

## Living out the COVID-19

It is certainly a time of rapid change as we all adapt to the frequent announcements and directions, and do our best to work together and move forward.

Council has announced some initiatives to support businesses, residents and community groups. We continue to discuss and look at all options and update it on our website and social media #InThisTogether.

Councillors continue to meet at least weekly for briefings with the Executive team and Officers via teleconferencing. We are continuing to work on the budget and we are investigating options to hold Ordinary Council Meetings ensuring that Council continues to function as efficiently, effectively and safely as possible.

We have been communicating with State and Federal Members of Parliament and also people working at other Shires.

Council staff continue to provide essential services, and staff in the Economic Development department and Community Wellbeing are providing information and can be contacted to



assist where possible.

We had some initial challenges with the start of autumn and numbers of visitors, but working together with Victorian Police was effective and we have been pleased that people have listened to the advice. I have been out for short cycles or walks to exercise and it is always so striking to stop and reflect on the beautiful areas in our Shire. When the time is right we hope to be able to share this all with others and welcome tourists back.

It is wonderful to see people adapting, such as at the Woodend Farmers Market keeping distances and changing the set

up to support local food producers and farmers.

With the restrictions on physical distancing we know how important it is to keep socially connected.

I have had contact with many in the community via phone or email and the stories and actions are very touching. People preparing and delivering meals, calling and touching base with vulnerable people in our Shire, setting up social media pages to support businesses and so much more.

Thanks to the volunteers from The New Woodend Star for continuing with the publication. There has never been a more important time to continue to share news and stories.

Councillors are available if you would like to contact us. We are all learning every day and we want to thank you all for understanding this situation and for working together.

Stay safe.

Best wishes, Janet, 0437 282 096

SUBMITTED BY CR JANET PEARCE, MRS C

## Community embraces telehealth

In less than two weeks, Cobaw Community Health has completely altered the way that it delivers its services to ensure the protection of the community from the risk of COVID-19 exposure. As a part of the local healthcare system, Cobaw remains open and committed to providing the same high quality support for the community. As well as continuing to support existing clients and participants, Cobaw welcomes new referrals.

Staff have been delighted at how open people have been to having their appointments over the phone or, with even greater success, via video, and how quickly they have adjusted. This includes services such as physiotherapy, speech pathology and cardiac rehab which are being delivered by telehealth.

All of Cobaw's Primary Health team are providing services by telehealth including the adult and child occupational therapists, paediatrician, pulmonary rehabilitation nurse and the dietician. There are even plans to run the adult exercise groups by video.

"With our children's services appointments, we encourage families to do the video consult on a mobile device so that they can move around the home with the child," says Prue

Southey, Manager Primary Health. "Practitioners are able to work with children in the comfort of their own environment using familiar toys and other household objects to assist with the child's therapy."

"Older adults are particularly isolated at the moment with advice from the Government to the over 70s to remain at home," says Ms Southey. "As with everyone, it is essential to remain physically active and maintain strength and mobility, so keeping up with their appointments maintains both regular social connection and exercise."

Cobaw has closed all of its sites in line with the advice of Victoria's Chief Health Officer, but telephone lines remain open for new referrals, general enquiries and direct contact with a clinician. Appointments in person can also be arranged where necessary, and some staff are continuing to work with clients in their homes, particularly those transitioning out of hospital or needing equipment, or those with communication barriers.

Check out the details at [www.cobaw.org.au](http://www.cobaw.org.au), call 5421 1666 or email [admin@cobaw.org.au](mailto:admin@cobaw.org.au) for further information.

SUBMITTED BY SARAH TURNER, COBAW COMMUNITY HEALTH

**PUBLISHER:**

The Rotary Club of Woodend  
 ABN 32 685 225 No. A0021518E  
 PO Box 333 Woodend 3442  
 3850 copies published on or about the first week of the month (except January)

**NEXT EDITION:**

If you would like to contribute an article to the Star please submit your story [with pictures, if you have them] by email to [content@newwoodendstar.org.au](mailto:content@newwoodendstar.org.au). The cut-off date for copy is the 15th of each month, preceding publication.

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This paper is a member of

MEMBER 2020

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# Your community diary

## GET YOUR EVENT LISTED ON OUR CALENDAR

Just send the details to [content@newwoodendstar.org.au](mailto:content@newwoodendstar.org.au)

### — May —

2.....Woodend Farmers' Market

10.....Mother's day

### — June —

5.....Woodend Farmers' Market

8.....Queen's Birthday Holiday

### — September —

25.....AFL Grand Final Holiday

### — October —

3.....Sustainable Living Festival

Please note: due to the COVID-19 pandemic you should check with organisers about any events listed here

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*Woodend's Rain report*  
 Another above average month for rain, although almost all of it fell on one day early in the month. Last Year we had more rain days in March, but only a total of 12.2mm. At this stage last year, we had received a grand total of just 34.0mm compared to 220.8mm this year. Strange days indeed!

Month	2016	2017	2018	2019	2020	av 5yr
January	35.3	27.8	80.0	9.8	73.6	45.3
February	14.3	26.5	3.8	12.0	67.8	24.9
March	47.0	23.7	31.7	12.2	79.4	38.8
April	36.2	165.0	31.0	7.6		55.8
May	101.2	38.6	115.6	114.8		87.8
June	98.8	10.6	78.2	168.2		79.6
July	186.6	60.0	73.3	63.2		95.7
August	107.0	119.6	91.3	78.1		89.3
September	163.6	55.2	26.2	38.3		65.5
October	91.8	45.8	69.0	29.4		49.8
November	63.2	77.4	55.5	64.8		60.4
December	92.8	77.2	91.0	10.0		62.5
<b>Total mm</b>	<b>1037.8</b>	<b>727.4</b>	<b>746.6</b>	<b>608.4</b>	<b>220.8</b>	

# A story to tell, by young authors.

## The big blackberry by Nina Marsh Age 8

"Mmmm! I must get one of those blackberries!" thought Jerold. He walked to the table and stopped. They were all very small. "Oh! I see a big one." Jerold looked around and saw other people. "Quick! I must get it before they do!" Jerold took the blackberry and put it in his mouth. "Ewww!" it tasted disgusting! Jerold felt sick! He went to the chemist to get some tablets. "I must take all of the tablets just in case!" he put the tablet in his mouth, then ran to the bathroom. It had made him feel even worse! He felt sick in the stomach! "I better go and buy some toilet paper!" he thought. He drove to Coles and got all of the toilet paper there was. Now he felt horrible! The tablets would definitely be no use! He turned around and saw a lady who looked sick too. He had an idea! He rushed home, got the tablets and rushed back. "Here you go!" he gave the lady some tablets and toilet paper. He suddenly felt a bit better! Then he got an idea! He wasn't sick at all! It was just because he was taking everything! He started going around Coles giving away tablets and toilet paper! He felt better! "I will never be so selfish again!" announced Jerold.



The next day there was a bowl of blackberries on the table. They were all small except for one. Jerold took a small one. A lady came in and saw the big blackberry. She looked around and saw other people. She didn't care! She put the big blackberry in her mouth. "Ewww!" it tasted disgusting! Now she felt sick!

## The Camera by Evie Dowling, Age 10

It all happened so fast, but now I know the truth. I was walking home from school when I decided to look in Mr Cotton's convenience store. Mr Cotton is a complete nut job. He's the richest guy in town and it's like he knows what everyone needs before they need it. He keeps a camera that he's very protective of. I looked in the shop but no one was there. I saw Mr Cotton's camera on the table that was when I did the first most stupid thing that day. I took the camera and out of the corner of my eye I saw Mr Cotton chasing me! My heart skipped a beat. I ran to the train station hoping to lose him. I got to the station but didn't stop running. Mr Cotton was still on my tail. I looked around but there was no where I could go. Then I did the second most stupid thing that day. I grabbed on to the side of the moving train! I was flying through the air, holding on for dear life. Suddenly the train stopped. I jumped off, sat on a seat, and looked at the Camera. I scrolled through the pictures and nearly fell off my seat when I saw a video labelled March 3rd 2020. I knew that was tomorrow because that's my birthday! I watched the video, it was me at my birthday party. Then it hit me. This camera tells the future. That's why Mr Cotton is so rich. The camera knew it was my birthday. I caught the next train back to town. I wanted to get rid of the camera as quickly as possible. I went straight to Mr Cotton's shop and left it outside his door, rang the bell, and ran away.



## Our Community



I always read the Woodend Star to see what is happening in the area. Thanks for making it available. I thought of sharing this pic of sunset from our house on Avenue of Honour, taken at the end of March. It made us feel fortunate to be isolating in Woodend – if we have to do it, this is one of the nicest places to be stuck!

SUBMITTED BY RUSSELL GRIFFITH



Our daughter Lucy keeps her mind busy other than her Deakin Uni course by lending her hand to creating vegan cakes and food for the family during these difficult times we are currently experiencing.

This is what's left of her orange and poppy seed cake she knocked up for us yesterday.



SUBMITTED BY PAUL STUART

## Living with our native friends

When we realised the possum was pinching the nashis, we had to harvest them. Possum went to quinces instead...

SUBMITTED BY HUBERT WEISROCK



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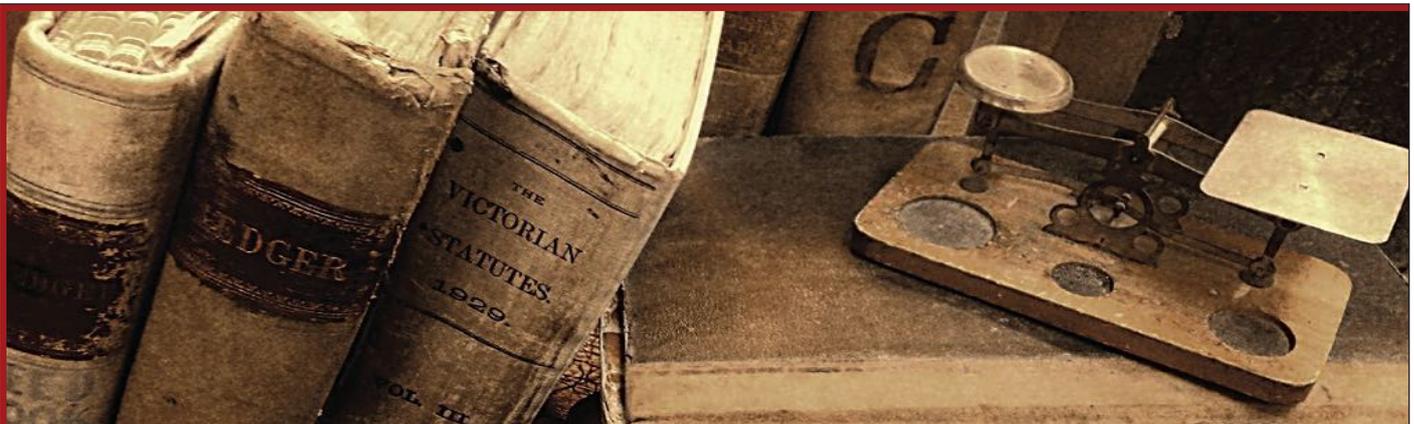


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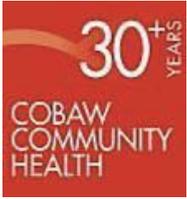
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## Community choir goes online

The Cobaw With One Voice Central Victoria choir has recently celebrated one year since its official launch on 27 March 2019. Celebrations weren't typical of this socially-minded group, as new rules restrict gatherings. The choir has now moved to the online platform Zoom, where the members of the choir can come together at the same weekly time to connect, laugh, and of course, sing!

Conducted by internationally acclaimed singer and musician Gabriel Macura, the With One Voice Central Victoria choir was established with funding from Creativity Australia, the not-for-profit organisation behind the network of 25 With One Voice choirs across Australia.

The choir welcomes anyone who wants to sing, regardless of their experience, and there are no auditions and no requirement to be able to read music. The aim is to promote social connectedness and inclusion and to improve the health and wellbeing of participants through the benefits of singing.

The Zoom choir has proved so successful that they have had two new members join who had found driving to Kyneton for practice difficult in the past, and now are able to access the choir.

"This has allowed us to rethink how we may move forward once we are able to reconvene in the future," said Carly Visscher, Cobaw's Community Connections Manager. "We have been most grateful to the Macedon Ranges Shire Council for its support in allowing us to use the Kyneton Mechanics Institute for rehearsals, but once Cobaw's new building at 1 Caroline Chisholm Drive, Kyneton opens, we will have access to new technology that will enable us to continue to offer online access to the choir."

Singing is said to make people happier, healthier, smarter and more creative, and a recent Swinburne University study showed that 98% of With One Voice choir participants experienced less stress and 66% felt less depressed.

"Connecting with each other, even if it has to be online for the time being, has never been more important," said Carly. "If we can provide a safe space where people can laugh and enjoy the health benefits of singing, then we are doing the best we can in a time where we are more isolated than ever."

If you are interested in giving the choir a go, please email [witnonevoice@cobaw.org.au](mailto:witnonevoice@cobaw.org.au) for more details.

SUBMITTED BY SARAH TURNER

## Kyneton Health builds upon existing coronavirus screening service with new Respiratory Assessment Clinic

Macedon Ranges locals have rallied behind Kyneton Health to help set up a Respiratory Assessment Clinic in the hospital's old ambulance bay.

The new clinic, which was formally opened on Tuesday 14 April, will strengthen the hospital's response to the coronavirus outbreak, allowing the hospital to continue to safely assess patients who present with risk factors or concerns about the coronavirus.

Central Highlands Rural Health CEO Maree Cuddihy confirmed patients will not need to enter the hospital's main entrance, instead accessing the clinic through a door to the old ambulance bay, where they will be met by staff skilled in the management of the coronavirus:

"At the moment, our trained nurses are receiving 30-40 calls a day, and are testing around 8-10 patients for the coronavirus. Our existing facilities were coping with these numbers, but the new clinic means we are better equipped to deal with the possibility of an increase in the coronavirus, should the worst happen in our region," Ms Cuddihy said.

Ms Cuddihy also praised local businesses for their help setting up the clinic.

"Our local community have been amazing, helping us build three assessment rooms in record time. Dr Robert Power from Campaspe Family Practice got the project off the ground, recruiting Kennedy and Co. to carry out the majority of the building work free of charge, and asking Home Timber and Hardware in Kyneton to donate materials. Kennedy and Co. also helped secure further in-kind support from Macedon Ranges Plumbing, Bryan Law Electrical and Amp-Up Electrical. Flooring Xtra provided heavily discounted flooring. We cannot thank our community supporters enough for everything they've done," Ms Cuddihy said.

The clinic will initially operate Monday to Friday between 1pm and 3.30pm, evolving with the needs of the community. Patients concerned about symptoms associated with the coronavirus can call ahead on 5422 9900 to speak to a nurse, who will be able to give the best advice for each situation. Patients who meet the clinical criteria will be booked in for an appointment for testing.

"As always, anyone who has serious symptoms, such as difficulty breathing, should call 000 immediately and ask for an ambulance," Ms Cuddihy said.

SUBMITTED BY HELEN EDWARDS

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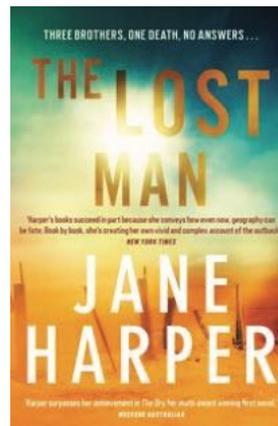
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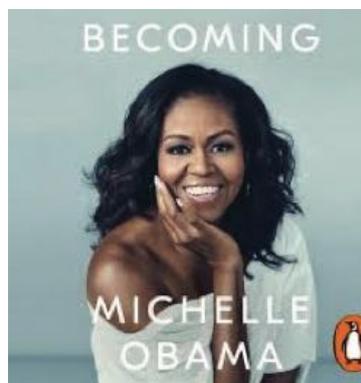
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Jane Harper's 'The Lost Man' is available to read on BorrowBox using your Library membership. This is an incredibly atmospheric book set in the vast Australian outback. A great mystery full of suspense, set in a desolate part of Queensland with lots of family drama to keep you guessing as the story unfolds. Jane Harper tells a captivating story and has an incredible way of describing the landscape so you can feel the heat, dust



and isolation. I loved this book! Emma 'Becoming' – Michelle Obama as an audio book also available in BorrowBox too. Becoming is the memoir of former United States first lady Michelle Obama published in 2018. Described by the author as a deeply personal experience,

the book talks about her roots and how she found her voice, as well as her time in the White House, her public health campaign, and her role as a mother. I loved it – it was well written and fascinating to hear more of her life in the White House. It is narrated by Michelle Obama it was a delight to listen to. Mandy

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SUBMITTED BY LULU COCKRAM



## HISTORY OF THE MOUNTVIEW THEATRE, MACEDON

As the stage is currently empty and waiting with great anticipation for the next show to start rehearsing, I thought readers would like to know more about the history of The Mountview Theatre in Macedon.

In 1972, local resident, Neville Thurgood gathered together a group of locals to form The Mount Players, with the intention of entering a one act play in the Kyneton Daffodil Festival. This began what is now a vibrant, active community drawing talent from far and wide. The newly formed theatre company continued to perform one act plays but had no permanent home. In 1975, they obtained a lease for the old Macedon Presbyterian Church, located where the current theatre is today. Between 1975 and 1977, with a grant from the State Ministry for the Arts for \$8,000, members of the company, together with local business groups, donated their time and goods to convert the church into a tiny, cosy theatre with a seating capacity of 50. The theatre officially opened in 1977 with *The Golden Legion of Cleaning Women*.

Between 1978 and 1982, the company went on to produce a wider range of performances, including murder mysteries, comedies, musicals and pantomimes.

In February 1983, on Ash Wednesday, tragedy struck, when the theatre, along with many members' homes, was destroyed. Original memoirs, photographs and programmes were also lost. So began another period of homelessness, which saw the company perform in venues such as

The Mechanics Hall Gisborne, Wooling Hill in New Gisborne, The Arts Centre in Kyneton, Gisborne Secondary College and The Macedon Family Hotel.



Photo: the original Mountview Theatre

In 1985, the now vacant land was transferred to the ownership of the Shire of Gisborne and TMP entered into a 21-year lease as tenants of the land and any buildings.

In 1986, and following an intensive period of fundraising, building of the new theatre began. A local professional builder took on the building part time, with members helping with the more mundane jobs to help complete the project.

In 1987, the company was greatly saddened by the sudden loss of their then-President, Margaret Woods and former secretary and Life Member, Fred Blake.

As work continued, it became clear that there weren't going to be enough funds to complete the theatre, so in 1989, an agreement was entered into with the Shire of Gisborne, whereby the Shire owned the building and The Mount Players were given exclusive occupancy of the theatre and were to manage and

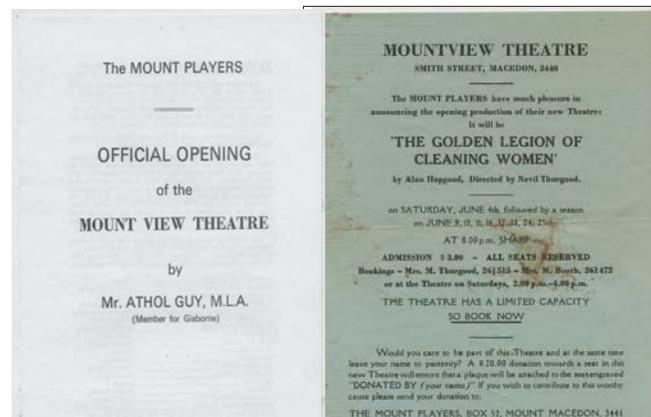
maintain the building from there on.

In November 1990, the new Mountview Theatre officially opened with the performance of *Scrooge*. The rest, as they say "is history".

The Mount Players have continued to produce four quality productions a year, an annual one-act play festival, and with the introduction of a Youth Theatre in 2007, its future is rosy.

How lucky are we to have this incredible theatre on our doorstep?

All we need now is to clear this virus so we can return to doing what we love the most, bringing live theatre to our audiences.



If you would like to read about the history in more detail and see photographs of past productions, we invite you to our website, [www.themountplayers.com](http://www.themountplayers.com)

See you at the theatre ... soon I hope!

SUBMITTED BY KAREN HUNT.

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# #InThisTogether



**Macedon  
Ranges**  
Shire Council

## We are here for you

Have you seen our new #InThisTogether campaign online? It's our way of supporting the wellbeing of the community at this challenging time. Please join the conversation by using #InThisTogether on social media and helping us to spread positive stories of residents, groups and businesses doing great things.

## How we can support you

Our new support package will assist residents, businesses and community groups feeling the impact of the coronavirus COVID-19 pandemic. The new financial support measures include:

- ✓ Debt collection activities on 2019/20 unpaid rates and outstanding amounts ceased on 17 March and will remain halted until 30 September 2020
- ✓ Through to 30 September 2020, interest will not be charged for overdue rates or other payments
- ✓ Penalties for late payment of 2020/21 animal registrations that are due by 10 April will not be applied until 30 September 2020.

For more information, call 5422 0333 or email [mrsc@mrsc.vic.gov.au](mailto:mrsc@mrsc.vic.gov.au)

[mrsc.vic.gov.au/coronavirus](https://mrsc.vic.gov.au/coronavirus)

## #InThisTogether – support for residents and businesses

Macedon Ranges Shire Council launches #InThisTogether – a campaign to support residents and businesses during the current coronavirus COVID-19 pandemic.

Chief Executive Officer, Margot Stork said the new financial support measures would take effect immediately and would assist the community, residents, businesses, staff and sporting clubs.

“These are unprecedented times for Council, our community and businesses,” Ms Stork said. “We are all in this together, supporting each other at this very challenging time.”

New support measures by Council include:

- Debt collection activities on 2019/20 unpaid rates and outstanding amounts ceased on 17 March and will remain ceased until 30 September 2020
- Interest will not be charged for overdue rates or other payments through to September 30 2020
- Penalties for late payment of 2020/21 animal registrations due 10 April 2020 will not be applied until 30 September 2020.
- Other existing measures to help residents, businesses, staff and sporting clubs include:
- A process to allow suppliers to request earlier payment than Council's 30-day standard terms to assist cashflow. Requests can be made by emailing [mrsc@mrsc.vic.gov.au](mailto:mrsc@mrsc.vic.gov.au)
- Groups which hold facility leases with Council are able to request a waiver of their lease fee/rent as a result of the pandemic impacting their sporting, community and hospitality venue operations.

Ms Stork said COVID-19 was having a far-reaching impact on the community and Council staff and Councillors were committed to supporting the community through this time of uncertainty.

“We have been working on ways to reduce the pressure on our community, businesses and sporting clubs. Please contact us so we can help,” Ms Stork said.

“There are a range of options available for those facing financial hardship, and this includes the ability to enable flexible payments and defer payments.

“We know many businesses are facing cash flow challenges. We have the option to pay our suppliers invoices promptly to support the businesses that assist us deliver services to the community.

“We will also review our current budget to redirect funding to assist small business and our community groups in recovery,” she said. “This will be an ongoing project – we are in this together, and for as long as necessary.”

Ms Stork encouraged any residents experiencing financial difficulties to reach out and contact Council by calling 5422 0333 or emailing [mrsc@mrsc.vic.gov.au](mailto:mrsc@mrsc.vic.gov.au)

To view the Financial Hardship Policy, visit [mrsc.vic.gov.au/financial-hardship](http://mrsc.vic.gov.au/financial-hardship)

### #InThisTogether

The #InThisTogether initiative looks at supporting the wellbeing of the community at this time and finding innovative ways to deliver services and programs while Council-run centres are closed.

“Already our fitness staff at the Kyneton Toyota Sports & Aquatic Centre are sharing videos to encourage people at home to keep moving and exercising,” Ms Stork said.

“You’ll start to see these initiatives rolling out in coming days and weeks, so keep an eye out for #InThisTogether across our social media channels and on our website.

“We encourage you to join the conversation by using the #InThisTogether hashtag on social media and help us spread the positive stories of residents, groups and businesses doing great things.”

To find out more, visit [mrsc.vic.gov.au](http://mrsc.vic.gov.au)

For more information on COVID-19, visit the Australian Government Department of Health, <https://www.health.gov.au/> and the Victorian Department of Health and Human Services, <https://www.dhhs.vic.gov.au/>

You can also contact Council by calling 5422 0333 or emailing [mrsc@mrsc.vic.gov.au](mailto:mrsc@mrsc.vic.gov.au)

SUBMITTED BY LEANNE YOUNES

## Playgrounds, skate parks, barbecues and toilets closed

Playgrounds, skate parks, barbecues and some public toilets have been closed as Council continues to respond to the current coronavirus COVID-19 pandemic.

All playgrounds and skate parks in the shire have been cordoned off and signage installed following an Australian Government directive. All barbecues have been turned off and cannot be used.

Council has also reduced the number of public toilets available, with 17 toilets to close. Five toilets will remain open but only the unisex accessible toilet will be available for use.

The remaining 22 public toilets will be cleaned more frequently and will be supplied with soap, paper towels for hand drying and signage detailing recommended hand hygiene.

Council has now closed almost all community facilities to public access, including pools, gyms, libraries, service centres, halls and sports pavilions.

For updates on Council service changes and closures, visit [mrsc.vic.gov.au/coronavirus](http://mrsc.vic.gov.au/coronavirus)

For more information on the pandemic, visit the Australian Government Department of Health,

<https://www.health.gov.au/> and the Victorian Department of Health and Human Services, <https://www.dhhs.vic.gov.au/>

You can also contact Council by calling 5422 0333 or emailing [mrsc@mrsc.vic.gov.au](mailto:mrsc@mrsc.vic.gov.au)

SUBMITTED BY LEANNE YOUNES



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Phone – 1300 650 422 SMS – 0480 015 200

Manage your account online at [my.westernwater.com.au](http://my.westernwater.com.au)

Webchat – visit [westernwater.com.au](http://westernwater.com.au) and look for the pop-up box

To report a fault or emergency call 1300 650 422, available 24/7

 [westernwater](https://www.instagram.com/westernwater)  [WesternWaterAU](https://www.facebook.com/WesternWaterAU)



## Flushed rags causing network damage says Western Water

Western Water is reminding customers to only flush the three Ps - pee, poo and (toilet) paper – down the toilet, after experiencing major network issues across the region caused by some residents flushing rags.

At one site, the Western Water network was so badly damaged that two pumps needed replacing.

Over the last few weeks, Western Water has increased its advertising across social media, shopping centres and community papers to remind their customers of what not to flush.

But Western Water's Acting Chief Operating Officer, Paul Clark, said despite the increased advertising there are some people flushing unsuitable items down the loo.

"We're grateful for the many people who are doing the right thing, but unfortunately there are still a few who are flushing the wrong items," said Mr Clark.

"Wipes, tissues, paper towels, rags and newspapers should never be flushed down the toilet."

Residents could face expensive plumbing bills if their pipes were to get blocked.

"If you need to use something other than toilet paper, then throw it in the bin instead," Mr Clark said. "If you have already flushed the wrong items, we recommend that you consult a qualified plumber."

Western Water is also appealing to members of the community to share the message amongst their networks where possible, including their parents and friends.

"We all have a role to play in keeping our sewerage network healthy, particularly in these challenging times," said Mr Clark.

"What we flush down the toilet impacts everyone and flushing the wrong items can cause sewer spills in our homes, our neighbourhood or public spaces, like parks".

"We are asking our customers, to please think before you flush. It's vital for the liveability of our region."

To find out more – visit the website [westernwater.com.au/whatnottoflush](http://westernwater.com.au/whatnottoflush)

SUBMITTED BY JESSICA JORQUERA



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Pricing:

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- Standard installation

Pricing:

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\*Conditions apply. The Solar Homes Program is means tested - please refer <https://www.solar.vic.gov.au/solar-panel-rebate> website for details. Solar Homes Fact Sheet and Solar Panel Rebate Fact Sheet are downloadable from this link.

"Pricing from" refers to the upfront cost of the system where customers qualify for the \$1,888 Solar Panel rebate + take out a matching \$1,888 zero interest loan to be repaid over 4 years (48 months) at approximately \$40/month.

The pricing for Solar PV is for STC Zone 3 only (ie this does NOT include Metro Melbourne or Geelong).

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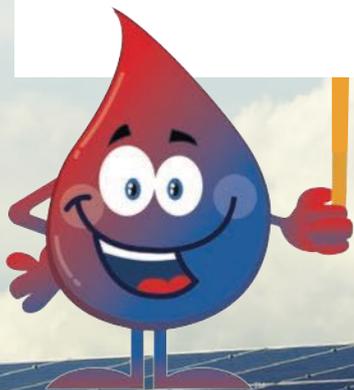
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## The Field Trip Online Course of Kindness for Kids.

It's not too late to join our next online Course of Kindness for Kids. Starts Sunday 24 May.

For young people aged 8-15 who want to connect with and contribute to their local and global community and participate in a youth community leadership program ONLINE. Because kindness, leadership and community matter now more than ever.

The Field Trip, based in the Macedon Ranges, sees a world where all young people embrace their unique powers to lead our communities. The Field Trip will achieve this vision by turning learners into leaders, providing young people with extraordinary adventures and empowering them to use their unique extraordinary powers to lead their communities. Because the world will be a better place if they do.

### How do we do this online?

What is your child passionate about? Singing, dancing, writing, cooking, drama, Lego, gardening, sustainability, learning languages, culture, computing or coding? Something else? Let us know. We invite your child to undertake a ten week course of kindness which aligns with their interests or passions, to contribute to, connect with and lead their community in a range of ways.

The program is interactive with participants and provokes ideas to be kind to our communities over a ten week period (one school term). We offer weekly 'inspirations', exercises, communication, suggestions and provocations, tips, templates and resources, ideas for partnerships, skill development ideas, introductions to community leaders, as well as government and community organisations which exist to help you with your learning and community connection.

It is something parents can have fun doing with their kids. Some participants may wish to develop a community project as part of this process, but either way, the focus is on learning about, connecting with and being kind to the community around us.

Register here: [www.thefieldtrip.co/online](http://www.thefieldtrip.co/online)

SUBMITTED BY PAUL KOPEMAN

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### Coronavirus (COVID-19) health alert

Government updates available. [www.dhss.vic.gov.au/coronavirus](http://www.dhss.vic.gov.au/coronavirus)

Brooke Street Medical Centre. Caring for every body.

We have implemented a number of measures to ensure we are still able to conduct face to face consults in a safe environment, as well as providing telephone consults for those who are self-isolating.

You can book online or by calling our receptionists.



### Managing your mental health during COVID-19 Restrictions:

COVID-19 has affected us in different ways and it is understandable that in such changeable times, our mental health will be impacted.

Many people are faced with a number challenges including:

- Social Isolation and lack of connection to support networks, managing workplace and financial hardship,**
- Caring for loved ones in self-isolation and enforced quarantine, mental health needs of those you care about,**
- Juggling working from home with child care and home schooling, concerns about the virus in our community**

Such circumstances can lead to distress, anxiety and low mood. It is possible that previous experiences of anxiety may be triggered and mental health issues which you thought you had resolved may have re-emerged.

Beyond Blue have excellent tips for us all to consider. [www.coronavirus.beyondblue.org.au](http://www.coronavirus.beyondblue.org.au).

*If you feel that the stress or anxiety you or your child experience as a result of the COVID-19 is impacting on everyday life, a psychologist may be able to help.*

**Brooke Street are allocating specific sessions for members of the community who are experiencing challenges due to COVID-19 and are open to new referrals.**

*Please contact BSMC to book an appointment with your GP who can refer you to one of the Psychologists based within the clinic. You may also be eligible to receive psychology services via telehealth so that you do not need to travel .*

## FLU CLINICS

Currently we perform around 100 vaccines a day, via our daily flu clinics.

**Our allocation is restricted by government and external suppliers.**

As soon as we receive stock we open additional appointment slots.

**Please call BSMC for clinic updates and to book your vaccine.**

Appointments must be pre-booked

**Your best protection against contracting influenza is the flu shot.**

**Patients that aren't eligible for the free vaccine, the cost is \$20**



**Amended opening hours.** Telephone consults may operate outside these hours

Monday - Friday 8.30am - 5:00 pm Sat 9am-1pm Sun **Closed**

14 Brooke Street Woodend Tel: 03 5427 1002

# It's not all about COVID-19

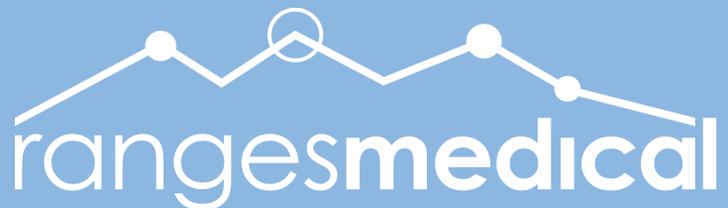
At **Ranges Medical** we know that there are many reasons people need to see a doctor. And some things can't wait.

Which is why we're still **OPEN** for all your medical and health needs.

We've put in place heightened health and safety procedures to ensure your wellbeing during this difficult time. Telehealth consultations are also available if you are at risk or uncomfortable attending the Practice.

Telephone 8373 5420 to speak with our friendly reception team or online at [rangesmedical.com.au](http://rangesmedical.com.au)

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### Trentham & Districts Life Activities Club Inc.

#### A little bit of history....

The Trentham Life Activities Club Inc. was formed in 2010. Originally the Trentham "Senior Citizens Club" was very active, but by 2008/09, had only 4 remaining members.

Concerned residents who saw a need for a group where seniors could meet and work together, and after consultation and investigation with local residents, formed The Trentham Life Activities Club Inc. operating under the auspice of Life Activities Clubs of Victoria (LACVI).

Statewide, there are approximately 22 clubs.

The Trentham and Districts Life Activity Club is currently offering 15 activity groups.

The club has around 120 financial members, and new members are always warmly welcomed. Our aim is to embrace the second half of your life, energising your body, while enjoying social interaction and enhancing the mind.

With the challenging times we are all facing due to the coronavirus, the club is offering a "Helping Hand" to anyone in the community who may need it. Whether it's a friendly chat over the telephone, a delivery of essential items, or a simple errand.

Our President Di Clausen is happy to be contacted to organise what is needed, or about any matter relating to the Life Activity Club. Di's phone number is 5424 1689.

You can also go to the website [life.org.au](http://life.org.au) and click on Trentham in the list of clubs for more information. Or contact the Secretary, Gaye Lovelock at [gaye.lovelock@gmail.com](mailto:gaye.lovelock@gmail.com) or mobile 0411 150 114.

Remember, LIFE'S BETTER TOGETHER

SUBMITTED BY WENDY REDMAN

# RM Begg Kyneton Aged Care COVID-19 Update

In these difficult times with the COVID-19 pandemic, the staff and management of RM Begg Kyneton Aged Care wish to reassure the public that RM Begg Homes are continuing to provide the highest standard of care.

Government guidelines from both Federal and State departments are being strictly adhered to, resulting in restrictions to visitors and visiting times. Escalating circumstances has resulted in going to lockdown as from Thursday, 26th of March. This means no visitors are permitted. Residents continue to be connected with their family and friends via, email, FaceTime, phone calls, letters and social media.

Families have the opportunity to book an appointment to speak to their family member via our "Welcome Window". This has proved to be extremely popular and is an invaluable method for relatives to see and keep in touch with residents safely.

All our volunteers, who are now unable to visit, are continuing to contact the residents they have interacted with via various means.

The comfort, care and safety of our residents is, as always, our main priority.

RM Begg is also endeavouring to work with the community by providing some job and training opportunities to those stood down from local businesses.

RM Begg is a not-for-profit, community based organisation that offers accommodation for the elders of our community,

and has been in operation since 1959.

We are a 'stand-alone' organisation which means we are not affiliated with multi-site providers. This allows us to focus on our community and its unique needs.

Now, more than ever, RM Begg requires community support to assist in our ongoing future.



Photo supplied by Kathy Hendry: visiting at RM Begg

SUBMITTED KATHY HENDRY

## We're still open and ready for business!

While we've changed the way we do things to protect the health of our residents and staff, VMCH continues to offer private in-person tours plus virtual options too.

With just five sunlit two-bedroom units remaining and priced at only \$370k, we urge you to be quick!

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**VMCH**

MACEDON RANGES WINE BUYERS GUIDE  
 Patrick Eckle's  
**Wine review**

**Introduction**

It is hard to know exactly what is happening in Macedon Ranges when this article is read in May, however one thing is for sure, the wonderful producers of the Macedon Ranges and surrounds need your support more than ever. We are fortunate to live in a small, tight-knit wine-growing region that has a focus on quality over quantity. Many of the producers rely on both cellar door and sales through restaurants to survive. Almost all have direct sales available, so please do your bit to reach out to your favourite producer, or try something new to support those in our region where possible.

The reviews for this month are two benchmark examples of Pinot Noir from the Macedon Ranges, Curly Flat has long been one of the stars of the region but Matt Harrop joining the team in recent times has lifted it to another level. The two wines reviewed are new to the range at Curly Flat and are small run bottling from different blocks within the estate vineyard in Lancefield.

**2018 Curly Flat Western Pinot Noir**

A small bottling from the western plantings at Curly Flat, the vines were planted in 1998 and it is the coolest site in the vineyard. The aromatics are quite stunning, with purity of red cherry fruit intertwined with baking spice and warm earthen tones. The palate has power and finesse, with a backbone of finely etched tannin that is drying and mineral but gives the platform for the concentrated red berry fruits to slowly unfurl. Oak gives generosity and a thread of continuity to the wine, with the finish giving layers of cherry and rhubarb fruit that lingers. A wine that is showing incredibly well now, and will continue to grow in the decade to come.

Rating: 96 | Price: \$53 | When to Drink: 2020 - 2034

**2018 Curly Flat Central Pinot Noir**

This wine was made from fruit sourced from the oldest plantings at Curly Flat that were planted in 1992; the wine makes a fascinating comparison to the 'Western' Pinot Noir and gives insights into the final assemblage of the Estate Pinot. The Central is a more masculine representation of Pinot Noir in terms of tannin and structure, but still maintains floral aromatics that showcase pristine cool climate fruit and the deft use of new French oak. The nose focuses on dark cherry and rhubarb fruit with lifted oak-induced aromatics. There is a completeness to the wine on the palate, with a generosity of fruit that sits alongside supple but impactful tannins; it is the tannin profile that sets the wine apart; they come in layers and envelop expressive dark cherry fruit and live long beyond the final sip.

Rating: 97 | Price: \$53 | When to Drink: 2020 - 2032

SUBMITTED BY PATRICK ECKEL



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Your local food suppliers, cafes and restaurants will be adjusting to the changing circumstances during the COVID-19 pandemic. For up-to-date information, visit their websites and/or Facebook pages. Also visit [www.facebook.com/woodendvillage](http://www.facebook.com/woodendvillage) where information will be shared frequently. Always check with the business beforehand if you are not sure whether they are open.



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**HOLGATE** brewhouse

## Holgate is still open and keeping it local

Like many hospitality businesses around Australia, Holgate Brewhouse in Woodend have made a swift shift of their business to keep bringing the best of Holgate to their local community and beyond; launching an online shop, turning their new taproom into a full-time bottleshop, and doing takeaway meals (and beers) on weekends.

Natasha Holgate explains, "Paul and I have been part of the Woodend community since 1992, operating our business for over 20 years," and while this is a new challenge, it is one they have thrown themselves into with gusto, and with the incredible support of their team who are still brewing beers, cooking food, running the bottleshop and delivering a steady stream of online orders.

While COVID-19 has seen pubs and restaurants close their doors, the current situation has also forced many to be quick on their toes - and Holgate is no exception. They launched an online shop (holgateshop.com) in a couple of days which now sells their full range of beer to the local community, Melbourne and interstate destinations. They are even doing free delivery to the Macedon region for orders over \$50, and free delivery to the Daylesford region and Ballarat for orders over \$75. Many of these orders are being hand delivered by Holgate's hard working staff - in some cases by the head brewer himself!

Online shoppers can also enjoy a new range of mixed cases of 24 beers with appropriately Woodend-style names like the 'Mountain Essentials' and 'Into the Woods' packs. So, people can sample more of Holgate's extensive range of craft beers delivered to their door.

In addition to their online shop, Holgate are also operating their Taproom (which opened just last November as a Taproom & Visitor Centre) as a full-time bottleshop selling the full Holgate range to take away, plus wine and gin from fellow local producers. They're even selling hand sanitiser produced by local gin distillers Big Tree.

The kitchen is also open on Thursday, Friday and Saturday nights from 5 - 8.30pm for takeaway pub grub. With a menu of pub classics, including free-range chicken parma, Cape Grim beef burger, and fish and chips (for \$15), locals can now get their weekend pub feed at home - including throwing in a 6 pack of Holgate beers for just \$20. Delivery is free to Woodend for orders over \$50, and just \$10 to Kyneton, Macedon or Gisborne. Customers can order online (holgatebrewhouse.com) during the kitchen's opening hours.

Plus, they've got a load of new products for people to enjoy at home, including their recently launched Road Trip cans, Apple Berry Beer, and brand new limited release 2020 Millennium Falcon Imperial IPA.

Natasha says, "We are so pleased that we can continue to provide food and beer during this difficult time." The next few months will be a challenge for your favourite local businesses. There has never been a more important time to support them.

SUBMITTED BY LUCY WATSON



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## Remote Learning Reminders

Parents don't need to take on the role of their child's teacher, but should try to help them establish good routines and monitor their mental and physical health.

1. **Routine** Daily routines and normality will help alleviate stress. 
2. **Workspace** If you can, set up a dedicated workspace for the students away from distractions (a public space is better than a bedroom so that you can check in with their learning regularly). 
3. **Clothing** ensure that the student(s) understands they need to be appropriately dressed and aware of what is in the background when using their computer with camera online. 
4. **Communication** monitor communications from your child's teachers 
5. **Check in** consider beginning and ending each day by asking about your child's learning (but remember it is not your job to teach them). 

Sacred Heart College Kyneton



Photo supplied by Cobaw Community Health: Emily conducting a telehealth session

### PEACEBUILDING AND CONFLICT PREVENTION



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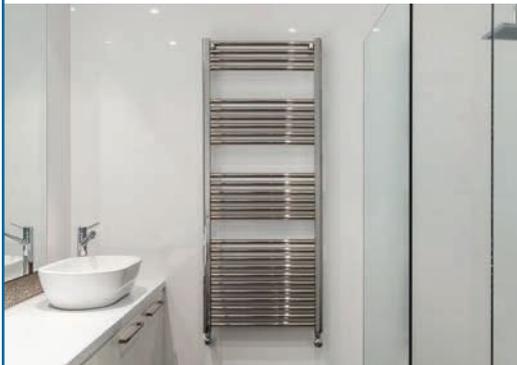
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## Online support for carers during the health crisis

Local charity PS My Family Matters, who offer support to those caring for loved ones with a mental illness, is moving its services online. "The impact of the health crisis is severe for all of us, impacting our ability to keep in touch with loved ones and friends," said Tamara Wilson, president of PSMFM. "However, we know that in normal times, carers experience social isolation and high levels of mental stress, due to the daily pressures of caring. During this crisis time, we want to make sure our carers can have continuing support".

PSMFM is therefore offering its usual services by Zoom. One-on-one peer support and group catchups are being scheduled. "We are continuing to support our carers via Zoom and finding that people are grateful for the opportunity to talk about their challenges at this tough time in a safe manner," said Tamara. "We're even trialing our popular Coffee For Carers sessions online. It's a great way to catch up and enjoy each other's company for an hour or so."

If you would like to know more about PSMFM, the services we offer and the times for our online coffee catch ups, please call 0475 269 965.

If you need immediate support or assistance, contact Lifeline on 131 411.

SUBMITTED BY MIKE HAMER

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# your place

## Doing the COVID-19 limp

After mild anxiety for a few weeks, we're open and muddling through this new normal. Like all of you, we're working it out as we go while trying to stay sane, separate and spotlessly clean!

In the past few weeks we've noticed that everyone has different levels of concern around possible viral contamination. This is fine.

Some people don't want anyone else in their house; others are fine for us to measure or install in accordance with social distancing and good hygiene practices. If you enter the store, it's sanitise hands and keep your distance! How very fortuitous that we moved to appointment-only last year. Already, we only have one client in the shop at any time.

At Bradley's everything is fluid at the moment – the concept of time, the availability of fabrics, even the cost of products is fluctuating from week to week. Freight is expensive and unreliable. Much of the best gear comes from Europe, which, as you know, has been hit hard and fast with COVID-19. We're limping through this crisis, but we're still standing!

Last month we mentioned now could be the time to start or continue that project you've been planning for years. This could still be the case. But smaller orders will be hit harder with a significant part of the cost going to freight or a short-term price increase to cover the supplier's operating expense.

### Our message?

We're here. We're open. Contact us! Please be patient.

Take care. Stay well. Wash those hands. And look after one another.



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Authorised by MA Thomas, Shop 14, Nexus Centre, 9 Goode Street, Gisborne, Funded from Parliamentary budget.

## Woodend Kinder's new outdoor play space complete

Children at Woodend Kindergarten are now enjoying their brand new inclusive outdoor learning space, as Member for Macedon, Mary-Anne Thomas, announced in April that the construction upgrade is now complete. "As a Pick My Project winner, it's clear that this upgrade of the Woodend Kindergarten means so much to many in our community," Ms Thomas said.

The project was made possible through a \$198,000 funding boost from the state government's Pick My Project initiative, an online community grants program that gave members of the community a chance to suggest project ideas and then vote to decide which ones were funded.

The Kindergarten also received \$152,000 from the government's Children's Facilities Capital Program and \$120,000 from Macedon Ranges Shire Council, and made their own \$5,000 contribution.

Though three-year-old kindergarten classes are currently suspended at the kindergarten due to COVID-19, four-year-olds who are attending the service have been able to use their new play area.

Woodend Kindergarten also received \$6,193 as part of the Inclusive Kindergarten Funding program, which has been used to purchase a range of sensory equipment, ensuring all children attending the kinder can participate in a range of activities.

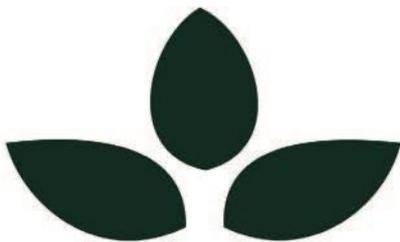
The upgrade is part of a plan to ensure every Victorian child has access to at least five hours of subsidised three-year-old kinder by 2022, progressively scaled up to 15 hours per week over the next decade, which will be the largest social, economic and educational reform ever undertaken in early childhood learning in Victoria's history.

SUBMITTED BY BELLA MANSON, OFFICE OF MARY-ANNE THOMAS

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Thanks for the great support you have shown all of the local businesses. It is only through this community support that we will make it through these strange times.



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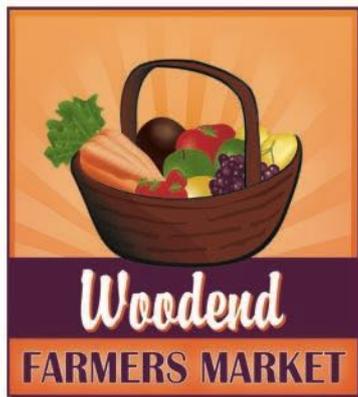
**Country Living Covered**



Photo: Cobaw Community Health food deliveries

# Community Notice Board — proudly sponsored by Rotary Club of Woodend

Rotary



## Woodend Farmers Market

1st Saturday of the month  
9:00 am - 1:00 pm  
Corner High Street & Forest Street  
[mrsq.org.au/farmers-markets](http://mrsq.org.au/farmers-markets)



## Woodend Community Farmers' Markets during COVID-19

Food markets are deemed essential services by both the federal and Victorian state governments. The Macedon Ranges Sustainability Group (MRSQ), which runs the Woodend Community Farmers' Market, also recognises the essential nature of accredited farmers' markets in ensuring local food security. Many families in the Macedon Ranges depend on these markets for their livelihood. In the interests of supporting local food producers and enabling residents to buy food during this critical time, the Woodend Community Farmers' Market will continue throughout the COVID-19 crisis. The market will be held on the first Saturday of each month, 9am to 1pm, at the corner of High and Forest Streets, Woodend, albeit in a drastically changed format and recognising that advice from government authorities may change.

As a response to the crisis, the market will only offer essentials such as fruit, vegetables, fish, bread, coffee beans, honey, wine, dairy and meat. Customers are requested not to stay longer than necessary. For that reason, there will be no produce swap stall, music, face-painting, seating arrangements, or hot food for sale at the market. All transactions are to be done by debit or credit card. MRSQ volunteers will be controlling patronage levels and reducing stall density to comply with social distancing restrictions. Stallholders have been instructed not to sell to customers prior to 9am so please do not come early. Check the farmers' market status page at [mrsq.org.au/farmersmarket-status](http://mrsq.org.au/farmersmarket-status) for customer instructions.

If you are unwell or have been around someone who is unwell, please don't come to the market. Otherwise please do support our producers. The Woodend Community Farmers' Market will be held on the 1st Saturday of the month.

SUBMITTED BY DAVID GORMLEY-O'BRIEN, PRESIDENT MRSQ

Vaccines protect individuals and communities.

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#VaccinesWork  
for All

World Health Organization

## Got a story to tell?

If you're a young person (aged 17 and under) who likes to write, why not submit a short story of 300 words or less to The New Woodend Star for consideration for publication in our May and June issues?

Email [content@newwoodendstar.org.au](mailto:content@newwoodendstar.org.au) to submit your story and make sure you indicate your name and age.

## Call for Committee Members for the New Woodend Star

The New Woodend Star is a vibrant community newsletter, published eleven times per year. It's distributed to most houses in our area and is widely available at community outlets and at Coles supermarket. We are looking for enthusiastic local people to join our management committee. If you have a passion for making a difference in the Macedon Ranges, and like the idea of contributing to the Star's future development, please contact Mike Hamer on 0411 549 432.

## Spreading the word about vaccines



As scientists work to find a vaccine for the new coronavirus, we can all do our part to keep our communities healthy by helping spread the word about the importance of vaccinations.

Immunisations save millions of lives every year and are widely recognized as one of our most successful and cost-effective health interventions. Yet outbreaks of vaccine-preventable diseases continue to put children's health at risk around the world. However, there are still nearly 20 million unvaccinated and under-vaccinated children in the world today.

World Immunisation Week was held at the end of last month, and this year's theme was — #VaccinesWork For All — emphasising the benefits of vaccines for individuals, their communities, and everyone around the world. It is also an opportunity to highlight how vaccines and the people who develop, deliver and receive them are champions working to protect the health of everyone, everywhere.

Rotary knows firsthand that #VaccinesWork. Since 1985, we've contributed more than \$2.1 billion and countless volunteer hours to protect nearly 3 billion children from polio. Rotary started the EndPolio campaign over 30 years ago and has the support of the World Health Organisation, the Bill and Melinda Gates Foundation and many others. This vital work must continue and Rotary is committed to see it completed and Polio eradicated from the world.

When children around the world receive the polio vaccine, their pinkie fingers are marked with purple ink so health workers will know which children received the vaccine. Today, only two countries continue to report cases of polio caused by the wild poliovirus: Afghanistan and Pakistan.

Rotarians are being asked to take action in three easy ways and you can also assist:

1. Raise awareness of vaccination and polio eradication efforts by painting your nails - or pinkie - purple.
2. Post pictures on social media using the hashtags #EndPolio and #VaccinesWork.
3. Donate to Rotary's PolioPlus Fund <https://www.endpolio.org/donate>. Your contribution will be tripled, thanks to the Bill & Melinda Gates Foundation.

Thank you for your support of the work of Rotary both globally and in our local community. Woodend Rotary is now meeting online and we invite people to join us on Thursday evenings to hear from interesting guest speakers and about our continuing projects. For more information, contact our President, Mike Hamer on 0411 549 432.

SUBMITTED BY GRANT HOCKING, DISTRICT GOVERNOR 9800



The COVID-19 pandemic and restrictions mean that these are very challenging times for many in our community. We recognise the importance of staying safe and staying home and also where we are able, looking outwards to how we can help each other.

At the Neighbourhood House, we are committed to helping people do this, so we stay in contact and connected with the people in our community, even though we can't gather together.

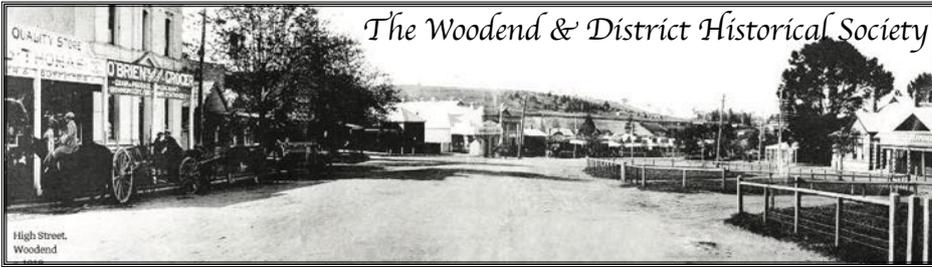
Woodend Neighbourhood House has had to cease all face to face contact and close our physical doors to our House users and community members. So instead, we are;

- Distributing a flyer via your mail box in the next week or so, with information for those who may need extra help, a list of local businesses who are providing food and delivery options, and a 'Hi Neighbour' form – which can be filled out with contact details and given to neighbours you may like to reach out to nearby, so everyone can stay in touch during this time.
- Community volunteers and the CWA have joined us in offering support by way of delivery of pre-paid food and groceries to those who can't go out, a telephone tree where community members can request to be phoned for a friendly chat, pet walking, and assistance in linking with other services.
- We are connecting with other community groups to see how we can work together.
- There are new initiatives being developed online, as some tutors take the option of shifting their classes online via Zoom and other platforms. These classes will be in our Term Two brochure and on our website [www.woodendnh.org.au](http://www.woodendnh.org.au), along with further updates of what we are planning for the community.
- A survey will be available on our website for community members to fill out online to help us see what else needs to be added or amended in our community support. Please print this out and pass it along to those you know who don't have internet access. Details on how to get this back to us will be on the website.

If you are able, please join us in supporting the health and wellbeing of people you know and maybe even those you don't know in our community by reaching out and connecting with each other in safe ways during this time.

If you need help, please call out via phone, email or your neighbours. It is a challenging time for so many of us who would normally never seek help. The true spirit of Australians is to help in times of crisis, but also to acknowledge to ourselves and our loved ones that these are unprecedented times. How can we help each other?

SUBMITTED BY RAEWYN MCCOLLEY



*The Woodend & District Historical Society*

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## THE WORKING HORSE

In the Macedon Ranges, in the age of the working horse, the Bowyer family were just one of many who bred their own Clydesdales. Bill was the youngest son of Francis Bowyer and Beatrice Tully and he farmed with his father for many years, using horses until 1954, when they brought their first tractor. They cultivated oats, wheat and potatoes

Clydesdales generally had a quiet nature and would learn to do their work without always being guided. Many farmers formed a very close bond with their horses.

As well as agriculture, Clydesdales were used for pulling logs at sawmills, making roads and weirs, and pulling any heavy load. On farms, some horses worked nearly all year, preparing paddocks, pulling drills to sow seeds, harrowing, harvesting oats and other feed for animals, or pulling stones or logs. Potatoes were the main crop grown for people.



Photo 486: Francis William Bowyer (Bill)



Photo 356: Frank Bowyer with some of his Clydesdales on his farm at North Woodend, probably about 1919.

Clydesdales were popular because they usually had black hooves which did not break as easily as white hooves. Some people had their Clydesdales shod, particularly if they had to walk and stand on roads, but many never needed to.

The breed originated in Scotland. Possibly the colony's first champion stallion came to Newham from Tasmania with William Peters of the pioneering Peters family, who became well known for their fine draught horses. From the 1850s, breeding became common, and in lovely weather on 10 November in 1858, the Kyneton Agricultural Society held its first livestock show and included draught horse stallions, or 'entires'. The show was such a huge success that the Society held one the following year just for Clydesdales, and it became a regular event for many years.

SUBMITTED BY JANE HOLTH

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## Winter dangers increase with isolation.



As the public largely remains at home in response to COVID-19, the CFA is urging everyone to use added caution around home fire safety.

Cooking, heating, and electrical equipment are among the leading causes of home fires each year. As people continue to stay at home and engage in these activities, it's critical that they recognise where potential hazards exist and what can be done to prevent them. Take the CFA home safety quiz.

### Answer these twenty questions.

1. Is there a smoke alarm in your home? Do you test it every month?
2. Do you replace the battery annually, or when the low battery alarm activates?
3. Is your house number easy to see so emergency vehicles can find you?
4. Have you placed the emergency phone number beside all your phones?
5. Has your household made and practised a home fire escape plan?
6. Have you planned a safe meeting place outside?
7. Do you have a fire extinguisher in your home?
8. Is your home protected by an electrical safety switch?
9. Are the keys kept in or near exits with deadlocks?
10. Do you always have electrical repairs, alterations or renovations done by a qualified electrician?
11. Do you avoid overloading power points?
12. Are flammable liquids stored away from heaters, hot water service pilot lights and other naked flames?
13. Do you avoid pouring flammable liquids in high risk areas – such as refuelling a lawn mower near a hot water service?
14. Is your electric blanket switched off before you get into bed?
15. Do you always use a fire screen with an open fire?
16. Are heating appliances kept safely away from laundry, curtains and furniture?
17. Are matches and cigarette lighters kept out of the way of children?
18. Do you clean the lint filter of your clothes dryer after each load?
19. Does everyone know the cold water first aid treatment for burns?
20. Is there clear access for CFA trucks to get close to your house – at least 4 metres wide x 4 metres high?

### How did you score?

Every YES scores a point!

Less than 10 – The potential for fire in your household is dangerously high. You need to be more than fire aware. 10 to 15 – Not bad. But there are still several things you can do to decrease the likelihood of a fire. 16 to 20 – Well done! You are giving yourself the best chance of protecting your life and property from house fire.

If you are interested in joining the team of CFA volunteers in the Woodend community, please get in touch.

Follow us on Facebook, or you can visit our website: [www.woodendcfa.org](http://www.woodendcfa.org).

SUBMITTED BY MIKE DORNAU, CAPTAIN 0409 093 935



## Residents urged to take care burning off

Now that fire restrictions have been lifted CFA has urged residents in the state's North West to take extreme care when burning off.

CFA Commander Chris Jacobsen would like to remind residents to register their burn-off and check the local conditions on the day. "Even if you have registered your burn, conditions can change quickly and fires can get out of control within minutes in dry and windy conditions."

"The effects of an out-of-control fire can be devastating, and we want everyone to exercise extreme caution. However, if the fire is not an emergency, we ask the public to instead of ringing triple zero, please call the Burn Off Notification Line instead, on 1800 668 511" he commented.

A reminder that "it's the resident's responsibility to ensure that a burn off does not get out of control. If this does happen, you should dial '000' immediately. People should have a fire plan and prepare for the event of fire, and never become complacent."

If you light the fire, then ultimately you are solely responsible until it is completely extinguished!

### Keep your burn-off safe and legal:

- Check whether bylaws apply with your local council or if fire restrictions are in force;
- Register your burn on 1800 668 511;
- Check and monitor weather conditions – particularly wind;
- To avoid unnecessary calls to emergency services, notify your neighbours beforehand;
- Leave a three metre fire break, free from flammable materials around the burn;
- Have sufficient equipment and water to stop the fire spreading;
- Never leave a burn-off unattended – stay for its entire duration;
- If your burn-off gets out of control, call '000' immediately;

For further information visit [cfa.vic.gov.au/burnoff](http://cfa.vic.gov.au/burnoff)

SUBMITTED BY PAUL TANGEY COMMUNITY ENGAGEMENT COORDINATOR CFA NORTH WEST REGION

Read us on issue  
[www.issuu.com/newwoodendstar](http://www.issuu.com/newwoodendstar)



## Bowls Bowled Over!

The Virus and isolation policies have put an end to all formal activities at the Woodend Bowling Club. All meetings, social bowls and bowls events have had to be stopped until further notice.

This means that we had to postpone the Brooke Street Triples Tournament, due to be held in late March, until probably September. We thank the Brooke Street Medical Centre and Joan Gladman Real Estate for their support.

We also had to cancel our two Big Bowls Battles, several club tournaments and also our annual Club Championship matches. Fortunately, we were able to complete several events before the restrictions came in.

### Players on Fire for Annual CFA Match

On Sunday, March 8 we hosted the annual Laurie Thomason Trophy Match between the Woodend CFA and Woodend Bowling Club. The trophy is named in honour of the former Woodend CFA Captain and Bowling Club Committee Member.

Eight teams contested the event over a four-game round-robin format. The winners were Robert Read and Juliette Pereira with a score of 37, just ahead of the team of Henny Brama and Rosalie Campbell.

### Anne & Pat are Ladies Pairs Champs

Anne Dornau and Pat Morgan are the 2020 Woodend Ladies Pairs Champions after defeating Henny Brama and Arlene Johnstone in the final. The match was a draw after 18 ends, after Arlene hit a purple patch late in the match. Anne and Pat won by just 2 points after extra play. Well done ladies.

### Trevor wins Woodend Consolation

Trevor Sturt and Mike Dornau battled a great match for the Woodend Consolation Championship. Mike started well and led 9-2 after six ends, before Trevor fought back to level 11-all after thirteen. Trevor then hit a purple patch and shot away to lead 24-14 after 22 ends. Mike then came back to reach 24-21 in the 25th end, before Trevor won 26-24. The match included an amazing Double Resting Toucher on the 14th end.

### Trevor and Clarrie are Mens Pairs Champs

Trevor Sturt continued his recent run of great form to win the Woodend Mens Pairs Championship with Clarrie Brett, against defending champions Norm Bickerdyke and Mike Dornau. After a close early battle, Mike and Norm led 8-4 after 7 ends, before a hot streak saw Trevor and Clarrie lead 14-11 after 14. With three ends to go there was only one point the difference before Trevor and Clarrie pulled away to win 18-14.

Check out our website and Facebook page  
For more information please call 4417 7811 or visit our website at [www.woodendbowlsclub.weebly.com](http://www.woodendbowlsclub.weebly.com).

SUBMITTED BY MIKE DORNAU, PRESIDENT

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## Where to start with Remote Learning

During this time of great change, the first priority of Sacred Heart College is the health and safety of students in our care. To this end we offer the following:

- Our teachers and school leaders are committed to providing online and flexible learning curriculum programs designed to continue students learning.
- Our Wellbeing Team remain available for those who need assistance.
- Our IT Support Team are available to respond to student and family requests regarding technology issues.

The article aims to assist all those in our local community working through the issues relating to remote learning and has been provided by the College's Learning Resources Leaders. Remember ... stay safe, stay home and be kind to yourself and others.

### Practical tips for Parents & Students

This is a difficult time for all and it is normal that your children may be feeling anxious or worried.

As students, the following tips will assist in your learning development:

- Establish a routine for your learning.
- Check your school's website/portal and emails regularly for tasks to complete.
- If you are having technical issues, contact your school IT department as soon as possible.
- Most importantly, look out for each other. Message or video contact each other. Ask friends how they are coping with studies or isolation. Remind them that you care, you're listening and that you're available if they're feeling worried.

### Instructions for Year 12 students

Although isolation is a unique challenge, there are opportunities for all students to succeed. Continue your studies under instruction from your teacher and contact them asap if you have any concerns or questions. Regular contact with teachers



and school is fundamental to your mental wellbeing and educational success.

### Information for Parents

Parents don't need to take on the role of their child's teacher, but to help them establish good routines and monitor their mental and physical health. Physical and mental wellbeing is extremely important throughout this challenging time. Daily routines and normality will help alleviate stress.

- If you can, set up a dedicated workspace for the students away from distractions (a public space is better than a bedroom so that you can check in with their learning regularly).
- Ensure that the student/s understands they need to be appropriately dressed and aware of what is in the background of their computer camera.
- Begin and end each day by asking about your child's learning but remember it is not your job to teach them.
- Monitor communications from your child's teachers.
- Keep your children social, but set rules around their social media interactions. Continue to monitor how much time your child is spending online.
- Remember that your child might be stressed or worried during this time.
- Talk to your whole family about the infection, understanding the situation will reduce anxiety.
- Help your children to think about how they have coped with difficult situations in the past and reassuring them that they will cope with this situation too.
- Remind them that the isolation won't last for long.
- Exercise regularly - exercise is a proven treatment for stress and depression.
- Encourage your children to keep in touch with family members and friends.

SUBMITTED BY RACHEL TANNER & MELISSA SABO, SACRED HEART COLLEGE, LEARNING RESOURCES LEADERS

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### Enrolments close on 31 July for Year 7 2022 (students currently in Grade 5)

We invite prospective parents and students to visit our website to learn more about our College. Enrolment information, including the Prospectus and enrolment application forms, can be found in the 'Enrol With Us' pages.

We look forward to welcoming you on a tour once the College returns to full operation.

Visit our website for bookings or contact our Registrar for enrolment enquiries.

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