

The New

# Woodend Star

Proudly published by  Rotary

Club of Woodend

February 2022  
Volume 26 | Issue 1

Celebrating 25 years  
of community news

First published 1997 – by the community, for the community

This year The New Woodend Star turns 25!  
Join us in the coming issues as we celebrate  
what the last quarter century has looked like  
for our publication, and for Woodend.



Hangin Rock Master Plan open for  
public comment ...

See page 21 in this issue for all the information.

Hangin Rock photo by KGMG

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This paper is a member of CNAV



Supported by Macedon Ranges Shire Council



# Woodend's Rain report

November was wetter than average, with 91.2 mm falling. Rainfall for December was about 30% lower than average at 45 mm. Total for 2021 was 936.6 mm, which is about 18% above average.

Month	2017	2018	2019	2020	2021	av 5yr
January	27.8	80.0	9.8	73.6	92.6	<b>56.8</b>
February	26.5	3.8	12.0	67.8	32.4	<b>28.5</b>
March	23.7	31.7	12.2	79.6	47.0	<b>38.8</b>
April	165.0	31.0	7.6	139.8	15.2	<b>71.7</b>
May	38.6	115.6	114.8	79.0	83.0	<b>86.2</b>
June	10.6	78.2	168.2	80.1	183.6	<b>104.2</b>
July	60.0	73.3	63.2	49.3	115.6	<b>72.3</b>
August	119.6	91.3	78.1	93.0	56.0	<b>87.6</b>
September	55.2	26.2	38.3	56.3	72.8	<b>49.8</b>
October	45.8	69.0	29.4	99.5	102.0	<b>69.1</b>
November	77.4	55.5	64.8	54.4	91.2	<b>68.7</b>
December	77.2	91.0	10.0	42.4	45.0	<b>53.1</b>
<b>Total mm</b>	<b>727.4</b>	<b>746.6</b>	<b>608.4</b>	<b>914.8</b>	<b>936.6</b>	

FEBRUARY IS



PEACE AND CONFLICT PREVENTION/ RESOLUTION MONTH

"Peace is not the absence of conflict but the presence of creative alternatives for responding to conflict -- alternatives to passive or aggressive responses, alternatives to violence." Dorothy Thompson



Rotary

TAKE ACTION: Engage Rotary, Change Lives

The New Woodend Star and the Rotary Club of Woodend acknowledge the Dja Dja Wurrung, Taungurung and Wurundjeri Woi Wurrung Peoples and their Ancestors as the Traditional Owners and Custodians of the lands of the Macedon Ranges on which we meet, work and live. We recognise their living culture and continuous connection to the land and waters in our area and pay our respects to their Elders past, present and emerging.

# Vaccination clinic opens kids appointments at Kyneton Health

Central Highlands Rural Health's vaccination clinic at Kyneton Health has opened its doors to 5–11-year-old children on Tuesday and Friday mornings. Children will be welcomed by our friendly nurses as they make their way through the Enchanted Forest-themed vaccination clinic. We are thrilled to have state-of-the-art virtual reality headsets on site for children to enjoy, however use will be subject to availability. All children will receive a goody bag and lollipop when they attend their appointment.

Working with the Loddon-Mallee Vaccination Hub based at Bendigo Health, Kyneton Health's COVID-19 Vaccination Clinic administers the Pfizer COVID-19 vaccine to children aged between 5 and 11 years. They will receive a smaller dose of vaccine created specifically for their age group, as per government guidelines.

Central Highlands Rural Health Director of Clinical Services, Susan Jennings said:

"We're really pleased to invite families into our clinic, so that children aged 5–11 years can receive their COVID-19 vaccinations. This is an important step in reducing the spread of COVID-19, protecting children from getting sick with COVID-19 and keeping schools open."

The clinic has a range of resources to assist parents and children through the process. Parents with questions about vaccinating their child against COVID-19 are advised to book a consultation with their GP for medical advice.

The COVID-19 vaccination clinic at Kyneton Health offers a limited number of appointments on Tuesday and Friday mornings at 7–25 Caroline Chisholm Drive, Kyneton.

Bookings can be made online <https://portal.cvms.vic.gov.au> or via the booking hotline on 1800 675 398.

For more information about the COVID-19 vaccine, visit [www.chrh.org.au/covid-19-vaccines](http://www.chrh.org.au/covid-19-vaccines)

SUBMITTED BY KATHRYN KOSLOFF, ACTING COMMUNICATIONS MANAGER, CENTRAL HIGHLANDS RURAL HEALTH



Smileyscope: Lewis and Kathryn Kosloff



Children received a warm welcome to the Enchanted Forest of Protection from Central Highlands executives – Susan Jennings (Executive Director of Clinical Services) Ivy, Lewis and Phil Catterson (Executive Director of Community Operations / Deputy CEO)



Central Highlands Rural Health

Best Care. Every person. every time!

# Whatever happened to our Botanical Gardens?

If you're a lover of plants, fresh air and family picnics, you may have often spent an hour or two in the green and peaceful environment of a botanic garden. Victoria has about thirty, including very new additions such as White Hills in Bendigo and Cranbourne, both focussed on native flora. Melbourne's was the first botanic garden to be created in 1846, only eleven years after the city's founding. It inspired and sustained the botanical gardens that radiated out across Victoria's regions in the post-gold rush decades: Malmesbury in the 1850's, Ballarat and Bendigo in 1857, Castlemaine in 1860, Kyneton in 1866 ... and Woodend in 1862. Double-take that last entry – surely that's a mistake? It's hard to find one public garden in Woodend, let alone a botanic garden. Yet, a little historical research in the newspapers of the time reveals this record of a Council meeting:

“Councillor Davies moved that the town surveyor be instructed to make a plan of a portion of the Crown Lands situated next to the Police paddock for a botanical garden. Cr. Bloomfield seconded the motion which was supported by Cr Muntz and carried.” (Kyneton Observer, 16th September, 1862)

The location and size of the mythic Woodend 'botanical garden' is obscure. Various statements recorded over the years suggested twenty-nine acres, nestled somewhere between the volunteer reserve and the police paddock (near the farmers' market), straddled a stretch of the Five Mile Creek. A wooden paling fence was the only planning feature referred to in newspaper reports, and sadly, no trace of it has been found.

It was Sir Joseph Banks in his role as director of the Royal Botanic Gardens in Kew who promoted and made possible the establishment of key botanic gardens in the British colonies. By the time of his death in 1820, gardens had been created in Sydney and Hobart. Sir William Hooker took over this role in 1841

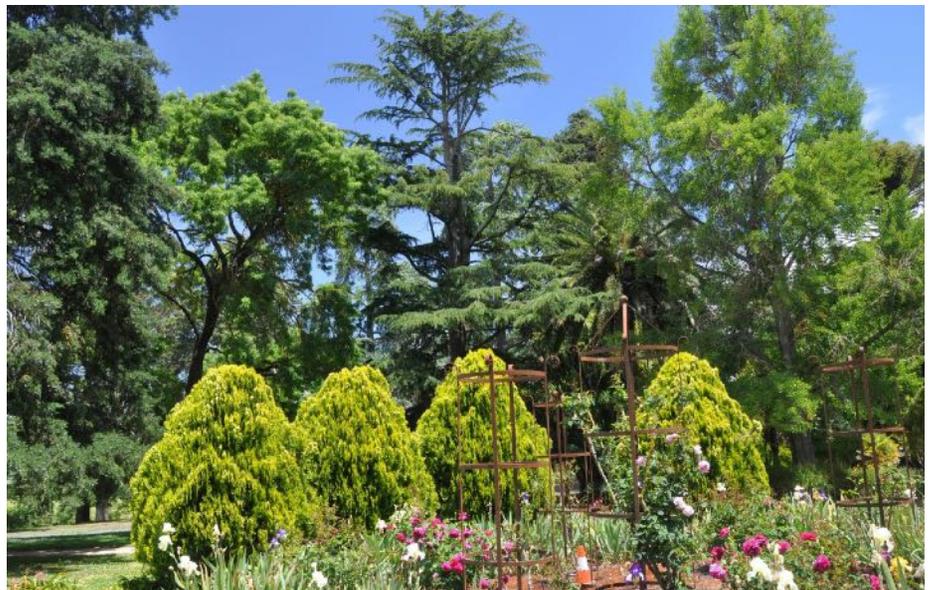
and re-energised the uptake of gardens around the world, including Melbourne.

In Woodend, progress was glacially slow, with the historical 'turning points' only memorable as a parody of government inefficiency: a year taken to commence ground works; the leasing of the area to a sequence of potato farmers, followed by agonised deliberations as to how they might be evicted. Inaction from councillors in 1867 caused Woodend mayor, Joseph Harper, to threaten to sell off the reserves. Promises to reform were soon forgotten and in 1869, they were taken back by the colonial government because “they

had not been properly used”. A last-minute deputation to Melbourne and the good sense of Minister Grant to allow a local poll saved these valuable and extensive recreation reserves for posterity. Two-thirds of the silent majority voted to retain them.

In 1903, the racetrack was brought down from the hill to the flats along Forest Street; the gardens retreated into the thickets around Lake Earnshaw – out of sight and out of mind. The good news is that it is not too late to plan a park; there may be a botanical garden buried there somewhere. It just needs a good dig and dusting down.

SUBMITTED BY PAUL BURKE



What would a Woodend Botanical Garden have looked like? Kyneton Botanic Garden, which dates back to 1866, as it looks now. Photo credits: Paul Burke



# NEW YEAR. NEW GOALS.

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# Refugees need our help

With their final fundraiser for the year now in the rear-view mirror, volunteers at Macedon Ranges Rural Australians for Refugees are looking back on a highly successful twelve months. Funds raised from their many activities were forwarded to refugee organisations, including the Brigidines Asylum Seeker Project and Refugee Legal.

Secretary, Kerry Bull, has been amazed by the good will of locals. She reserves a special thank you for Woodend Community Bags and the CWA and for the sponsors of their most recent raffle. Prizes were donated by All Seasons Resort Hotel, Bendigo, as well as both Woodend and Gisborne Golf Clubs. Hyde's Quality Dry Cleaners of Gisborne gifted a generous voucher and a tasty wine pack was provided by four local wineries: Domaine Epis, Mount Macedon, Gisborne Peak and Granite Hills.

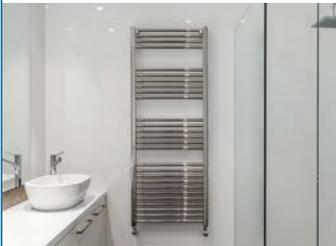
In addition to fundraisers, the group has taken donations of furniture and appliances and run several grocery collections at Coles supermarket in Woodend. Their last such collection, held in December, was a great success, said Kerry Bull. "Shoppers contributed an item or two, and in many cases, more!" These were delivered to Friends of Refugees in Springvale, to be distributed amongst the refugee community. "Refugees need our help," Kerry explained, "because many are forbidden, by law, to work. Official assistance is insufficient. We also have a couple of families that we help with school books, uniforms and significant household expenses." Kerry acknowledged the pandemic did have an impact on the group's activities, with some events forced to cancel, but she looks to the year ahead with optimism. "We've got some great projects scheduled," she says. "In addition to our usual fundraisers, we have Don Watson coming for an interview and book signing in autumn. We also have Mark Chew visiting in the middle of the year. He's an outstanding photographer who's done a lot of work with the UNHCR. He'll be giving an exhibition of his work and talking about his experiences working in refugee camps in Africa and Asia. Christine Cummins is another of our guests for 2022. She's the author of Dignity in a Teacup, based on her five years as a torture and trauma counsellor on Christmas Island." Kerry says there are other projects in the pipeline and details will be announced as they are set in place. "We've got new people coming on board with fresh ideas and plenty of enthusiasm. 2022 will be a great year!"

SUBMITTED BY ANDREW GRIMES



Iranian community thank you lunch for MRRA members

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# Library News



We hope everyone had safe and happy holidays!

## Children's Programs 2022

Storytimes will be back in February! Please keep checking our website or Facebook page for start dates and session times. We will also be hosting a wonderful program of diverse Storytimes over 2022, starting with a Storytime on Friday, February 18 presented by a female firefighter. Make sure to look out for how to book when this becomes available!

### Regular Storytime hours:

- Storytime 3–5 years: Tuesdays, 10–10.30am
- Baby Rhyme Time 0–1 year: Tuesdays, 11.30am–12noon
- Toddler Time 1–3 years: Fridays, 10–10.30am

## eLibrary

Explore our eLibrary for loads of online resources accessible to members for free!



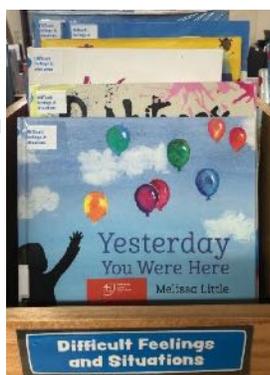
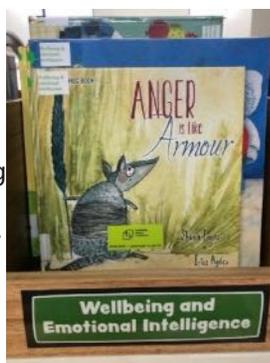
Kinderling Kids Radio – looking for some screen-free entertainment for the kids? Kinderling Kids Radio is just that!

Kinderling brings the family together through fun, screen-free, guilt-free entertainment! Introduce children to the fabulous world of music, stories and creative expression, with Australia's most popular kids' radio station. Programming is built around an early years learning framework that promotes secure relationships, equity, respect, and reflective practice for children's needs.

## Parenting Collection

Did you know the library has a curated selection of kids' picture books, perfect for when you need to have various 'life conversations' with young children? Our Parenting collection is divided into five categories for easy use: "Day to day and new experiences"; "Wellbeing and emotional intelligence"; "Diversity and diverse families"; "Difficult feelings and emotions", and "The big questions".

For example, the Diversity and diverse families category helps you and your child understand, accept and celebrate differences between yourselves and others on a range of spectrums: race, disability, skin colour, neurodiversity, religion, family structure etc. Full of 'Own Voices' picture books, this sub-collection allows parents and carers to feel on safe ground when attempting to introduce the idea of difference positively to their children.



The best news is, these books are available to reserve and borrow like any other picture books, so take them home, introduce them into your reading time and conversations with your kids, and learn together!

Read more about our Parenting Collection here: [www.ncgrl.vic.gov.au/parentingcollection](http://www.ncgrl.vic.gov.au/parentingcollection)

## Nature Connections

Maintaining a connection with our environment can happen in many ways, and no matter how we connect and conserve nature, it's important to do so for our own wellbeing, for the wellbeing of our community and the ongoing health of the natural world. We all remember a natural place that we visited in our childhood.

It might have made us feel relaxed, calm or just happy! Goldfields Libraries has a great collection of resources to borrow and we often set up displays to support the community's connection with nature. Come in and collect information on our local sights, local flora, fauna and on the Murrumbidgee Walk -- an audio-guided walk reflecting on the environment, birdlife and natural rhythms of Sanatorium Lake in Mount Macedon, which is on Dja Dja Wurrung, Taungurung and Wurundjeri Woi Wurrung land.



## Be Connected

Book in for our Be Connected – All about apps session: Thursday 24 February 10.00–11.00am

What is an app? Learn about apps, or applications – the amazing little programs that can help you do almost anything on your smart device.

Ever wanted to identify that bird, plant or frog call? We will be focusing on some of the many free nature apps that are available.

See you at the library! 5427 2074 [woodend@ncgrl.vic.gov.au](mailto:woodend@ncgrl.vic.gov.au)

SUBMITTED BY EMMA KEENAN



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## HERE'S LOOKIN' AT YOU 2022!

With 2021 in the rear-view mirror, we can't help but feel excited about what's in store for Macedon Ranges businesses in 2022! No doubt there will be challenges, but already we're starting to see our incredible network of clients/collaborators/creators planning big things!

With that, it's time for the KGMG Creative team to do what it does best! Create exciting content and broadcast it to the digital community of movers + shakers! If to date, you're unfamiliar with our digital services, strap in for a lightning round intro to how our specialised services work:

### Social Media:

Love it or hate it, social media is here to stay! However, we like to use it as a power for good! Our social media services benefit our clients 2-fold:

1. Alleviating busy operators from the task of keeping that fickle algorithm spinning
2. Creating visually exciting and engaging content that presents our clients' brand, products & services in the most professional light possible!

Our team can handle it all: creative strategy, photography, video, copywrite, brand-graphics and post-management; all under the one roof!

### Web Design:

Hands down, the most important digital asset for any business is an engaging and functional website. Our packages are simple, dynamic, cost-effective and our content management systems are easy to manage internally.

The best bit? We offer a complete digital service: from design, development, google optimisation and SEO, to photography and copywrite. No "one-size-fits-all" approach here... we get to know you and your team, so we can tailor our packages to you!

### Networking:

It's a beautiful thing, seeing our network of clients and collaborators get together and cross pollinate! A natural byproduct of working with such a diverse list of local businesses is that they can often connect and help each other out with products, services or just helpful advice! The KGMG team always have their ear to the ground and will jump at any opportunity to connect local businesses in need!



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# NO ONE'S UNSINKABLE

To all those Unsinkable Guys out there –

You might think it's safe to have a few drinks around water, skip the lifejacket when you're out on the boat or go for a swim without checking the conditions.

But statistics prove that 4 out of 5 drownings are men.

Just remember that no one's unsinkable.

Q UNSINKABLE GUY

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## Bradley's before Woodend

At the end of 2022, we celebrate being in business for 50 years!

So, we're digging into the archives to present stories of how, why, when and where Bradley's Curtains and Blinds came to be.

Let's go right back to the beginning... to North Melbourne in the 1930s, when Michael's grandparents owned and operated a general draper.

Grandfather Bradley had previously worked for FitzGerald's in Manchester and soft furnishings, but the company went bust in The Depression so he

went out with his wife and created MG Bradley, which sold everything from bolts of fabric to pillows, knitting needles to table cloths. Under the same roof was a separate men's-wear business, which they subsequently bought, and a women's-wear business, which was owned by others. This very mixed business was run by very different owners, and there were quarrels over, for example, who'd pay the electricity bill in the hallway!

When the next generation came to work in the family business Jim Bradley didn't like the idea of paying rent, so they started looking around to buy land and

set up their own shop.

Grandmother Bradley was a seamstress by trade. Back in The Depression, one of her clients had been her sister-in-law, Mrs Garner, who had six boys (thus needed a lot of clothes!). Years passed and one of the sons, Len Garner, who had no children of his own, offered to help finance land for his cousin Jim.

Having lived in Woodend for generations, Len Garner and Jim Bradley began looking for a place to set up shop closer to home...

(Tune in next month for Chapter 2— How we came to be)

# From your West Ward councillors

Welcome to 2022. We hope you have managed to have some rest and relaxation over the Christmas/New Year period. Most Council staff were able to take a short break, but the majority are now back at work, even if some are still having to work from home. We thank you for your patience over this time, particularly with us having to limit numbers at the Woodend Pool due to staff shortages. Don't forget up until February 24th you can have your say on potential waterplay facilities at all our pools See our website for details.

Services may need to continue to change, due to the current Covid 19 pandemic wave with Omicron variant. It is anticipated that the number of cases may begin to drop in February, so here is hoping this is true, and we can get things back closer to normal. Please direct any Covid related questions, if you cannot find an answer on our webpage, to the [mrc@mrc.vic.gov.au](mailto:mrc@mrc.vic.gov.au) address, or phone customer service on 5422 0333.

Thank you again to everyone who has promptly gotten their vaccinations when they have been able to, and to all the health care professionals in our shire who have been administering them. Also thank you again to everyone who has assisted those in need if they have been unwell or isolating.

## A message from your West Ward Councillors



By the time this edition is published, we will have announced our Macedon Ranges Australia Day Award recipients in our four new award categories. The calibre of the nominees was high, and congratulations goes to you all for being nominated, but particularly to our winners.

Hopefully we will have been able to have the ceremony face to face, with the assistance of the Kyneton Municipal Band to help us celebrate.

Many new Council positions and vacancies were advertised over the December/January period, and staff are working hard to assess all applications so we can have a full complement of permanent executive staff, including the reintroduction of the Community directorate. We look forward to working with all new appointees.

Council briefings recommence on February 1, with our first Council meeting for the year scheduled for 23 February. We hope we will be able to welcome people back to the public gallery soon, but don't forget you can always watch us live on the night or a recording afterwards through the website.

Although an initiative not being run by Macedon Ranges Shire Council, we would like to encourage you to take a look at, and provide feedback on, the draft master plan for Hanging Rock that has been put out by the Victorian state government at [engage.vic.gov.au/hanging-rock-master-plan](http://engage.vic.gov.au/hanging-rock-master-plan). We would appreciate being copied in on any submissions you make.

Take care and stay safe.

Your West Ward Councillors: Jennifer, Mark, Janet

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*Colochilus robertsonii*

Purplish Beard - orchid

Photo by Hubert Weisrock

Read us online:  
[www.newwoodendstar.com/view](http://www.newwoodendstar.com/view)

# Macedon Ranges Artists on Show for Mental Health

Local creators to start conversations and raise money for suicide prevention

Macedon Ranges residents will soon see some extraordinary work by four local artists, thanks to a new project designed to use visual expression to explore mental health issues.

The Art Bomb project, coordinated by Macedon Ranges Suicide Prevention Action Group (MRSPAG) and funded by North Western Melbourne Primary Health Network (NWMPHN), is set to showcase the work of visual artists from Romsey, Gisborne and Kyneton.

Project artists – Mark Ingall, Fiona Farrugia, Aimee Timpson and Lachlan McKenzie – have very different styles, but they share a common bond: all have experienced mental health challenges, and find art a useful strategy for dealing with the ups and downs of trauma and recovery.

The artworks will be installed in prominent locations in Kyneton, Gisborne, Woodend and Romsey. They will help bridge the gaps between the broader community and those who have confronted thoughts of suicide or struggled with their mental health.

Organisers say the aim of the Art Bomb project is to change perceptions around a difficult but critically important subject by exploring skilled and deeply personal responses and reflections.

“It is impressive to see these artists sparking tough conversations within the community through their art and potentially inspiring others to explore creative pursuits for mental wellbeing,” said MRSPAG committee member and Macedon Ranges Art Trail manager Nadine Hartnett.

“Artists do not usually get to present their work so publicly and are not as forthcoming about their personal challenges as this group. This is a voyage of discovery for everyone who experiences the Art Bomb in whatever capacity.”

For Mark Ingall, 34, of Romsey, art practice is something that has become more important as time moves on. “I’ve only begun taking my art seriously in the last few years as it served as a distraction and an escape from the pressures of the real world,” he says.

Lachlan McKenzie, 24, of Kyneton says his mental health and creativity are inextricably linked. “My work often shares a close tie with my mental wellbeing – a fact acknowledged and witnessed by both myself and my collectors over the years.”

Aimee Timpson, 37, of Gisborne sees producing art as a way to bring mental illness out of the shadows. “I use my art to try and make this sort of conversation a conversation that should be common,” she says. “We feel (and this still happens) ashamed of who we are because our mind is working in a different way.”

Fiona Farrugia, 36, also lives in Gisborne. She regards art as a direct personal therapy linked to several recent life events.

“It’s fair to say my own mental health has been challenged and continues to be challenged,” Fiona says. “Painting is my escape – I have been

my most creative when I’ve been at my lowest.”

The art bomb reveal will be in March. All displays will be accompanied by QR codes that can link viewers to information on mental health services and other useful resources.

At the end of their seasons, MRSPAG will auction artworks to raise funds to continue its work in suicide prevention.

“Art bomb projects are becoming popular ways to stimulate conversations around suicide and we are very proud to be working with MRSPAG and local artists to make this happen,” said NWMPHN CEO Christopher Carter.

“Starting late last year we had the honour of working with artists with lived experience of mental health challenges, who lived in Brimbank and Melton. The experience was fantastic in itself, but also stimulated a lot of discussion.”

For more information: Nadine Hartnett: [nhartnet@bigpond.net.au](mailto:nhartnet@bigpond.net.au), 0439 399 838 or Andrew Masterson: [Andrew.masterson@nwmpnhn.org.au](mailto:Andrew.masterson@nwmpnhn.org.au), 0488 777 179.

SUBMITTED BY ANDREW MASTERSON



Artists Aimee Timpson, Fiona Farrugia and Mark Ingall with art therapist Sine O’Dowd (second from right). Photo Credit: Sylvia Franzen

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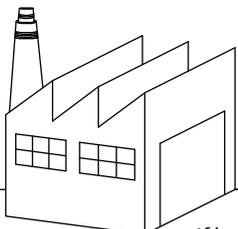
It's 2022, and your New Year's resolution was to get out into your garden and amplify its beauty!

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## Community Battery Feasibility Study

Macedon Ranges Sustainability Group (MRSG) is undertaking a feasibility study for the deployment of a community battery in the Macedon Ranges Shire. This project, the Macedon Ranges Battery Initiative Groundwork (MR-BIG), aims to assess the potential for community batteries, to build a support base within the community for their implementation and to quantify the financial benefits of implementing one or more batteries within the Macedon Ranges Shire. This project is funded by MRSG and a successful grant under the Neighbourhood Battery Initiative program of Victorian Department of Environment, Land, Water and Planning (DELWP).

To assist with community engagement, MRSG has partnered with the Australian Energy Foundation (AEF). You are invited to contribute to a survey to gauge community interest and help shape and guide the development of community batteries within the Shire. Eligible participants who complete the survey will go into a draw to win a Home Energy Assessment valued at \$225!

The survey should take you less than 15 minutes to complete and will be open for completion until 11 February 2022. All information you provide within the survey will be kept private and your identity will remain anonymous.

To find out more about community batteries, MRSG and AEF will be hosting a webinar about this topic on the evening of Thursday 10th February.

To complete the survey or for details on the webinar, visit [mrsrg.org.au/neighbourhood-battery-initiative](http://mrsrg.org.au/neighbourhood-battery-initiative)

SUBMITTED BY PETER MCTAGGART

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VEGGIE  
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YOUR  
GARDEN

[VEG.MRSG.ORG.AU](http://VEG.MRSG.ORG.AU)



Mt Prospect Farm Veggie box

## Get to know your grower!

There are so many reasons to eat more fruit and vegetables – particularly when it is grown locally. With our rich soils, clean air and high rainfall, we are lucky in the Macedon Ranges to be surrounded by passionate growers producing some of the best fresh produce in the world.

A new website is helping connect consumers in the Macedon Ranges to local, seasonal produce and the people that grow it. On the Get to know your grower site, you can discover your local farm gates, search for what's in season, find out when the next farmers' market is on, buy a locally grown veggie box, and more.

"Buying in season directly from the farmer is more sustainable, as it reduces the distance your food needs to travel and storage requirements," says Claire Rowland from the Veg Action Group. "It also keeps your dollar closer to home, supporting our local farmers, and strengthens local food systems, making them less susceptible to the supply chain problems we are currently seeing due to COVID."

Baz Kerr from Mountain View Garlic in Woodend is one of the local growers featured on the site. Baz and his wife started Mountain View Garlic as a garlic hobby farm in 2015 but have since expanded their produce to include an array of seasonal fruit and vegetables, including beans, tomatoes, cucumbers, potatoes, rhubarb, and berries, and the farm shop is stocked only with locally produced items. If you are really lucky, Baz may even walk you to the growing area, whilst talking you through the growing process, and cut your produce straight from the ground – it doesn't get any fresher than that! Baz is passionate about growing and selling local fresh produce and says the highlight of being a grower is meeting the people who visit his shop.

Get to know your grower is an initiative of the Veg Action Group of the Macedon Ranges Sustainability Group, with support from Sunbury and Cobaw Community Health, Macedon Ranges Shire Council, and the Healthy Heart of Victoria project. You can access the website here: [mrsg.org.au/](http://mrsg.org.au/)

SUBMITTED BY SARAH TURNER  
SUNBURY AND COBAW COMMUNITY HEALTH



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## Macedon Ranges Sustainability Group celebrates award

The MRSG is celebrating the news that President David Gormley-O'Brien was awarded the Macedon Ranges Citizen of the Year award on Australia Day in Kyneton.

David was nominated by a community member who wanted to acknowledge the hard work and tireless effort he has put into the group (along with other community projects) over many years.

More information about the Australia Day award recipients for 2022 will be published in the next issue of the New Woodend Star.

SUBMITTED BY AN MRSG MEMBER

## Edgy Veg awards 2022

Best vanilla slice award? How many hundreds of bakeries lay claim to that prize? But there is a new prize in town for the cafés and pubs of the Macedon Ranges: The Edgy Veg award. Only one venue this year will get to wear the crown for the best plant-based dish, as voted by you, the customer. This is an Australian first, happening in your local neighbourhood.



Around 20 of the most innovative and creative cafes and pubs in the Macedon Ranges will take part, and customers will get to comment and vote on the featured dishes over the Autumn Festival from March 25 through to April 26.

Kyneton's beloved Homegrown on Piper was the first café to submit a dish, Greens Galore: Two golden potato rostitis with pea smash, sautéed broccoli, brussels sprouts, kale and chard. Accompanied by sautéed garlic and thyme mushrooms, avocado, all drizzled with salsa verde and sprinkled with soy pepitas. Wow! This is just one of many dishes on offer.

All the dishes will feature on The Edgy Veg Trail, a map showing where to sample great plant-based food in the Macedon Ranges during the Autumn Festival. The map is aimed at attracting locals and tourists alike. Armed with this map of all the venues in the Ranges with plant-based dishes, why not impress your friends from the city, by taking them to some of our fantastic eateries? It's a perfect way to get out and show your support for local businesses too.

You will be able to pick up a copy of the map at any Macedon Ranges tourist information centre, or view it online from the website here [veg.mrsg.org.au/edgy-veg-awards](http://veg.mrsg.org.au/edgy-veg-awards)

And you can vote on dishes here as well.

Plant-based dishes are not only great for your health, but for the planet too: according to a MedAlertHelp statistic, if everyone went vegan, the world's emissions related to food would drop 70% by 2050! So why not utilise the expertise of our local chefs and try a plant-based dish today.

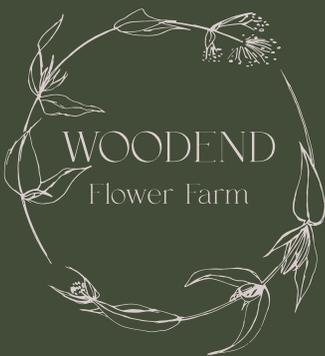
SUBMITTED BY LUCY CAMPBELL, MRSG VEG ACTION



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# Remember the Permanent Water Saving Rules this summer

Greater Western Water is reminding residents to use water wisely over summer to help conserve water.

Typically, water use across the region is much higher during the spring/summer months, due to residents tending to their gardens, greening their lawns, or filling their pools.

Under the current Permanent Water Saving Rules you can:

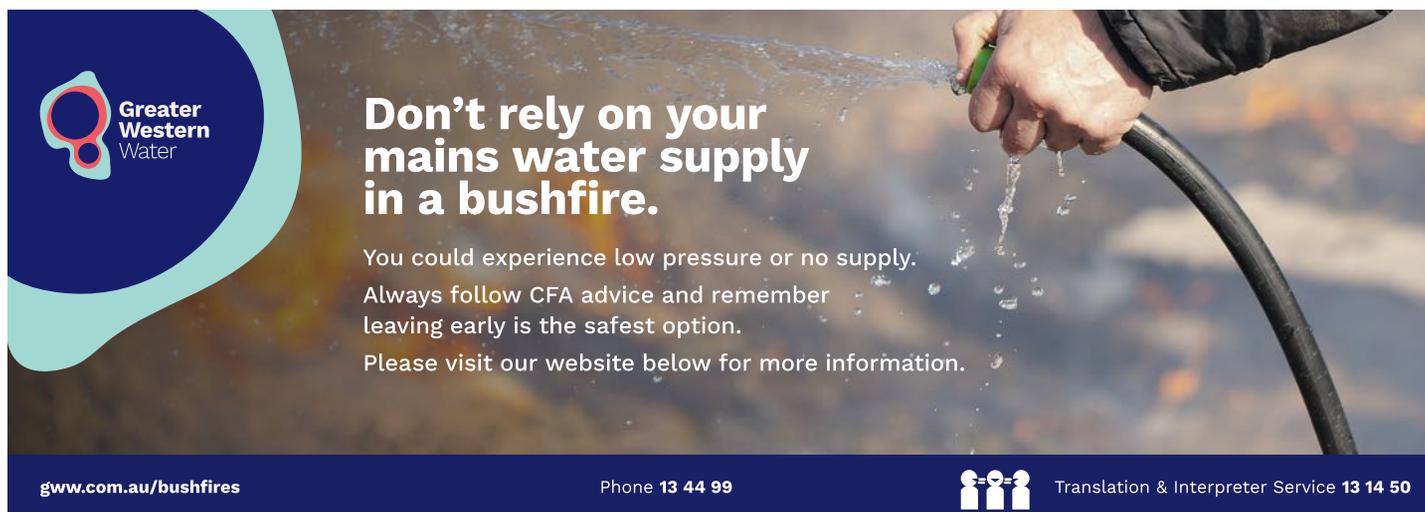
- Water your garden or lawn with a watering can, bucket or hand-held hose with a trigger nozzle at any time.
- Water your garden or lawn with a watering system such as a sprinkler only between 6pm and 10am.
- Wash your car with a bucket, hand-held hose with a trigger nozzle or high-pressure cleaning device at any time.
- Use water for a fountain or water feature only if it recirculates water.

Permanent Water Saving Rules don't apply to recycled water, greywater, bore water, or tank water unless it's mixed with the drinking water supply.

Greater Western Water also offers great water-saving tips on their website, including how to choose water-efficient lawns and plants for your garden.

Find out more about the Permanent Water Saving Rules, along with plenty of water-saving tips, at [gww.com.au](http://gww.com.au).

SUBMITTED BY JESSICA JORQUERA


**Don't rely on your mains water supply in a bushfire.**

You could experience low pressure or no supply. Always follow CFA advice and remember leaving early is the safest option. Please visit our website below for more information.

[gww.com.au/bushfires](http://gww.com.au/bushfires) Phone 13 44 99



Translation & Interpreter Service 13 14 50

# Raising teenage boys in the Macedon Ranges

Are you the parent or carer of a teenage boy in the Macedon Ranges? Starting next month, a series of workshops will provide some practical tools to help you strengthen the relationship between you and your teenager. Workshop facilitators, Tomorrow Man will take a group of local parents and carers through an immersive journey, exploring the impact that harmful, outdated masculine stereotypes can have on boys, and subsequently, men.

In the six weekly online workshops the group will come together with expert facilitators to explore how harmful stereotypes can impact the health and wellbeing of not only the boys in their life, but also the wider community. While reflecting on what has shaped their own personal beliefs about gender and stereotypes, they will learn some key tools, mindsets, and strategies to support boys on their journey to adulthood. Boys are masters at disengaging, so each week, new skills will be shared on how to improve communication with them and how to foster a deeper sense of connection and understanding with them. Time will be allocated for the group to reflect and share their experiences, challenges and tips.

“Tomorrow Man’s mission is to smash the straightjacket of traditional male stereotypes,” says Ryder Jack, principal facilitator of the workshops. “We aim to empower men and boys to redefine a healthier version of masculinity for themselves that will positively impact them and those they love.”

Previous workshops have had great results, with 93% of participants saying they have more confidence to have honest conversations with other men. “People report that they feel more able to reach out to someone they think is struggling, as well as feeling more confident in reaching out if they need help themselves,” says Ryder.

This free program is brought to you by Sunbury and Cobaw Community Health, with funding support from VicHealth, Central Victorian Primary Care Partnership, and Community Bank Gisborne & District.

To register: [www.surveymonkey.com/r/raisingboysinMR](http://www.surveymonkey.com/r/raisingboysinMR)

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SUBMITTED BY SARAH TURNER  
SUNBURY AND COBAW COMMUNITY HEALTH



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## Autumn Festival

Planning for the 2022 Macedon Ranges Autumn Festival (26 March to 25 April) is charging ahead, promising a fantastic program that celebrates the area's uniqueness with events, activities, nature experiences, autumn produce and creativity across the shire.

Along with the outstanding events program, the region's food and wine businesses will be front and centre, presenting the best of the Macedon Ranges' local produce, via Eat and Drink promotions, and the inaugural Autumn Pie and Tart Trail.

It's not too late to get on the program. Submit your autumn-inspired activity, food or drink on Council's website [mrsc.vic.gov.au/autumn-fest](http://mrsc.vic.gov.au/autumn-fest) to be considered.

For more information on 2022 Macedon Ranges Autumn Festival, visit [www.visitmacedonranges.com/autumn-festival/](http://www.visitmacedonranges.com/autumn-festival/)

## Immunisation Sessions

Council provides free immunisations as set out by the National Immunisation Program. Our immunisation sessions are held each month on the first Thursday in Gisborne, Kyneton and Woodend and on the third

Tuesday in Riddells Creek and Romsey. For more information, visit [mrsc.vic.gov.au/immunisations](http://mrsc.vic.gov.au/immunisations)

Please note: Council is not a COVID-19 vaccination provider.

## Have your say: water play facilities at our pools

Macedon Ranges Shire Council is seeking feedback about water play facilities at Council's indoor aquatic centres and outdoor pools to help guide future planning and upgrades.

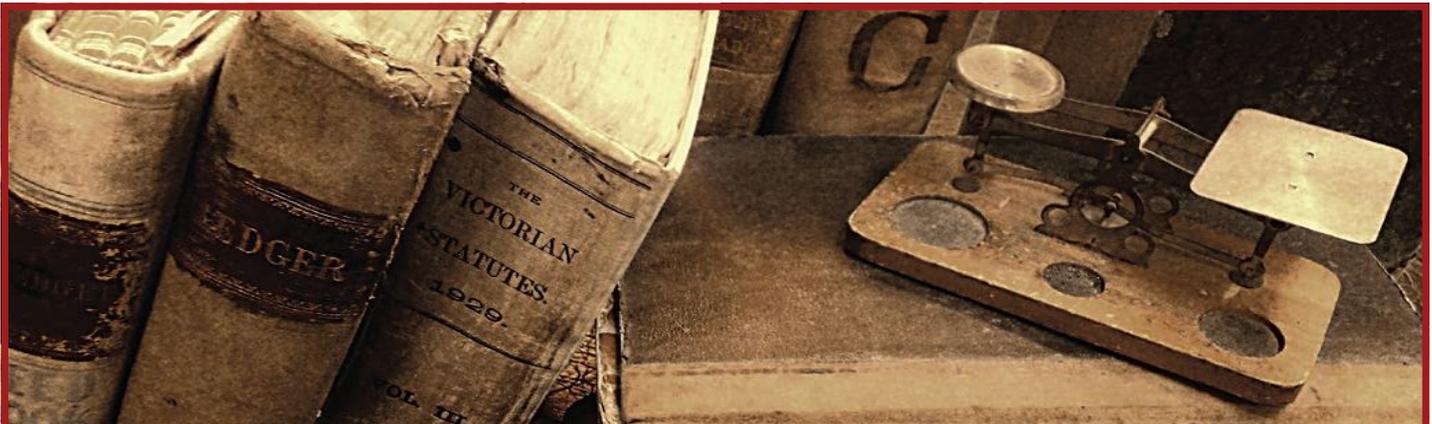
Director Assets and Operations, Shane Walden, encouraged residents to provide feedback to help Council ensure future improvements meet community needs.

"Interactive water play spaces are increasingly popular, family-friendly spaces.

"We're keen to find out how the existing facilities are currently being used, and what you'd like to see available at our pools in the future," he said.

To have your say, visit [mrsc.vic.gov.au/yoursay](http://mrsc.vic.gov.au/yoursay) or call 5422 0333.

Printed copies of the survey are also available at Kyneton Toyota Sports & Aquatic Centre, Gisborne Aquatic Centre, and the Woodend and Lancefield outdoor pools.



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The survey closes at 11.59pm on Thursday 24 February 2022.

## Healthy Landscapes

The Practical Regenerative Agricultural Communities program is offering a range of workshops in February and March to help you improve your land, soil, water and livestock.

The program is being delivered as a partnership between Macedon Ranges Shire Council, Hepburn Shire Council, the City of Greater Bendigo, A Healthy Coliban Catchment project (North Central Catchment Management Authority and Coliban Water), Melbourne Water and the Upper Campaspe Landcare Network.

- Horses – How to graze them in a sustainable way  
Sunday 6 February 2022, 10am to 12pm. Learn how to graze your horse in a sustainable way.
- Moveable fencing and water for stock  
Thursday 3 March 2022, 7pm to 9pm.  
Come along to a farm visit in Gisborne. We will be investigating the use of a KiwiTech movable fence and trough system, which is used to improve grazing management.
- Ecological Burns – The benefits  
Tuesday 8 March 2022, 7pm to 10pm  
Ecological planned burning is a land management tool applied to promote positive benefits for a local environment. These benefits include stimulating dormant seed banks in the soil profile, reducing the vigour or eliminating weeds, nutrient cycling and the removal of biomass, all of which promotes biodiversity and ecosystem health.  
Our talk will explore how ecological burning is undertaken in local government and how this can be applied to other contexts.

To find out more and register for any of these workshops, visit [mrc.vic.gov.au/healthy-landscapes](http://mrc.vic.gov.au/healthy-landscapes) or call 5422 0333.

**Read us online:**  
[www.newwoodendstar.com/view](http://www.newwoodendstar.com/view)

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## Learn to Swim

Swimming lessons teach essential life and safety skills that can be learned all year round. Children learn through repetition, and Council's Learn to Swim programs will help further develop your child's skills, confidence and knowledge around all things aquatic.

Lessons are held at our two aquatic centres. For more information, contact:

- Kyneton Toyota Sports & Aquatic Centre on 5421 1477 or email [ksactls@mrc.vic.gov.au](mailto:ksactls@mrc.vic.gov.au)
- Gisborne Aquatic Centre on 5421 1452 or email [gispoolcman@mrc.vic.gov.au](mailto:gispoolcman@mrc.vic.gov.au)

Enrolments are accepted all year round.

## Interested in volunteering?

Macedon Ranges Shire Council has vacancies at both the Woodend and Kyneton Visitor Information Centres.

Our team of volunteers plays a vital role in welcoming visitors to our region, by responding to face-to-face and over the phone enquiries.

To find out more, visit [mrc.vic.gov.au/volunteer](http://mrc.vic.gov.au/volunteer), or call 1800 244 711.

SUBMITTED BY NOEL MCMAHON, COMMUNICATIONS OFFICER

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# Your community diary

## — FEBRUARY —

- 5..... Woodend Farmers' Market
- 10..... Community Battery Webinar, MRSG
- 12..... Men's Shed Open Day, Black Forest Mill
- 13..... Hanging Rock Classic Vehicle Show
- 18..... Hanging Rock Night Walks
- 18..... Mount Players 'Love Song' season commences
- 20..... Woodend Lion's Club Market
- 28..... Consultation ends Hanging Rock Master Plan

## — MARCH —

- 5..... Lancefield/Macedon Ranges Relay for Life
- 5..... Woodend Farmer's Market
- 5-7 ..... Woodend Lion's Art Show
- 7..... Labour Day Holiday, Victoria
- 9..... Zonta 29th International Women's Day Dinner
- 14..... Labour Day (Vic) Public Holiday
- 20..... Woodend Lion's Club Market
- 26..... Macedon Ranges Autumn Festival commences

## — APRIL —

- 2..... Woodend Farmers' Market
- 3..... End of Daylight Saving Time
- 4-30 ..... Portraits on the Mount Exhibition
- 15..... Good Friday
- 17..... Woodend Lion's Club Market
- 18..... Easter Monday
- 25..... ANZAC Day
- 30..... Run the Rock event

## — MAY —

- 8..... Mother's Day
- 15..... Woodend Lion's Club Market

## — JUNE —

- 13..... Queen's Birthday

## Lancefield/Macedon Ranges Relay For Life— Save the date

The Lancefield/Macedon Ranges Relay For Life is happy to announce the date for their 2022 Relay, to be held on Saturday 5 March at Lancefield Park. Funding from events like Relay For Life helps to sustain support services such as Cancer Council's 13 11 20 information and support line, which directly helped 47 Macedon Ranges residents last year alone. It also includes Cancer Connect – which links those affected by cancer to others who are going through a similar experience. Funds raised also support research into a range of cancers including many of the lesser-known cancers which are less well funded in terms of research.

If you wish to join or to volunteer at the Lancefield Relay For Life event please phone 1300 65 65 85 or visit [relayforlife.org.au](http://relayforlife.org.au).

Looking forward to seeing you all there.

SUBMITTED BY KATHY AND TONY LAKEY



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## Zonta Kyneton 29th International Women's Day Dinner

Zonta Club of Kyneton is pleased to announce their 29th International Women's Day Dinner on Wednesday 9 March at the Malmsbury Hotel.

This year's theme – Changing Climates: Equality today for a sustainable tomorrow. Special guest speaker – Luz Restrepo (Migrant Women in Business).

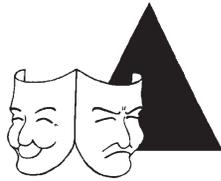
Bookings open 8 February – [trybooking.com/BWVKX](http://trybooking.com/BWVKX). For more information, go to Zonta Club of Kyneton Facebook page, or email [secretary@zontakyneton.org.au](mailto:secretary@zontakyneton.org.au)

SUBMITTED BY DONNA FABRIS, PRESIDENT ZONTA KYNETON

Always check with organisers about any events listed. To have your event listed on our calendar just send the details to:  
[content@newwoodendstar.org.au](mailto:content@newwoodendstar.org.au)

# The Mount Players presents Love Song

The Mount Players are looking forward to their first production for 2022, *Love Song*, written by John Kolvenbach and directed by talented Melbourne Director, Travis Handcock. After being postponed twice last year, this beautiful and poignant play is scheduled to open on Friday 18 February.



The Mount Players

The story revolves around Beane, an exile from life – an oddball. His well-meaning sister, Joan and brother-in-law try to make time for him in their busy lives, but no one can get through. Following a burglary on his apartment, Joan is baffled to find her brother blissfully happy, and tries to unravel the story behind Beane's mysterious new love Molly. Funny, enchanting and wonderfully touching, this offbeat comedy is a rhapsody to the power of love in all its forms.

The season will run from 18 February – 6 March. To book tickets, go to [www.themountplayers.com](http://www.themountplayers.com), or call 5426 1892 for assistance.

See you at the theatre.

SUBMITTED BY KAREN HUNT



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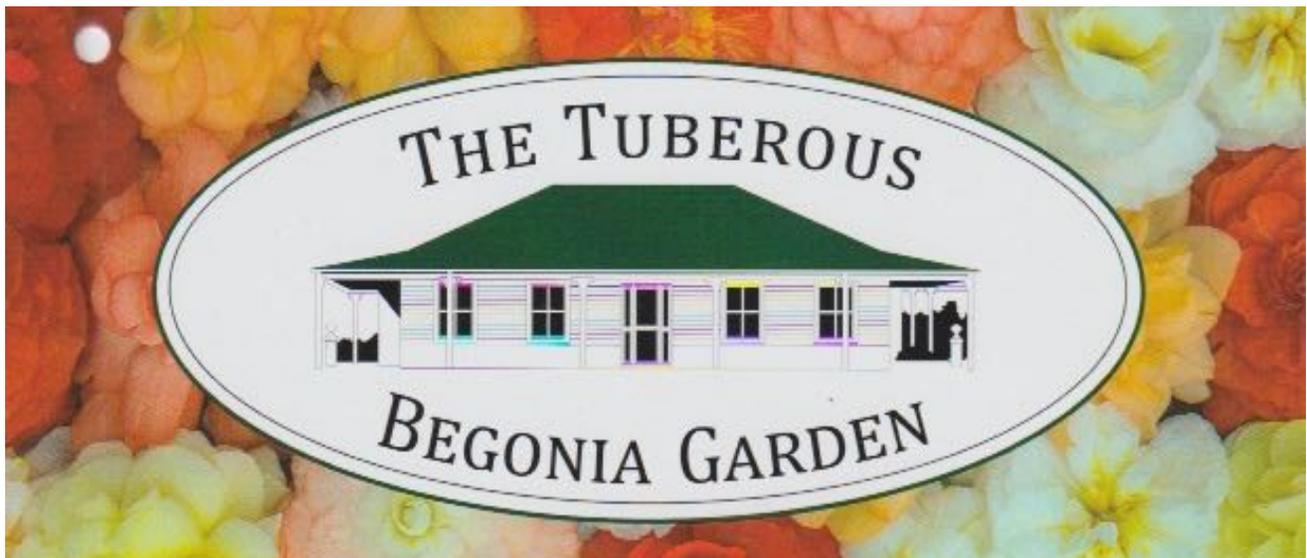
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***Please note - no toilet facility  
available on site due to strict COVID 19 rules being adhered to.***

# Hanging Rock master plan out for community comment

The state government has released a draft masterplan for Victoria's iconic Hanging Rock precinct that will ensure the area's environmental and cultural assets are protected.

Residents, community groups and visitors are invited to share their views and ideas on the draft Hanging Rock Precinct Master Plan, which is now open for consultation.

The plan outlines how the Hanging Rock Precinct in the Macedon Ranges will be protected and managed into the future, including finding ways to resolve some of the area's major challenges.

Those challenges include ensuring increasing visitor numbers do not negatively impact Hanging Rock and the surrounding environment and planning for the future impacts of a changing climate.

The Department of Environment, Land, Water and Planning is working with Wurundjeri Woi-wurrung, Djaara, and Taungurung Traditional Owner groups to address and resolve these challenges, while ensuring the important cultural stories are included throughout the precinct.

Member for Macedon Mary-Anne Thomas said,

"In collaboration with Traditional Owners, the master plan will ensure visitors can continue to visit Hanging Rock while managing impacts to the natural environmental and cultural assets of this iconic place into the future."

In 2018, the government and Macedon Ranges Shire Council approved the 50-year Hanging Rock Strategic Plan to help protect the area. The master plan has been developed to show how the strategic plan will be implemented over the next 20 years.

Consultation is open until Monday, 28 February 2022. To view the draft plan, visit: [engage.vic.gov.au/hanging-rock-master-plan](https://engage.vic.gov.au/hanging-rock-master-plan)

The final Hanging Rock Precinct Master Plan is expected to be completed in June 2022.

SUBMITTED BY KATE LEE  
OFFICE OF MARY-ANNE THOMAS MP

*Have your say on the Hanging Rock Master Plan ...*

## Small Business Energy Saver Program

Receive up to \$2,000 to install energy-efficient business equipment

Register your interest now:  
[www.cvga.org.au/business](http://www.cvga.org.au/business)

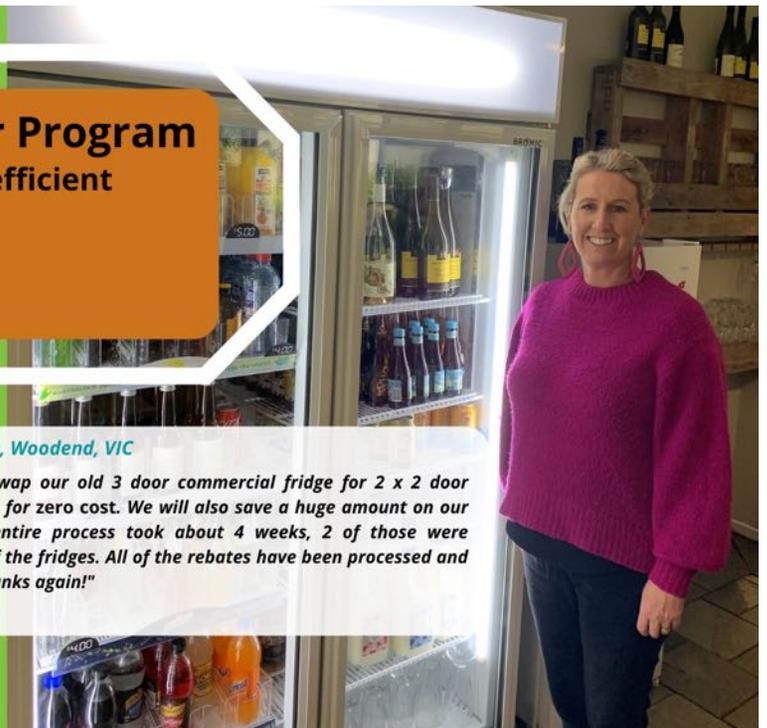
The Central Victorian Greenhouse Alliance (CVGA) has been appointed by Sustainability Victoria as the local program expert for the Small Business Energy Saver Program.



### *Hanging Rock Cafe, Woodend, VIC*

*"We managed to swap our old 3 door commercial fridge for 2 x 2 door Bromic 960L fridges for zero cost. We will also save a huge amount on our energy bills. The entire process took about 4 weeks, 2 of those were awaiting delivery of the fridges. All of the rebates have been processed and are in our bank. Thanks again!"*

*- Briony*



This program is supporting small businesses (1-19 full-time employee equivalent) operating from commercial premises to upgrade their equipment for improved energy efficiency.

Hanging Rock Cafe has been delighted with the upgrades they made within the program. CVGA has worked to help other businesses in the Macedon Ranges replace refrigerated cabinets, air conditioning and water heaters, reducing their energy costs and carbon emissions in the process.

CVGA is a not-for-profit alliance of 13 local councils in central and northwestern Victoria, including Macedon Ranges Shire Council.



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## Trentham and districts life activities club inc.

Hello and welcome to another year of group activities, workshops, information sessions and the occasional luncheon, dinner and picnic with the Trentham and District Life Activities Club, a club that will allow you to meet new people, and keep active.

An annual membership fee applies, which also covers your insurance while involved in any activity.

You also receive a monthly newsletter to keep you informed.

Ladies and Mens Petanque and the Wednesday Walkers have already commenced for the year, with other activity groups commencing in February.

The Trentham and Districts Life Activities Club always welcomes new members, along with any ideas you may have for new activity groups. So, if you would like to be involved, contact the president and activity co-ordinator on the website, [www.life.org.au](http://www.life.org.au) and click on Trentham tor Di Clausen on 0429 008 763, or the Secretary, Gaye Lovelock on 0411 150 114. Alternately, log on in the list of clubs.

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## The Men's Shed productive despite the pandemic

The Woodend Men's Shed has completed another year of productive activity, despite the difficulties and interruptions imposed by Covid 19 restrictions and lockdowns.

During the course of 2021, the Shed has completed a number of community projects, including the manufacturing of numerous nesting boxes, customised for various species of birds, gliders and micro bats; paper folders to assist the Rotary Club in their production of The New Woodend Star; shelves for the Community Food Bank; a Street Library for the Woodend Neighbourhood House and wooden toys for children's charitable organisations.

In addition, the Men's Shed has provided a valuable service to members of the Woodend community by fixing their broken chairs, dolls prams, bedside tables, an umbrella pole, wood heater handle, quilt hangers and other exotic items, in return for a donation.

Members continued to pursue their own projects within the Shed, with

many now gracing Woodend homes. Some have even gone "straight to the pool room"!

An important contributor to the ongoing funding of the Shed has been the restoration of a considerable number of wooden garden benches with cast iron ends. These are usually donated in a dilapidated state with the timber rotted and the ends rusty. After a clean down and repaint of the ends, new weather-resistant hardwood timbers are fitted and oiled to present a "better than new" product, which are sold to help meet the costs of rent and materials.

The Shed is happy to show you what they have available for sale, or to assist with items you need fixed, so please call us or call in.

At our annual general meeting in November, our president of the last three years, Paul Newman, did not seek re-election.

Paul has guided the transition of the Woodend Men's Shed from the small site at Bupa to our much larger premises at the Old Black

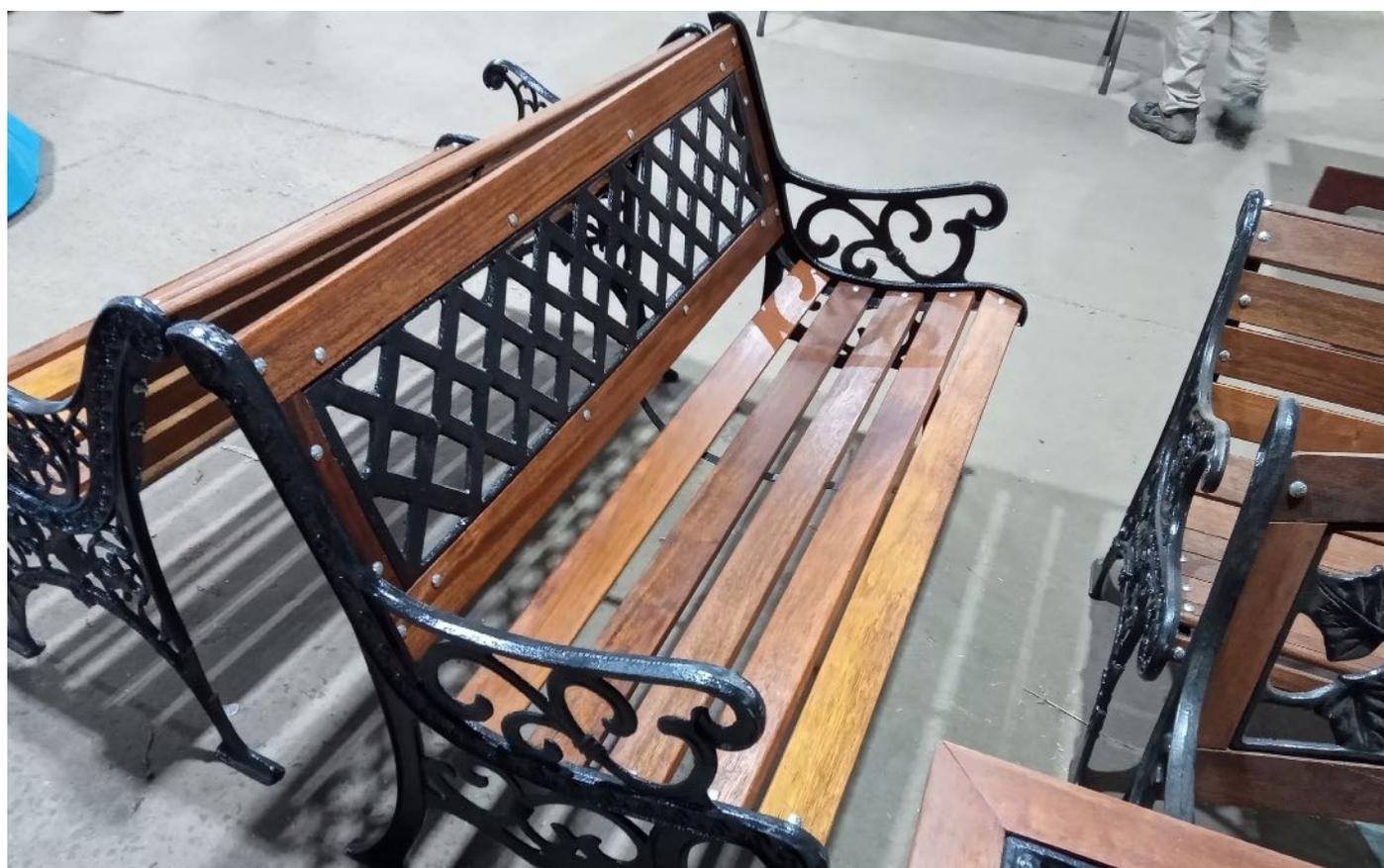
Forest Sawmill and coped with overseeing COVID restrictions and lockdowns. The new management team and members expressed their appreciation of Paul's dedication to the task, in the face of many difficulties.

The Woodend community is invited to come and see the new setup and share a sausage sizzle with us on February 12, when an Open Day will be conducted from 10 am until 2pm. Members will be on hand to conduct tours of the workshop and explain our operations to potential new members.

The Woodend Men's Shed is open most Mondays and Wednesdays, between 9am and 12 noon and welcomes visitors. The Shed operates as a COVID-safe space and compliance with all current COVID restrictions and mandates is required of all in attendance.

We look forward to seeing you on 12 February 12, or at any time you require our assistance.

SUBMITTED BY KEVIN DAVIS, PRESIDENT



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### Introduction

The winemakers across the region are starting to move towards the home stretch for vintage 2022. There has certainly been plenty of rain to start the growing season, with producers hoping for a consistent, even and hopefully moderately warm few months to get everything ripe and off in great condition. The wines reviewed this month both represent good value for below \$30. The first is a Pinot Noir that comes from a vineyard located near the township of Newham called Patrick's Vineyard, and the second is a Chardonnay from McAvoy's Estate which is made in Romsey from grapes sourced from the Mornington Peninsula. It only partially fills the criterion of local, but is well made and can be found in the region for less than \$20.

### 2020 Patrick's Vineyard Pinot Noir

The wine was made from a small vineyard perched amongst the Cobaw Ranges, with the wine spending 18 months in French oak prior to release.

A medium red in colour, with a nose that shows savoury impact in terms of bramble and sage, with richer dark cherry and plum accentuated by background baking spice. The palate continues in the same vein; dark cherry fruit etched with earthen impact and a gentle richness that comes from time in oak. The finish has very good length and showcases a quality site and winemaker influence in equal measure.

Rating: 90 | Price: \$30 | When to Drink: 2022—2030

### 2018 McAvoy's Romsey Vintage Chardonnay

A light to slightly golden yellow in colour, the nose has plenty of white peach with top notes of fig, nougat and some oak-derived spice. The palate is round and generous, with a baseline of cashew and fig that meets rich stone fruits, whilst also enjoying just enough citrus acidity to keep balance.

The finish has some grapefruit-like grip alongside almond meal and fig.

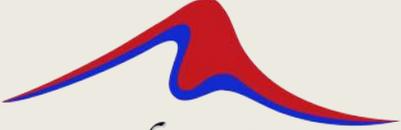
Rating: 88 | Price: \$18 | When to Drink: 2022—2024

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# Supporting local action to respond to climate

The Victorian government is empowering the Macedon electorate to prepare and adapt to the impacts of climate change, following the development of a new community-led adaptation strategy.

Member for Macedon, Mary-Anne Thomas said that the Macedon and Hepburn Regional Adaptation Strategy is one of six being delivered across Victoria and will provide practical ways for local communities to adapt to the impacts of climate change through on-ground action.

Themes across all six strategies include preparing for and recovering from emergencies, caring for the natural environment, improving health and wellbeing, strengthening the economy and workforce, improving resilience of our built environment, and embracing renewable energy.

Local communities have developed and will lead the implementation of this five-year strategy, ensuring that priorities for action in the face of a changing climate reflect the unique story of the region.

As part of implementation, five on-ground community-led projects will commence this financial year to help local communities prepare and adapt to the impacts of climate change.

Projects include:

- Expanding the Hepburn Z-NET Model into Climate Change Adaptation: Hepburn Shire Council

Leverage and expand on the Hepburn Z-NET mitigation model (the first zero-net emission shire in Australia) to develop an approach to climate change adaptation that is place-based and locally appropriate. It will provide a replicable process for other regional local government areas.

- Trentham Food Hub Feasibility Study: Trentham Sustainability Group

This project will develop a business case for a centrally located facility which aggregates, stores, processes, distributes, and/or markets locally/regionally produced food products. As well as contributing to the region's Z-Net transition by actively supporting climate adaptive agriculture, the Trentham Food Hub will encourage the Grampians' artisanal food sector and regional food processors to operate their businesses in a climate-adaptive way, by promoting and selling their products specifically due to their climate responsive practices.

- Climate Ready Radio Broadcasting: Central Vic Community Radio

Promote the Climate Ready Plan to the maximum number of people in the Loddon Mallee region and to include the Loddon Mallee people in the production of the program content. The project will produce a weekly one-hour program for radio about climate change in the Loddon Mallee to be broadcast over Central Victorian Community



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Radio and made available to all 460 community radio stations in Australia via the community radio network.

- Off-grid Relief and Recovery Centres Feasibility Study and Business Case: Macedon Ranges Shire Council

Assess the feasibility of the Macedon Community Centre, Riddells Creek Leisure Centre, and Romsey Recreation Centre to be off-grid, thereby establishing self-sufficient community facilities that can be utilised as relief, recovery and 'hot day out' centres in the event that essential services such as electricity and water are cut off as a result of a natural disaster, heat wave or emergency.

Ms Thomas said, "I commend all of our outstanding local groups and all our community members who have developed these strategies, ensuring that the unique challenges and opportunities of the Macedon and Hepburn regions are at the forefront of how we adapt to the impacts of climate change."

### New grants for better kindergartens

The Victorian government is supporting kindergartens in the Macedon Ranges to help plan future infrastructure projects, creating extra places for three- and four-year-old children in growing areas across the state.

Member for Macedon, Mary-Anne Thomas announced last month that the Macedon Ranges Shire Council is one of 39 recipients sharing in \$5 million worth of Building Blocks Planning Grants of up to \$150,000 each, helping them plan and design infrastructure projects that support

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the government's statewide roll-out of Three-Year-old Kindergarten.

"Congratulations to the Macedon Ranges Shire Council for their Planning Grant – I can't wait to see their projects come to life to provide more kindergarten places for our 3 and 4 years old," said Ms Thomas.

The Planning Grant will support Council's Early Years team to conduct scoping, feasibility and pre-planning work in preparation for applying for Building Blocks Grants.

The funding will be used in two ways:

- Scoping and feasibility of suitable land for new builds in relevant townships.
- Pre-planning work such as architect designs, soil testing, quantity surveyor reports and other testing as needed.

Grants can support the preparations for a project, or a pipeline of projects, that might seek future Building Blocks construction grant funding. The grants can be used for work such as planning scope development, design preparation, soil investigations or construction costing works.

In an Australian first, the government has invested almost \$5 billion to deliver a full 15 hours of Three-Year-Old Kinder to children across the state over this decade, with the roll-out beginning in selected areas in 2020 and expanding in 2022 to support five hours of Three-Year-Old Kindergarten statewide. To find out more, visit [schoolbuildings.vic.gov.au/Pages/Building-Blocks-Grants-Planning](http://schoolbuildings.vic.gov.au/Pages/Building-Blocks-Grants-Planning).

SUBMITTED BY KATE LEE

OFFICE OF MARY-ANNE THOMAS MP

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## Mary-Anne Thomas MP

LABOR MEMBER FOR MACEDON

As your local Member of Parliament I am keen to hear from the community and assist with any State Government matter.

Mary-Anne Thomas



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

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## Young Women in Public Affairs Award

What is the Young Women in Public Affairs award?

The YWPA award encourages young women to participate in public affairs by recognizing the candidate's commitment to the volunteer sector and evidence of their volunteer leadership achievements. It is dedicated to empowering women worldwide, through service and advocacy. 'Public affairs' refers to all aspects of community life where decisions have to be made about issues which relate to and affect those communities in which people work and live.

Who can apply?

Women aged 16 to 19 by 1 April 2022 who are living in a Zonta district/region, or who are citizens of a Zonta country, and who demonstrate evidence of the following, are eligible to apply:

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- paid or unpaid experience in local government, student government, or workplace leadership



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- volunteer leadership achievements
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Submit applications by March 7, 2022, by visiting [zonta.org/YWPAAward](http://zonta.org/YWPAAward) for more information and to download an application form. Send completed form to [secretary@zontakyneton.org.au](mailto:secretary@zontakyneton.org.au)

One application, three opportunities! Awards include: Club award \$400; District awards (23 available) US\$1,500 each and International awards (10 available) US\$5,000 each.

SUBMITTED BY MARGARET LYNCH, ZONTA KYNETON

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Authorised by Sam McQuestin, Liberal Party of Australia (Victorian Division), 112, 257 Collins Street, Melbourne VIC 3000.

# Business puts heart into vulnerable community

Kyneton holistic wellness business Maiaveda has partnered with the Macedon Ranges Suicide Prevention Action Group to nurture those who are using their experience of suicide to support others in their bereavement.



Owner of Maiaveda, Marye O'Brien, started fundraising on World Suicide Prevention Day in September and has raised more than \$1,400 through online donations, clients paying-it-forward and a facilitated sound bath meditation.

"Not only have I lost friends and clients, and held those who have lost a loved one to suicide in my arms, but I am witnessing the toll these lockdowns and this pandemic is having on my community, and our collective mental health," said Marye, who wants to make a small difference to people directly impacted by such tragic loss.

"Hardships can humble us. Adversity can remind us how fragile this one life is. Major challenges can heighten our attention to even the smallest gestures of kindness or beauty. Our community is what Maiaveda values the most."

Maiaveda's generosity has meant 16 of MRSPAG's volunteer peer support workers and current members attending due to bereavement from suicide, will receive treatment vouchers for their selfless contributions to other local residents in their most vulnerable times.

MRSPAG has been a visible presence in the community since September 2014, when its inaugural suicide prevention awareness walk was held. The group's formation followed two years of information and evidence gathering that culminated with a meeting of key stakeholders to establish a suicide prevention action plan.

This was a critical community driven response to a devastating two decades that saw the suicide rate for the Macedon Ranges between 1989 and 2010 trend upward, unlike the downward state and national trends.

It was clear from those meetings several years ago that support for those bereaved by suicide was difficult to access locally. MRSPAG facilitates monthly opportunities for people who have been bereaved by suicide to come together and access helpful information, build a sense of community and show mutual support.

People of all ages from all walks of life come and go to the Newham Mechanics Hall on the second Monday of the month. It is a safe and confidential place, where trained peer support workers acknowledge fully that each individual has their own experience and grief.



Marye O'Brien and Noelene Ward

"The pain remains acute, but shared, which feels more bearable," says one man.

Noelene Ward is one of the seven trained peer support workers, all personally bereaved by suicide, who are integral to MRSPAG's work. "Just being in a safe space and sharing personal experiences or feelings with others who understand, is a great comfort. It is frequently expressed that those seeking support can be free to discuss their loss without feeling judged, that they may be upsetting someone else or that the person may be thinking they should be over it by now! All who come along know that you never get over it; you just move forward."

MRSPAG is made up of community members with lived experience, representatives from local service providers and volunteers who work together to prevent suicide in the Macedon Ranges. A key strategy for equipping people to support those at risk of suicide is making information and training accessible.

SafeTALK is a half-day alertness workshop that prepares any adult, regardless of prior experience or training, to become a suicide-alert helper. Other training includes Mental Health First Aid and online START.

MRSPAG is a registered charity. All donations are tax deductible. If you would like to make a donation please email the treasurer [info@mrspag.com.au](mailto:info@mrspag.com.au). New members and working group volunteers are very welcome.

For more information on resources and support services for those bereaved by suicide and keeping mentally well, visit the MRSPAG website [mrspag.com.au/other-support](http://mrspag.com.au/other-support)

If you need help now call Lifeline on 13 11 14 or text 0477 13 11 14 (6pm-midnight).

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Islay House has recently been fully modernised with contemporary amenities including a sitting room with retractable home theatre screen, extensive double glazing and hydronic heating.

Currently used as a residence, the property is ideally suitable for use as tea rooms, restaurant, gallery, arts and crafts or other creative tourism opportunities which are allowed at the discretion of the Macedon Ranges Shire.

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# When bushfire burns, don't expect a truck at every door



If a bushfire is burning out of control, CFA firefighters must concentrate their efforts on stopping the fire. This means that there may not be enough fire trucks and firefighters to defend every home.

In fact, there are around 50,000 people living in the Macedon Ranges, serviced by eight CFA Brigades, with a total of only 25 firefighting trucks and support vehicles. You do the math!

CFA firefighters will be doing everything they can to prevent injury to people and damage to property during a bushfire. But you should never rely on a fire truck to individually protect your home.

People who choose to live in a bushfire setting should prepare well in advance of a fire threat and know exactly what they are going to do.

To get ready for a bushfire, people in areas of high fire risk are advised to prepare a Bushfire Plan. This is a well thought out plan about how you will prepare and respond to a fire in your area.

A part of this plan is deciding if you are going to leave early, before a fire threatens or road travel becomes hazardous. Or, stay and defend your home.

Does your Bushfire Plan include 'What ifs'?

Many people we have spoken to have prepared a Survival Plan, but it's often one that only covers one

circumstance. If we lived in a perfect and predictable world, a single plan would be good. But a bushfire is unpredictable.

Your plan should include a number of different plans based on different scenarios that are beyond your control. We call them 'what ifs'!

- What if your plan was to leave early, but a fire starts near where you live? Are you prepared for this?
- What if you are unable to leave? What is your plan to shelter if it's unsafe to leave your area?
- What if you and your partner are both out of the area when a fire starts in your area? You may not be able to get back home if the police have set up a roadblock
- What if some of your family are at home and others are out of the town?
- What if your children are at home, and you have gone into town to do some shopping?
- What if your main evacuation route is blocked? Do you have an alternative?
- What if you can't get to a designated neighbourhood safer place?

Remember it is a place of last resort! Do you have a fallback position?

- What if there are several fire danger days in a row? How will this affect your plan?
- What if you have visitors?
- What if you have elderly family, friends or neighbours?
- What if the power, water and telephone are cut off?

These are just a few examples. There are so many different 'what ifs' that will relate to your individual circumstances, and you should consider those as part of your plan.

For further information, contact the Woodend CFA on 5427 2356, or visit the station in Urquhart Street. Email: [office@cfa.org](mailto:office@cfa.org) or follow us on Facebook, or you can visit our website: [woodendcfa.org](http://woodendcfa.org).

SUBMITTED BY MIKE DORNAU, CAPTAIN  
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## The 5am club in pursuit of excellence

Coming up to a pretty big birthday, I thought I would share with you what I believe are the core reasons for my success. Most of you know me; I have lived and worked in the Macedon Ranges for more than 50 years, mostly teaching yoga and yoga teaching, painting, and for the last ten or so years, coaching using the tarot; for most of my life as a single person, and, at the beginning, with children, and with all the usual responsibilities and expenses. Although I have worked internationally, I haven't gone to live in New York or elsewhere, because I have loved my life here, and, to a large extent, The 5AM CLUB is what enabled me to achieve the amazing life I have had. If you want to write a book, learn a skill, or complete something you started years ago, then this extra hour (or two) will give you the opportunity to do so.

I joined what I called 'The 5am Club' about 50 years ago, because I had children at home, and wanted time to meditate, do yoga and paint, and the only real time I had was in the morning before the children got up -- there was no way they would join me at 5am. To get the most out of rising at 5am, I believe you have to focus on something that you personally want to achieve. When you do that, it is amazing – "an hour of power". I get enough out of it that I have kept the discipline up. It is time to dedicate totally to yourself; never use this time to check your emails or your social media. Among other things, I learned that not only can I rise early and get as much out of the day as any other normal human being, I start each day with a feeling of personal fulfillment. It took discipline in the beginning, but it has been so worthwhile. I would bring your attention to the fact that human beings do need six to eight hours of sleep and I factor that in by going to bed earlier. Enough that I get at least 6 hours' sleep per night. Any more than that, and the extra sleep will make me feel woozy. If I have not been able to achieve six hours, I take an afternoon nap, which seems to make the difference.

Will I continue? I enjoy waking up in the quiet hour, not rushed, and I enjoy feeling that I have an extra hour in my day to study something that will make me better at what I do, and will ultimately increase my income. It means I can write up my client notes in the peace and quiet, take extra meditation time and extra contemplation time. This is all I need to give me the motivation to get out of bed and begin the process.

If you want help making sense of your life, email me. Jahne Hope-Williams [yogafirst@netcon.net.au](mailto:yogafirst@netcon.net.au)

SUBMITTED BY JAHNE HOPE-WILLIAMS



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# Green Sports and Icy poles

Sports Clubs are embracing the opportunity to get together again.

For young people in Australia and around the world, climate change still remains the biggest social issue.

How do we respect and protect the environment, the places we play, the future of young people and put on a good community sport event to bring people back together?

One way is to think about some of the staples you serve up at the club. Remember there is no 'Away'. Eventually, everything we use ends up somewhere.

## Icy poles and lollies

It's a sure thing that there will be an icy pole or two and some lollies up for grabs this summer. Try to avoid those packaged in single use plastic.

You can still find old-fashioned paper-wrapped and boxed icy poles and ice creams at the supermarket. There are also a number of lolly brands now that come in all-paper packaging or paper and foil that is easily separated.

## Drinks

From coffee to water, sports drinks to alcoholic beverages, here are a few tips:

- Serve coffee in keep cups, crockery, glass or compostable cups with compostable lids. Ask your coffee truck of choice to do the same.
- Serve on-tap, soft drink or mixed beverage and tap water in glass or compostable cups (no lids required)
- Only choose soft drinks and mixers available on tap or in cans or glass.
- Try to choose local beverages produced with sustainable principles.
- Leave paper straws behind the bar.
- Ban single use plastic bottles at training and the bar. Always be happy to fill up someone's reusable drink bottle.

If your club is at a well-used community hub, see if you can work with council to put in a refill water station, for your club members, community users, dogs being walked and wildlife that would love a sip on hot days.

## Choices

Remember, treats are okay as treats, however food and drink choices matter for the health of kids. Parents will be happier if there is less waste, better food options and water is the drink of choice.

## Bin It and #EmuBob

Make sure all waste goes in the correct bin.

At event end, run around the ground or venue and encourage everyone to do an #EmuBob. Bob down, pick it up and put it in the bin. Leave things better than you found them and protect wildlife in the process.

Next time I will be writing about materials waste in sport, how to reduce and recycle gear and equipment, uniforms and shoes.

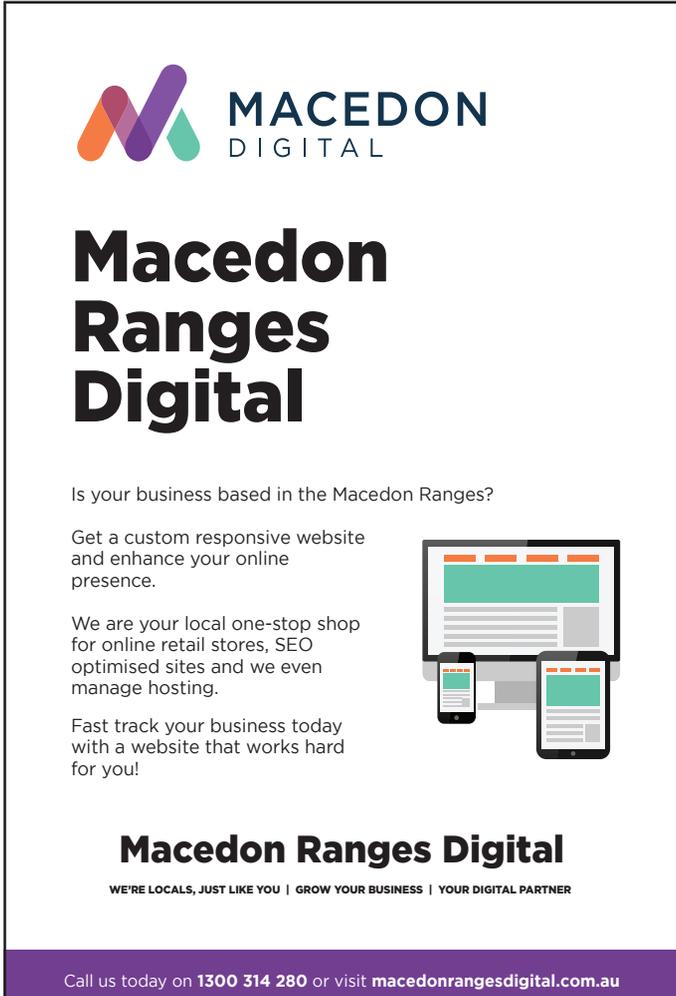
If you want to find out more about recently established sport shoe and equipment recyclers before next edition, please give me a call.

Funding Opportunity: Remember in February 2022, VicHealth Future Healthy "Make it Happen" grants of up to \$25,000 will be open for community organisations, including sports clubs. Visit [www.futurehealthy.vichealth.vic.gov.au](http://www.futurehealthy.vichealth.vic.gov.au) and sign up to the newsletter for more information.

#GreenPlanetSport #regenerativesport  
#kickplastictothecurb #FutureHealthy #VicHealth  
#noplanetnoplay #greensports #emubob

Need more ideas? Contact me at [annabel.greensports@gmail.com](mailto:annabel.greensports@gmail.com) | 0410 598 038

SUBMITTED BY ANNABEL SIDES, LEAD - GREEN SPORT ACTION - COOL CHANGES 3442 - MRSC WOODEND REGION CLIMATE CHANGE ACTION PLAN



The advertisement features the Macedon Digital logo at the top, which consists of a stylized 'M' made of three overlapping shapes in orange, purple, and teal, followed by the text 'MACEDON DIGITAL'. Below the logo, the main headline reads 'Macedon Ranges Digital' in a large, bold, black font. Underneath, there are three columns of text. The first column asks 'Is your business based in the Macedon Ranges?' and offers a custom responsive website. The second column describes them as a local one-stop shop for online retail stores, SEO, and hosting. The third column encourages fast-tracking business with a responsive website. To the right of the text is an illustration of a desktop monitor, a smartphone, and a tablet, all displaying a website interface. At the bottom, the company name 'Macedon Ranges Digital' is repeated in a bold font, with the tagline 'WE'RE LOCALS, JUST LIKE YOU | GROW YOUR BUSINESS | YOUR DIGITAL PARTNER' underneath. A purple footer bar at the very bottom contains the contact information: 'Call us today on 1300 314 280 or visit [macedonrangesdigital.com.au](http://macedonrangesdigital.com.au)'.

# Have a ball with Petanque

Did you know that the Woodend Hanging Rock Petanque Club now has a piste in Woodend? If you're not sure what a 'piste' is, check out the club's website for more details.

If you'd like to try this funny French game, the Woodend club is one of the most established clubs in Australia, playing regularly at The Old Woodend Racecourse & Hanging Rock Reserve and they'd love you to come along and try out the game.

To join, visit: [whrpc.com.au/join](http://whrpc.com.au/join)

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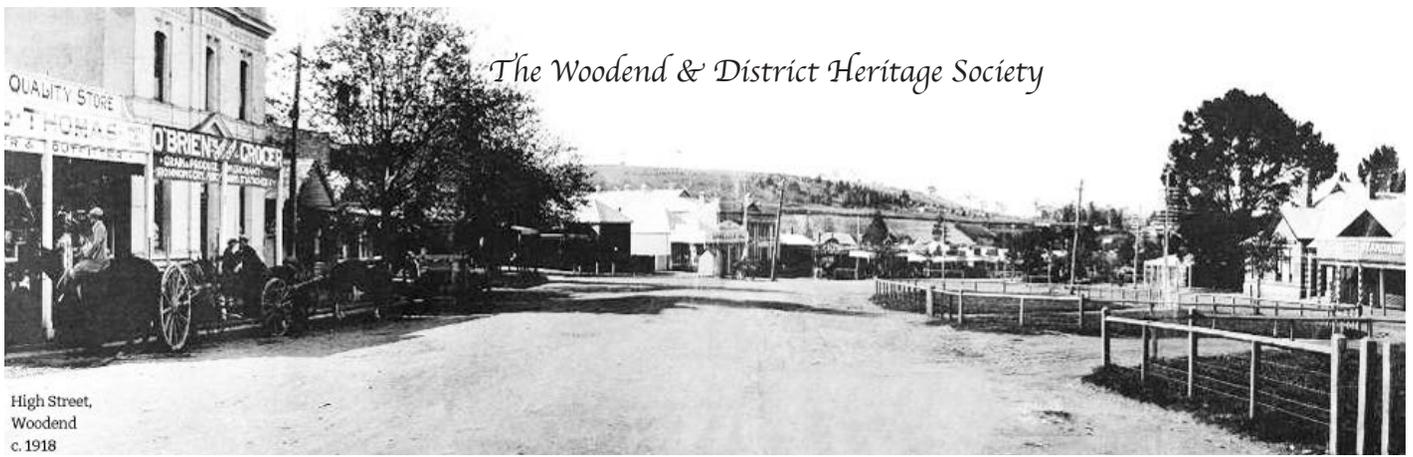
\*gift vouchers can also be purchased to a specific value



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2C Dickens Street, WOODEND



Members of Woodend Rotary at their Christmas celebration at Hanging Rock. Isn't that a magnificent tree!



High Street,  
Woodend  
c. 1918

## The Woodend Bread Carts

For decades, the horse-drawn Woodend bread cart was a much-loved sight around the district. Bert Gagiero started a bakery in 1863 in High Street and delivered to Newham, Cobaw and Hesket twice a week, buying eggs and butter from his customers. His family ran the business for many years. A well-known bread carter was Percy Godden, who worked for G.M. Gagiero from 1918 until the early 1960s.

In 1893, Richard Nicholson built a bakery next to Keatings Hotel (now Holgate's). In 1897, Nicholas Jongebloed took it over until 1920. The bakery changed hands fairly often before 1937, when Alice Jongebloed became the owner. Later it changed hands again and eventually closed in the early 1970s.

Jack Styles, born in 1918, used to work at the bakery on Saturday mornings. He used to run up and down in bare feet in the big vats to help knead the dough.

In Ashbourne, Alison Tozer and children of the Coutts family on Falloons Road used to snack on loaves delivered into boxes at farm gates, until someone caught them. Alison's pocket money was curtailed for some time.

In the Woodend Star, in 1937, an unknown admirer penned a poem 'Lines to a Woodend Baker':

Oh Baker man I saw your light at twelve and one and now it's two:  
I wonder if you work all night – Dear me – the whole night through!  
That should be pondered when I spread Butter on my piece of bread.

I'd like to think you quit, Turn in, curl up as warm as toast  
By three or half past three at most. But all the same it seems to me  
That when we sit at breakfast, lunch or supper ... and while we calmly munch the bread you bake for us, we ought  
To spare you at least one kind thought."

-----  
SUBMITTED BY JANE HOLTH

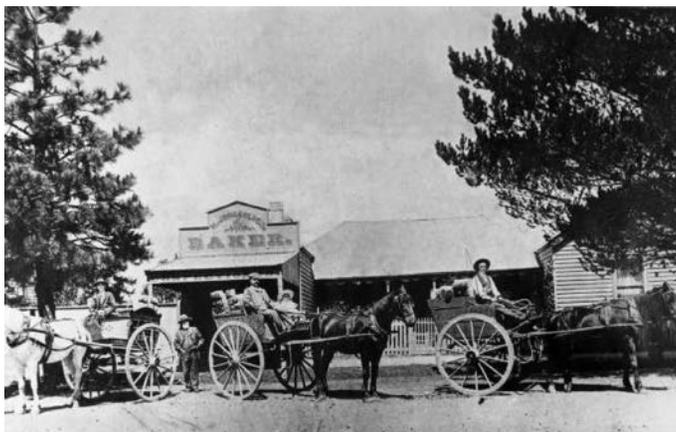


Photo 324: Nicholas Jongebloed, one of his children and presumably his team of bread carters and staff



Photo 1597 Bert Gagiero with the baker's cart delivering to McKenzie's farm at Newham.

# Congratulations to our club champions

During December and January, we completed several of our Club Championship events, all resulting in some very close Grand Finals.

Rosalie Campbell is the new Woodend Bowling Club Ladies Singles Champion, after defeating Anne Dornau. Rosalie shot out of the blocks with an 8-1 lead after 7 ends, before Anne fought back to equal at 10-all in the 13th end. Rosalie then extended her lead to win 26-16 after 22 ends.

Club veteran Norm Bickerdyke is the Woodend Bowling Club Mens Singles Champion for the 4th consecutive year, after defeating John Fisher. Norm led by 7-3 by the 6th end, then John fought back to lead 10-7 in the 11th end. By the 22nd end, it was 18-all after Norm picked up four shots to draw level. Norm then played consistently to win 26-20 after 30 ends.

Congratulations to all players for reaching the Grand Finals and Bev Muir and President Mike for marking.

Other events still to be completed include the Consolation, Ladies Pairs, Men's Pairs, Mixed Pairs, 21 Up and 100 Up.

The new pennant season rolls on

The Club has teams in both Midweek (Tuesdays) and Saturday Competitions. Following the Christmas break, the teams returned to competition on Saturday, January 8.

At the time of writing, the team positions are listed below, but this may have changed by the time you are reading this.

Our Saturday Division 2 team moved into top spot on the ladder after a good victory over previous ladder leaders Macedon on January 15.

Our Saturday and Tuesday Division 3 teams were both in 5th place, with good chances of making the finals in each.

While the Tuesday Division 1 team is facing some tough competition, with many very close games losing by only a couple of shots.

You become part of a great community

Lawn bowls is the sort of sport that fits in with your lifestyle. It can be as competitive or as social as you want it to be, and you can find a game just about any day of the week.



You will find our clubhouse facilities comfortable and inviting, and bowlers are well known for their hospitality towards newcomers.

Once you join a bowling club, you will discover your membership becomes a passport to a friendly welcome at any bowls club in Australia. And being an international sport, your membership means you will never be without a friend when travelling.

Come on down for a free trial

If you have wondered what playing lawn bowls is like, why not come down to the Club and have a go.

We can provide everything you need, the bowls and important guidance from one of our experienced players. And it's free!

Lawn bowls is now played by people of all ages. In fact, most of the players in the Australian team are in their twenties and thirties, and some are still in their teens.

Check out our website and Facebook page

For more information, please call our new phone number, 5407 9220, or visit our website at [woodendbowlsclub.weebly.com](http://woodendbowlsclub.weebly.com). You can also follow us on Facebook.

SUBMITTED BY MIKE DORNAU, PRESIDENT,  
WOODEND BOWLS CLUB



Anne Dornau and Rosalie Campbell



John Fisher and Norm Bickerdyke

## Smart help with addiction

A free weekly support group is starting in the Macedon Ranges for those wanting to cut down on their drinking, online shopping or other addictive behaviours that might have become a problem. The SMART Recovery group, delivered by Sunbury and Cobaw Community Health, helps people set realistic goals, identify their addiction triggers and teaches techniques to cope with urges and cravings. SMART Recovery was previously run just for women but this year the group is open to all. "The program can be applied to any addictive behaviour, for example, drinking, drugs, sex, shopping or gambling," says Staumn Hunder, the group facilitator. "We focus on what is currently happening in a person's life, rather than looking at the past, and we use the collective experience of the group to help people find strategies that work for them."

The sessions explore the psychology around addictive behaviours and use proven therapies and techniques to help people achieve the outcome they are looking for. There is no obligation to attend every week, and participants are encouraged to take control of their behaviour in a way that makes sense to them. The meetings take place on Wednesdays at 1.30pm at Sunbury and Cobaw Community Health, 1 Caroline Chisholm Drive, Kyneton. To register, or to express your interest in joining an evening group, contact Staumn Hunder on 5421 166 or email [Staumn.hunder@scchc.org.au](mailto:Staumn.hunder@scchc.org.au).

SUBMITTED BY SARAH TURNER, COMMUNICATIONS COORDINATOR,  
SCCH

**Did you get a new member of the family over Christmas?  
Need some help, recommendations or support?**



**31 Brooke Street  
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Between all of us in the team we have pretty much had every pet or paddock ornament in the district, and are happy to spend some time with you to share what we know.

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## Annual Picnic at Hanging Rock Car Show is back

The Macedon Ranges & District Motor Club is again hosting their Picnic at Hanging Rock car show and picnic.

The key difference for 2022 is that ALL tickets for display cars and the general public must be pre-purchased online. All attendees must QR code and be fully vaccinated. This will be checked on entry.

Put Sunday 13 February in your diaries and purchase tickets in advance. Read all the details on: [picnicathangingrock.com.au](http://picnicathangingrock.com.au)

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Junior's first outing? Looks like junior preferred to jump back into bed rather than hang out with the grown-ups. Lots of kangaroos and their joeys around at this time of year. Do you know who to call if you find injured wildlife? See [mrwn.org.au](http://mrwn.org.au)  
Photos by Peter McTaggart

# Class of 2021 – Student Success

Sacred Heart College Kyneton's byline is 'Learn Care Flourish' and the experience of students last year highlighted how important each of these principles is to the health of our students, staff and school community. The enormous challenges posed by COVID-19 over the past two years, with interminable lockdowns, ongoing uncertainty and repeated periods of remote schooling have challenged children and young people to develop resilience, independence and self-motivation in ways not seen for generations.

I am immensely proud of the success that Sacred Heart College VCE and VCAL students achieved last year, with excellent results reflecting our very positive, supportive yet challenging educational environment. Notwithstanding the emphasis that all schools have placed on the wellbeing of students and staff over the past two years, it remains critically important for young people in their final years of schooling to achieve their full potential. Such performance allows the broadest choice of future pathways, tertiary education and career options.

In 2021, Sacred Heart College Kyneton continued to be an outstanding co-educational Catholic secondary school, with our final year VCE students achieving a median study score of 30. Across the year level, 30% of students achieved an ATAR of 80 or above, and 50% of students achieved an ATAR of 70 or above. Congratulations also to the 2021 College Dux, Matilda Foerster

who achieved an ATAR of 98.35, and the 2021 Dux Proximus, Hunter White, who achieved an ATAR of 98.25. These results compare very favourably with like schools in the district and ensure that Sacred Heart College alumni graduate with excellent prospects in the world beyond compulsory education.

Following the first round of tertiary offers, the College was thrilled to learn that 94% of SHC students who applied for a tertiary course through VTAC have received an offer. The College will continue to gather data relating to the diverse pathways of students from the Class of 2021, which, as well as tertiary education and training, can include options such as employment, traineeships, and apprenticeships and look forward to sharing more about their career destinations in the months ahead.

We thank all those who supported our students throughout their final secondary years – parents, family members, teachers and friends. We

wish all from the Class of 2021 the very best as they begin the next stage of their lives, and trust that the foundations formed during their time at Sacred Heart College support them to flourish personally and professionally in the years ahead.

SUBMITTED BY DR DARREN EGBERTS, PRINCIPAL



Part of a Year 12 student visual message of encouragement circulated to parts of the College community who were still in lockdown



Students of Sacred Heart's Class of 2021

**Learn. Care. Flourish.**

**Choosing a school for your child?**  
Limited places currently available at Years 7-12, 2022.  
Don't miss our next College Tour on 15 February, bookings essential. Visit the College website for 2022 tour dates and bookings, or contact the Registrar for enrolment information.