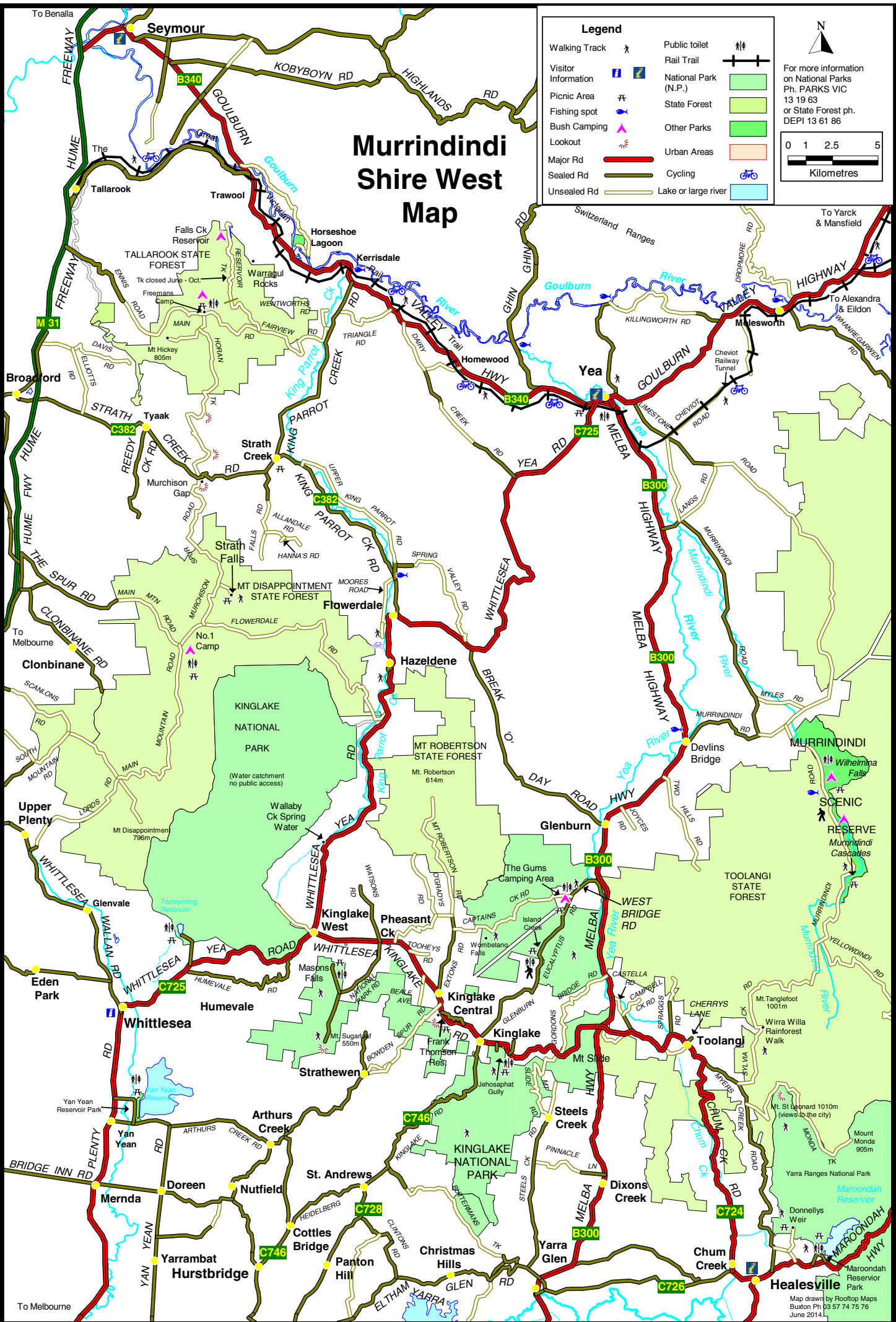
Murrindindi Shire West Map

Legend

Walking Track	Public toilet	
Visitor Information	Rail Trail	
Picnic Area	National Park (N.P.)	
Fishing spot	State Forest	
Bush Camping	Other Parks	
Lookout	Urban Areas	
Major Rd	Cycling	
Sealed Rd	Lake or large river	
Unsealed Rd		

For more information on National Parks Ph. PARKS VIC 13 19 63 or State Forest ph. DEPI 13 61 86

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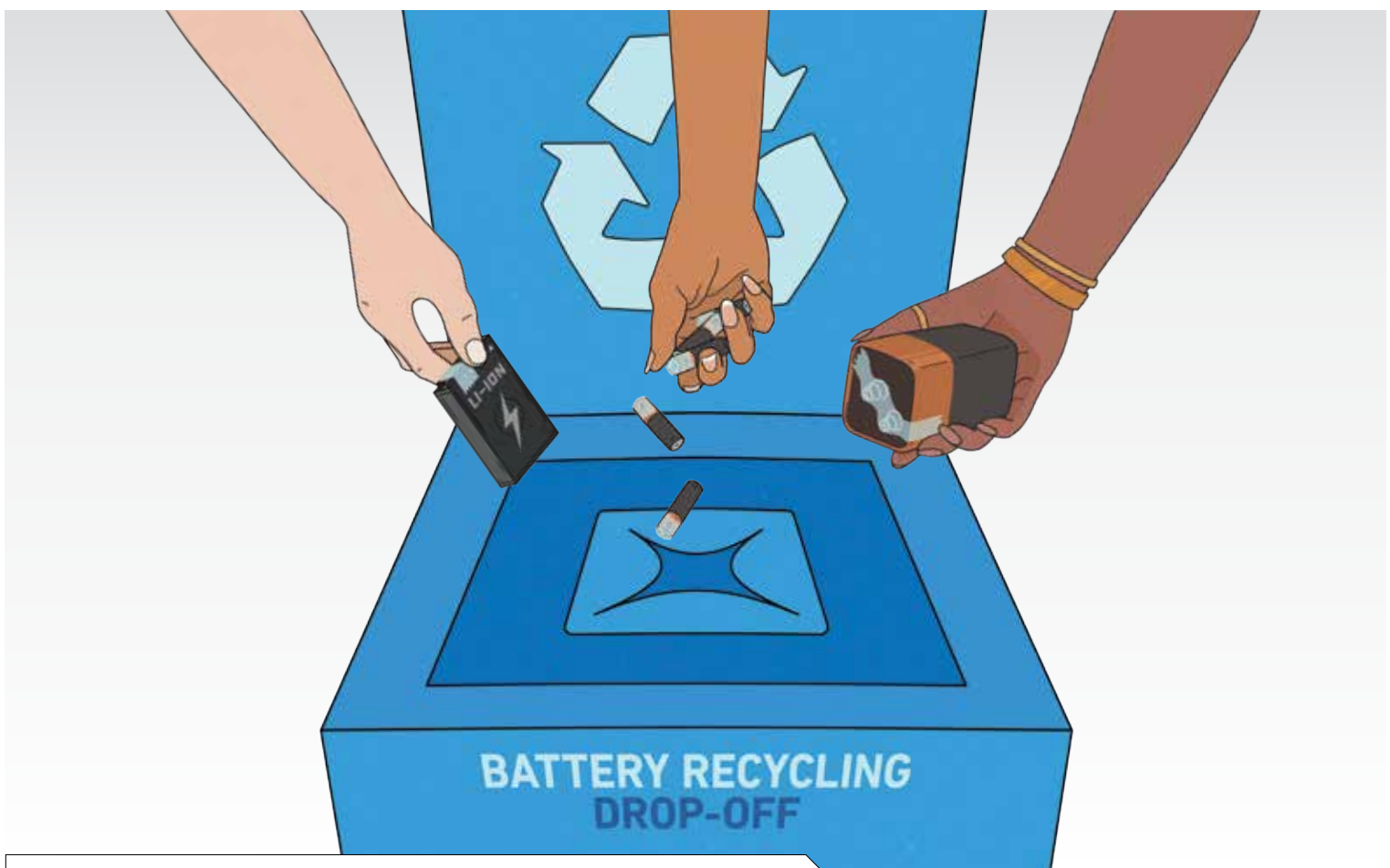


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listed price: \$1,280,000 - \$1,330,000
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9 Jouvelet Street, Kinglake West

4 bedrooms 2 bathrooms 4 parking spaces



listed price: \$1,050,000 - \$1,080,000
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3 bedrooms 2 bathrooms 3 parking spaces



listed price: \$790,000 - \$830,000
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