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fire-danger-period-restrictions](https://www.cfa.vic.gov.au/warnings-restrictions/fire-danger-period-restrictions)**

How well do you know fire?

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A message from A Connected Woodend



Keep this page on your fridge and regularly discuss your plan with your family members.

PUBLISHER
The Rotary Club of Woodend
ABN 32 685 225 No. A0021518E
PO Box 333 Woodend 3442
Published monthly (except January).
Distributing 4,100 free copies across
Woodend 3442 postal district.

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This paper is a member of
Community Newspapers
Association Victoria

Supported by

Printed by Mulqueens Printers
147-151 Allingham St,
Golden Square, VIC 3555

Black Forest Drive artist impressions released

Artist impressions showing key safety improvements planned for Black Forest Drive between Woodend and Macedon have been released, along with more information about the final scope of works.

The safety improvements will benefit all road users and include changing the lane configuration to one lane in each direction, to allow for new dedicated bike lanes.

Designs include a new painted centre median to provide space for new right-turn lanes and pedestrian refuges and road surface resealing.

The dedicated bike lanes will improve safety by separating bikes from other vehicles. The lanes will also make bike riders more visible to other road users, reducing the chance of collisions occurring.

New right-hand turn lanes for accessing side roads will be added at 13 locations in the new centre median, to provide safer turning for all road users and reduce the risk of nose-to-tail collisions.

The new centre median can also be used by all road users to safely turn into properties without needing to stop in a traffic lane.

Pedestrian islands will be built at key locations to boost safety, especially for school children using bus stops.

The works are designed to improve safety for all road users along a 12-kilometre stretch of the road, between Quarry Road and Mount Macedon Road.

The safety improvements have been informed by crash history data, road safety guidelines, community feedback and the surrounding environment.

Member for Macedon Mary-Anne Thomas said that the works will deliver important safety improvements for drivers, cyclists and pedestrians using Black Forest Drive.

Funded by the state government in the Victorian Budget 2021-22, the Black Forest Drive safety improvements were the subject of extensive community consultation by the Department of Transport and Planning and Works on the safety improvements are expected to start in early 2024.

To view the concepts or for more information, visit the Regional Roads Victoria website.

SUBMITTED BY ELLEN SPOULE,
DEPARTMENT OF TRANSPORT AND PLANNING



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Message from your local Police Sergeant

I've been watching with interest social media posts on the proposed changes to Black Forest Drive, and it's important to remember there are various opinions and competing priorities around the issue. VicPol management were consulted, and I did give my thoughts for consideration, such as needed repairs to the Woodend-Tylden Rd and improvements to the intersection of Urquhart/High Street. But alas this was not to be. Here's hoping that these also get the attention they deserve in the future.

As most of you would expect, we are constantly being asked to undertake traffic duties to curb the ballooning road tragedies. Unfortunately, Woodend residents have not been immune to road tragedies this year. The impact on families/friends left behind and the greater community has been significant. So, we will continue to be out and about enforcing road rules, conducting breath tests, and making ourselves ever-present on the roads. Please be safe on the roads, don't speed, don't be distracted by your phone, and if you want to have a drink; find alternatives to get home safely.

I'm also going to cross promote something here. This summer is predicted to be very warm and dry, potentially resulting in a fire season we haven't seen in several years. Please prepare early the old saying: "An ounce of prevention is worth a pound of cure" or, for the metric minded, a gram of prevention is worth a kilo of cure.

Lastly, I understand that many of you want to speak with us at the Police Station about a range of "things". Victoria Police current policies say we must work in pairs while in the car or when the Police Station can be open to the public. With such a small number of members, this means we are out and about more often than not; often just coming in to complete paperwork – so please be understanding that this means we are rarely able to be open for counter enquiries.

Please have a safe and enjoyable rest of the year.
SUBMITTED BY DAVID ARNOLD, SERGEANT, WOODEND POLICE STATION

Black Forest Drive safety improvements – Woodend to Macedon Intersection upgrade



DTPL15/23
VICTORIA State Government
Department of Transport and Planning
Authorized by the Department of Transport and Planning, 1 Spring Street, Melbourne

regionalroads.vic.gov.au

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.

News from the Woodend Neighbourhood House

Woodend Community Yard Sale 18 November

We've joined the Garage Sale Trail and have registered our address to help you turn your stash into cash! Whether you're selling, shopping or helping to spread the word, being a part of our Yard Sale will mean you help extend the life of over three million kilograms of stuff, saving it from landfill.

Sellers will pay a registration fee of \$10 to secure a 3 x 3 metre spot in the garden of the Woodend Neighbourhood House. Stallholders will need to bring their own marquee, table and/or tarp – basically everything they'll need to create their selling space.

For those with less to sell, there are a limited number of tables available in the House – each costing \$5.

Registrations close on Wednesday 15 November, or sooner if sold out.

Visit our website to register your spot!

November Community Lunch

Join us for the November Community Lunch at the Woodend RSL on Tuesday 14 November at 12 noon. There's always lots of laughter and good conversation as we share a two-course meal with friends, old and new. Bookings are needed to help with catering, and a donation on the day is most welcome, but not essential.

Reverse Advent Calendars

Our hugely popular Reverse Advent Calendar Appeal is back for its third year. Last year more than 60 boxes went out to people in our community experiencing food insecurity or hardship – but we need your help to fill the boxes.

Unlike a regular Advent Calendar where the focus is on receiving a treat every day, the Reverse Advent Calendar encourages participants to place an item a day into the box in the lead up to Christmas (non-perishable food, toiletries, toys, books, or a Christmas treat). After 20 days, the filled Reverse Advent Calendars are returned to the Woodend Neighbourhood House for distribution. Contact the House to register your interest in filling a box – or receiving one.

Woodend Food Bank

The Woodend Community Food Bank is open on Mondays and Thursdays between 12.30pm and 2.30pm in the Undercroft of the Woodend Neighbourhood House. Access to the Undercroft is via the gates by the Skate Park, off Margery Crescent.



Donations are also very welcome via the collection bins in Coles and IGA in Woodend, and cash donations can be made in person or via bank transfer. Contact the Woodend Neighbourhood House between 9am and 3pm Monday to Friday to donate.

For more information about any of our upcoming activities, workshops, courses, or events, drop by the house, visit our website www.woodendnh.org.au or call 5427 1845.

SUBMITTED BY MELISSA BAKER

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Tea and Empathy

The mental anguish of refugees and asylum-seekers living in bureaucratic limbo is the theme of an upcoming event to be held at the Norma Richardson Hall in Woodend.

Tamil refugee Neil Para will recount his years of uncertainty following escape from the Sri Lankan civil war. He arrived in Australia with his wife and two young daughters and was held in community detention for nearly ten years, forbidden to undertake paid employment. His daughters were denied the opportunity to pursue study beyond the age of 18.

The situation for Neil and his family is now resolved, but the future of over 12,000 refugees and asylum-seekers remains uncertain. Atena Kashani, an 18-year-old from Iran, has been granted temporary asylum in Australia, but has no prospect of a permanent solution. She is desperate to further her education and has been offered a scholarship to undertake a law degree but, under the terms of her bridging visa, is unable to pursue it. She is one of thousands denied the opportunity to work or study and make a meaningful contribution to the country that supports them.

Neil and Atena will be joined in Woodend by author and academic Sandy Watson. A Trentham resident with close ties to the refugee community, Sandy founded her local branch of Rural Australians for Refugees and is Communications Convenor of the national body. Together with Neil and Atena, she aims to shed light on the trauma faced by refugees confronting an uncertain future.

The event, sponsored by Macedon Ranges Rural Australians for Refugees, is both an information afternoon and a fundraiser. Refreshments will be served in the form of a high tea. Wine can be purchased by the glass. Raffle tickets will be on sale with excellent prizes and music will be provided by Bendigo-based string ensemble, Trio Elegante. All funds raised will go to organisations directly supporting refugees and asylum seekers.

Where: Norma Richardson Hall, 15 Buckland Street, Woodend

When: 2–4.30pm, Saturday 11 November 2023

Tickets: www.trybooking.com/CMJGX

SUBMITTED BY ANDREW GRIMES



Neil Para and family



Atena Kashani and her mother

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A local mother and son are Rotary's newest members

Diana Abruzzi has had a remarkable career championing free enterprise, economic development and the advancement of women in business around the world.

She is the Founder and Global Chair of the International Women's Federation of Commerce and Industry, the first chamber of commerce for women in the world. Started in Melbourne in 1992, the IWFCI now has branches throughout the world, opening trade routes for women across the globe.

A long-term advocate of SMEs, Diana focusses on finance, access to international markets, and education, to equip businesses for the future. Today she is especially interested in the impact of AI on small business.

Diana has been inducted into the Victorian Honour Roll of Women; in 2019 she received international recognition in The International Alliance for Women World of Difference 100 Awards and in 2012 was named a Worldwide Who's Who Professional of the Year in Nonprofit Operations Management.

Tony Fusco is an ICT professional who has spent most of his career working as a Senior Quarantine Officer and Auditor in the Australian Government Department of Agriculture.

He has also served for 22 years in the Australian Army Reserves and is a committee member of the Woodend RSL.

Tony's community service also includes assisting the cadets at Braemar College and serving on the board of the Woodend Cemetery Trust.

Diana and Tony are proud to be joining Rotary so that they can develop their professional links and continue to serve in the community.

Welcome to Diana and Tony!

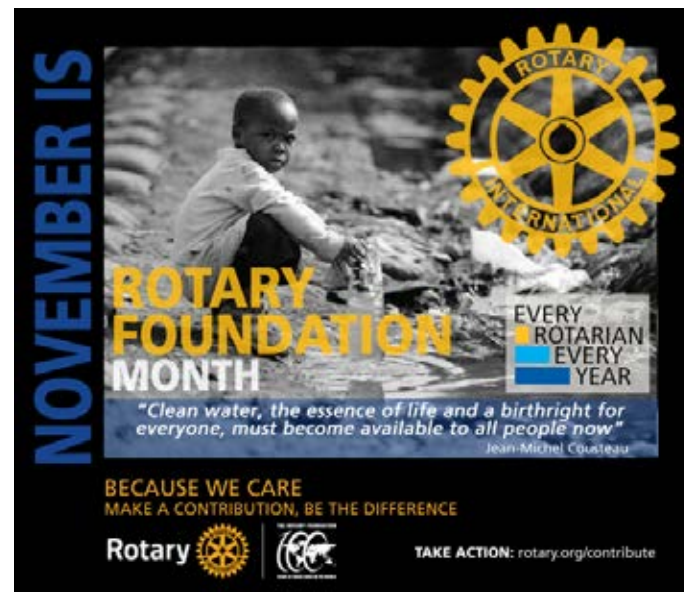
SUBMITTED BY DEIDRE WILLMOTT



Photo 1: President Deidre Willmott with Diana Abruzzi



Photo 2: President Deidre Willmott, District Governor Ron Payne and Tony Fusco



Grand Final pie night's inaugural event

The Grand Final Pie Night was embraced by Rotarians, families and friends at the Woodend Football/Cricket Clubrooms; it was a fun night filled with laughter, good pies sponsored by Bourkies, a handball competition and, more importantly, a fundraiser for the Football/Netball Club.

The highlight of the evening was the presentation of \$2,000 to the Woodend Junior Football/Netball Club to go towards the purchase of helmets. Brendan O'Connor accepted the cheque on behalf of the club.

Brendan spoke about the importance of like-minded organisations working together to make our communities a better place for our families to live in.

Photo: Deidre Willmott, President of Woodend Rotary, Brendan O'Connor and Steve Morrison



Photo: Rotarians and Football club members

Victorian Rotary Emergency Services Community Awards

Over 120 people gathered at Hyatt Place, Essendon Fields on the Saturday night of 16 September 2023 to celebrate the inaugural Victorian Rotary Emergency Services Community Awards (RESCA), honouring 11 finalists from ten of Victoria's emergency services agencies.

The Rotary Districts of Victoria Emergency Services Community Awards are an important mechanism for our community to acknowledge and celebrate the selfless community service of Victorian emergency services personnel and recognises the incredible achievements of both volunteer and paid officers. The Awards are community-nominated and recognise community involvement, in keeping with Rotary's motto of "Service Above Self".

The RESCA committee, led by Woodend Rotarian Grant Hocking with members from three districts, worked for several months to deliver this event and were rewarded by great attendance from across the emergency services sector. Deputy Secretary Emergency Management Kate Fitzgerald and Inspector General Emergency Management Tony Pearce were in attendance to acknowledge and congratulate all the finalists and recognise the two winners. Several other agencies were represented by Commissioners or CEOs along with Rotarians, and family and friends of the finalists.

There were excellent presentations from Dot Hennessy on the formation of RESCA and Dr Faye Bendrups on the ESF scholarship program.

The finalists were:

Melissa Buckingham – Ambulance Victoria (Ballarat), Graham John Symons – Country Fire Authority (Omeo), Tyson Taylor – Fire Rescue Victoria (Melbourne), Christopher Lee – Forest Fire Management (Knoxfield), Mevan Jayawardena – Life Saving Victoria (Mordialloc), Peter Bellion – Life Saving Victoria (Port Melbourne), Stephen Sennett – Red Cross (West Metro), William Robson – SES Victoria (Bacchus Marsh), Yvonne Berrie – St John Ambulance (Wodonga), Ann Meates – Victorian Council of Churches (Maribyrnong), Stan Jezewski – Shepparton Search and Rescue (Emergency Management Victoria)



The overall winner of Officer in a Volunteer Capacity was Country Fire Authority Group Officer Omeo Group of Brigades Graham Symons, and the overall winner for Officer in a Paid Capacity, is operational firefighter Tyson Taylor from Fire Rescue Victoria. These two winners went on to represent Victoria at the AUSRESCA (Australian RESCA) ceremony at Government House, Yarralumla, ACT.

The Victorian RESCA program also supports two Emergency Service Foundation Research Scholarships investigating mental health in emergency service workers (www.esf.com.au). The scholarship program was launched at the Victorian RESCA event, with applications being accepted until 19 November. Anyone working in the Victorian emergency services sector can apply for the \$10,000 scholarships. The announcement of the two successful scholarship applicants will be made in December 2023.

Nothing would have been possible without the support of our wonderful sponsors, and we thank them for their generous support of the Victorian RESCA program: Inspector General Emergency Management Trust, Transport Accident Commission, BankVic, Rotary District 9800, Rotary District 9820, Hyatt Place and Industry Media.

The Victorian RESCA program will continue each year, with nominations for next year commencing on 1 March 2024. Nominations can come from anyone in the community, including family, friends, and emergency services colleagues. We hope to see many more nominations next year from across Victoria.

More information about the Victorian RESCA program, information on all finalists and photos from the evening can be found at www.vic.rescawards.org.au.

SUBMITTED BY GRANT HOCKING ASM, CHAIR VICTORIA RESCA ORGANISING COMMITTEE

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Time to start your pre-summer clean up!



Now that the weather is starting to improve, people are beginning to venture outdoors, especially into the garden and other areas on larger properties. So, now is the time to prepare to reduce the risks of fire danger to you, your family and your property.

Clearing volatile fuels such as grass, undergrowth, fallen leaves, bark, dead branches and twigs will lower the intensity of a fire.

New local laws in the Macedon Ranges for burning off apply from 25 September 2023

Following the adoption of a new Community Local Law, new burning off rules and regulations apply.

If your property is less than 2,000 square metres (half an acre) – burning in the open air will be prohibited.

If your property is between 2,000 square metres and less than or equal to 4,000 square metres (one acre) – you must apply for a permit to burn off.

To apply for a permit to burn, complete an application and submit it to Council. There is no charge for a permit to burn application:

So, please visit the MRSC website for information, links and to make sure you are covered.

When undertaking a burn prior to the start of the Fire Restriction period, you should be very careful. If a burn

escapes due to carelessness and damages someone else's property, you will be held responsible. The most common causes of a burn getting out of control are strong winds and, more importantly, human error!

Always register your burn-off

- Call 1800 668 511 before you start a burn. Too often our volunteers are called to fight a fire which turns out to be a private burn.
- Keep your burn safe and legal.
- Never leave a burn unattended.
- Monitor weather conditions. If it's too windy you should delay.
- Have sufficient equipment and water to stop a fire spreading.

See you at the Woodend Farmers' Market

Hopefully, we will be able to start our annual pre-summer Community Safety Information Sessions, beginning with our presence at the Woodend Farmers' Market in November, December, January and February. A huge thank you to the Macedon Ranges Sustainability Group for giving us this opportunity.

For further information, contact the Woodend CFA on 5427 2356 or visit the station in Urquhart Street.

Follow us on Facebook, or you can visit our website: www.woodendcfa.org.

SUBMITTED BY MIKE DORNAU, FORMER CAPTAIN WOODEND CFA

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Do yourself (and our bushland) a favour

Choose non-invasive plants for your garden

Woodend Landcare and its predecessors have been working for over thirty years to protect and enhance areas of native plants on public land in the township. Compared to many other more rural Landcare groups, we have to deal with a lot more invasive plants emanating from nearby gardens. Many gardeners innocently choose plants that spread into the bush and then out-compete the indigenous species. Seeds can be spread by birds, but also by animals such as foxes and even by wind.

By far the worst offender is English ivy, which will flower and set seed if allowed to climb. Birds then carry the seed into bush areas and as a result, many of our indigenous plantings are now being swamped by ivy. If left, ivy will smother and kill natives, reducing the diversity of plants, animals and insects.

But ivy is not the only offender. Many people want fast-growing hedges, and some of the popular species such as Viburnum tinus, Ligustrum vulgare (privet) and Pittosporum tenuifolium are now also turning up in our indigenous areas. This is less likely to be a problem if the hedges are regularly trimmed and not allowed to flower and set seed, but unfortunately with our busy lifestyles, many hedges get out of control. Portuguese laurel (*Prunus lusitanica*) is also becoming a popular hedge and has real weed potential.

Stinking iris (*Iris foetidissima*) is grown for its bright orange seeds. These plants, however, are poisonous, with seeds that are readily spread by birds, and they are becoming common throughout our revegetated and native bush areas.

We have no hope of eliminating every non-indigenous plant from our public bushland reserves, but we do need to do our best to eradicate the most threatening of invaders that smother and displace local native species, reducing biodiversity. So please think carefully about your plant choices when planning your garden. There are plenty of non-invasive plants available, both Australian and exotic – just be thoughtful with your choices.

Our website woodendlandcare.org has some useful resources about weeds and planting lists. Our group also has members with expertise on this topic. Contact us if you want to discuss plant options.

Next Working Bee: 26 November, 9am – Campaspe Park, on the north side of the creek near the single public tennis court. This is our last Sunday bee for 2023, so we hope members and non-members alike can join us to celebrate another successful year.

SUBMITTED BY PETER YATES, PRESIDENT WOODEND LANDCARE

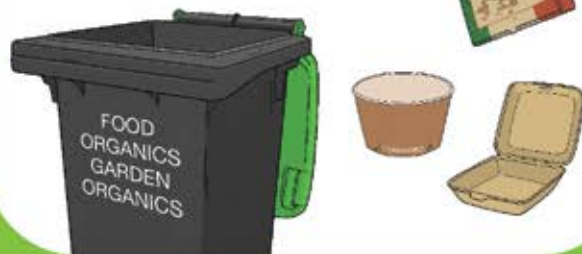


A small act makes a big impact

Refresh what you know about your recycling system

Scan the QR code, visit mrsc.vic.gov.au/bins or download the MRSC waste app.

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Remember to always put your **recycling** in the bin loose, never bagged.



Only put empty glass bottles and jars in your **glass** bin. **No** ceramics, Pyrex, light bulbs or other glass.



Drop your **batteries and e-waste** off for free at Resource Recovery Facilities (transfer stations), they **don't belong in your general waste or any other bin.**



News and events from Macedon Ranges Shire Council

National Recycling Week

Council is proud to support Planet Ark's National Recycling Week from 13–19 November. This year's theme is 'What goes around comes around'. The week focuses on reducing food waste (or making the most of it) and recyclable packaging.



Tips to reduce your food waste:

- Plan your meals for the week
- Make lunch from leftovers
- Freeze fruit for smoothies.

Tips to reduce your packaging waste:

- Remember your shopping bags, water bottle, and coffee cup when you leave the house
- Rinse out zip lock bags, ice cream and yoghurt containers and use them again to keep and store food
- Look for recyclable packaging made from recycled content like drink, shampoo and detergent bottles.

Looking for other ways to reduce your waste? Visit our website for more tips mrsc.vic.gov.au/reduce-waste

SUBMITTED BY BODEY DITTLOFF

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November Environment Events

Clover glycine survey – bushland reserves Kyneton

5 November, 10am–12pm, Bald Hill

5 November, 2–4pm, Black Hill

Help us survey the threatened species clover glycine. Clover glycine is recorded at two of Council's bushland reserves, Black Hill and Bald Hill. However, it is unclear how these populations are faring, and we are keen to know more. Local ecologist Karl Just will provide skills in identifying the species and lead the surveys at both reserves.

Koala Count – Hanging Rock

10 November, 10am–12pm, Hanging Rock

Join our koala monitoring program! Council's Conservation Reserves Officer, Simon Purves, will lead a koala count at Hanging Rock. Come along as a citizen scientist to walk the Hanging Rock grasslands or summit on the lookout for koalas. Council's Biodiversity Projects Officer, Tanya Loos, will also attend to share some insights into koala ecology and behaviour.

Nature guide in focus: Flora Guide

15 November, 7–8pm, online webinar

Expand your knowledge of the native plants of the Macedon Ranges and hear some identification tips. Martin Roberts, Bushland Reserves Officer, will take you on a journey to explore some special plants that are not featured in the guide and new species found locally, such as slender trefoil and clover glycine.

To register for all events, visit mrsc.vic.gov.au/environment-events

Textile recycling now available

Did you know Australians send 200,000 tonnes of clothing to landfill each year? We're excited to announce that we now accept textiles at our resource recovery facilities (RRFs).

We've partnered with Upcycle4Better to offer residents and community organisations a sustainable recycling solution for their damaged clothes, shoes, linen and so much more.

This free service is only for damaged or well-used textiles, all other items in good condition should be donated to your nearest op shop. When placing items into the chute, please ensure they are dry.

For a list of accepted items, visit mrsc.vic.gov.au/RRF



Spring update

The Newham & District Landcare Group has been continuously busy this year by providing members with information evenings, newsletters packed with great articles and links, conservation projects, and of course their autumn and spring tubestock sale. An informative evening was held on Friday 27 October at the Newham Hall on pollinators in our environment and how to contribute to pathways towards greater biodiversity.

The Group is delighted to report that they have been awarded a Victorian Landcare Grant of \$19,982, administered through North Central Catchment Management Authority.

This vital funding will enable furtherment enhance the Cobaw Biolink On-Ground works on both public and private land:

- Weed control and additional tubestock for the Anderson Road Triangle will continue a very exciting project which will see it converting a 10,000 m² triangle of degraded public land into a significant patch of biodiverse woodland habitat within the Cobaw Biolink.
- A 650-metre stretch of seasonal waterway in the upper Campaspe Catchment that in the past was cleared for farming activities will be fenced to exclude stock and will be revegetated with indigenous native plants. Stream rehabilitation works such as this not only build a network of habitat across the landscape, they serve to mitigate the risk of erosion and improve water quality.

Being a member of a Landcare Group gives you the opportunity to put something back into nature, learn heaps about biodiversity and meet likeminded people who really care about our future ... For more info on how to get involved go to www.newhamlandcare.info.

SUBMITTED BY KAREN HUNT



Early Nancy flowers on Quarry Road, photo by Hubert Weisrock

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Golden moth orchids on Quarry Road, photo by Hubert Weisrock

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1st Saturday of every month

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Sacred Heart receives Landcare grant



Terrific news! We've just received a 2023 Junior Landcare and Biodiversity Grant!

We're excited to announce that Sacred Heart College Kyneton has recently received a 2023 Victorian Junior Landcare and Biodiversity Grant and will be using the \$4,900 grant for our Campaspe River revegetation project.

Our school backs onto the Campaspe River, and for many years we have been working to remove weeds and restore some form of indigenous riparian strip. There have been several efforts at spraying, cutting and grooming woody weeds, followed by several rounds of plantings and followup weed control to reduce competition from invasive introduced species. We are now ready to do another round of weed control, replanting, nest box placement and followup weed control to reduce competition for new plantings.

On Wednesday 11 October, Brendan and Paul from Campaspe River and Land Management Group aided Sacred Heart College students and staff in the planting along the Campaspe River. Brendan also provided materials for the planting and donated several Australian Anchor plants (*Discaria pubescens*), that are listed as threatened under the Flora and Fauna Guarantee Act and are rare in Victoria.

Year 11 and 12 Environmental Studies students were involved in planting across the morning as part of this revegetation project. The College will oversee ongoing maintenance and weed control, with an aim of reducing competition from introduced species, and the students will monitor the success of the planting in the months ahead.

The Victorian Junior Landcare and Biodiversity Grants are funded by the Victorian Government through the Department of Energy, Environment and Climate Action.

SUBMITTED BY JENNIFER BALDWIN



Year 12 Environmental Studies students with staff, and Brendan and Paul from the Campaspe River and Land Management Group involved in the planting as part of the Landcare Grant.

Healthy Landscapes events

Grazing and farming discussion group

24 November 7-8.30pm, Monegeetta

The focus of this evening will be how to increase soil moisture by using the contours on your property. The property in Monegeetta has also fenced the waterway/riparian zone in a novel way to have the fence more resilient to flood damage.

Everyone is welcome to come along and discuss how your property is progressing through the season. Topics covered at past events have varied from fencing techniques and equipment, tree planting, water infrastructure, animal and breeding choices, weed management and the list continues.

Grass identification field days

29 November, 7 December, 15 December, 10-11.30am, various locations

These field days are practical sessions for beginners to learn more about the grasses that populate your property and surrounds. Using our new Grasses of Central Victoria guide, our skilled grass identification practitioner will show you:

- how to use our new grass identification guide in the field
- traits of grassland plants
- how to identify native and exotic grasses in the field
- how to recognise important weeds of the region.

To register for healthy landscapes events, visit mrsc.vic.gov.au/healthy-landscapes

WOODEND PRODUCE STORE
31 Brooke Street
Open 7 days

November is the time to get your Woodend vegetable garden pumping!

This summer is forecasted to be warmer than the past few years, so that means - **TOMATOES!**

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RANGE OF GLACÉ FRUITS FOR CHRISTMAS BAKING

Apples & Sage Christmas Fruit Cake

It's that time of year again! Make this Christmas Cake well ahead of the big day - in fact, the longer you leave it, the better it will be! Made with organic fruits including currants, raisins and sultanas and a healthy dose of brandy, this cake is fruity and moist. Serve with a dollop of brandy butter for a real indulgent Christmas experience.

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Mon - Fri: 9 am - 5 pm Saturday: 9 am - 4 pm Sunday: Closed

Woodend Senior Citizens

In November, we are moving to our new home in the Undercroft of the Woodend Neighbourhood House, with access via the gates next to the Skate Park off Margery Crescent.

Our meeting times will stay the same, with Button Bingo on Tuesdays (1pm to 3pm) and Cards on Fridays (1pm to 4pm). Please come and join us.

Our November bus trip is on Thursday 9 November and will be to Corio Bay in Geelong for a 2-hour cruise and a 2-course lunch on the boat.

Our Christmas Lunch is on Thursday 14 December at the Highland Society in Maryborough. Cost includes the bus, two-course Christmas lunch and a stop at the Chocolate Mill at Mount Franklin on the way home.

On Saturday 18 November, the Woodend Neighbourhood House will host a Yard Sale in the garden, and the Woodend Seniors Group will have a stall.

New members welcome. If you are interested in joining, please call Margaret (0458 272 767), Irene (0417 676 843) or Alma (0400 134 478).

SUBMITTED BY HELEN, WOODEND NEIGHBOURHOOD HOUSE

Kindness Cup

The Kindness Cup is an ecoChic "Nup to the Cup" extravaganza brought to you by Veg Action.



Think about reusing, renting, buying from an op-shop, upcycling, or borrowing your outfit, and go big.

Bring your friends and family for an afternoon of hilarity, with non-horse races, dancing, glamour and outrageous fashion, a catwalk and prizes for Cup-day hats and style.

When: Tuesday 7 November, 2-5pm Malmsbury Town Hall, 91 Mollison Street, Malmsbury.

To find out more, go to mrs.org.au/events-calendar/2023/11/7/kindness-cup



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What's on at the Library?



Craft and Chat

Wednesday 8 November, 2pm

Come along and enjoy working on whatever your craft project is with a group of like-minded, friendly people. Ros will be working on her Premie Hearts, so feel free to help her or bring your own craft project and share tips and ideas!



Health, wellbeing, technology and you

Monday 13 November, 10.30am

Interested to know how apps and devices can help you improve your health and wellbeing? We'll answer your questions and demonstrate a range of resources to help you achieve your goals. Bookings required.



Dr Lucas Jordan: The Chipilly Six

Thursday 16 November, 2-3pm

In 1918, at Chipilly Spur overlooking the Somme River, a British Army corps is held up by German machine gunners with more than 2,000 men fallen. Assessing the situation, six Australian soldiers, including one from Muckleford near Castlemaine, and another from Woodend, drive the Germans off the Spur in an extraordinary feat of bravery. Military historian Dr Lucas Jordan tells a compelling tale of these soldiers' lives, both during the war and after, ensuring they will not be forgotten.

Book sales and signings. Book here – www.goldfieldslibraries.com or call 5427 2074

One-on-one IT help

Don't forget we can help with any tech issues you're having; just give us a call on 5427 2074 to book in a time. If you need help setting up a new iPad or phone or email, or need help to change settings on your phone, or help with storing photos, please ask and we'll do what we can to help!

SUBMITTED BY EMMA KEENAN

Don't miss the Woodend Pony Club Gear Market

On Sunday 19 November 2023, Woodend Pony Club will be holding a new and pre-loved horse gear market. Gates will be open to buyers from 10am to 4pm, with plenty of bargains to be snapped up just in time for Christmas! We have a large range of keen sellers with new and used horse gear on offer. If you have some horse gear to sell, there is still time to book a stall! Stalls must be pre-booked and prepaid before the day – BYO tables or horse float.

Woodend Pony Club was established in 1971 and has recently reached its 50-year anniversary of supporting riders young and old in their equestrian journey. Pony Club is a great way to meet like-minded families and enjoy learning more about horses and riding. We have recently introduced a very successful new program called 'Riders Without Horses' to help families that are wanting to purchase a pony and don't really know where to start and what is involved in pony/horse ownership and pony club.

The Woodend Pony Club Gear Market is on Sunday 19 November, 2023 from 10am-4pm at the Woodend Pony Club Grounds, Racecourse Reserve, Forest Street, Woodend. Woodend Pony Club will be providing a fundraising BBQ on the day, including soft drinks and tea and coffee.

Put the date in your diary and book a stall if you have things to sell!

For enquiries, please see our Facebook page and Facebook Event or contact Jenni on 0427 271 339 or Sharon on 0406 558 555.

SUBMITTED BY JENNY DUDDRIDGE

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Supporting local families in need this Christmas through local businesses

Community organizations Kyneton Baptist, Sunbury Cobaw Community Health and MRSC, having served families here in Macedon Ranges at Christmas time for 13 years are once more partnering to support local families in need at Christmas.

We are again running our Gift Card program. By offering Gift Cards to local businesses right here in the Macedon Ranges, we are supporting not only local families in need, but our local economy at the same time. This model empowers local businesses to support local families, and we are seeking your financial donations to make this possible.

Families will receive Macedon Ranges Gift Shop Gift Cards, with a set amount for each child. Gift Cards can be redeemed at participating local business partners. We hope to have as many businesses on board as possible, offering as many products and services as possible.

The amount of assistance through gift cards we can provide will depend solely on the amount of financial donations we are able to raise. For 2023 we have a target to raise \$15,000!

If you are a local Macedon Ranges business interested in partnering in our Gift Card system for your store, we'd love to speak further and partner with you. Donations can be made by direct deposit, cash, cheque and online. Find us on Facebook for more details, or contact Macedon Ranges Gift Shop Coordinator Georgina Harvey, on 0404 442 891.

SUBMITTED BY GEORGINA HARVEY

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Don't Stop Me Now!

A beautiful spring morning in Woodend and the Farmers' Market suddenly felt, as one passer-by commented, "like a music festival". The Woodend Warblers were out and about, adding some melody and harmony to the September sunshine. Particular favourites with the crowd were Queen's "Don't Stop Me Now" and Sinead O'Connor's beautiful "In This Heart".

The Woodend Warblers have been singing for five years now and are open to absolutely anyone who'd like to have a go. Soprano singer Kelly Clune says "One of the things I love about singing with the Warblers is that while we always aim to make beautiful sounds, it's okay to not be perfect. We all have a great time without feeling any judgement or pressure." The Warblers cover a wide range of songs, including traditional, gospel and modern music.

You don't need to have musical training or even much confidence: Choir director Andrew Price is very encouraging and in the company of other singers you'll soon find your voice. Tenor singer Lisa Waters has recently joined the Warblers: "I'm so glad I came along. So much fun and such a friendly and inclusive group!"

Bass singer Rob Shaw has this to say to newcomers: "I discovered the Warblers about three years ago, after way too long of not singing. Perhaps you are like me – perhaps there's a part of you that loves to sing but for whatever reason it's not been a priority. The therapeutic benefits of group singing are well documented, but the reality is so much more fun. Why not come along and see if this is a thing for you? And blokes – well, we always need more blokes!"

Check out the Warblers for a free first session on Wednesdays at 7.30pm at the Norma Richardson Hall in Buckland Street. Ring Andrew with any queries on 0419 604 444.

SUBMITTED BY JENNY ZIMMERMAN



We want to hear from you!

As summer approaches, it's time to start thinking and talking about bushfires.

To help start the conversation, Woodend CFA wants to know what questions you have about fire as part of our Woodend Community Preparedness 2023 Project, which is being co-ordinated by Woodend CFA volunteers Cara Nolan and Tom Lowe.

"There is a huge amount of information available to help people prepare for, respond to and recover from bushfire events," stated Tom Lowe, "but this can sometimes be overwhelming.

"We want to find out what people in the Woodend community most want to know about bushfire, so that we can tailor the information we provide and make it more relevant to the likely fire scenarios in the Woodend area.

"By using local networks such as schools, online forums and community groups to engage with the community," added Cara Nolan, "we're already learning about people's concerns and getting a better understanding about their priorities. Some of these are specific to property preparation, but others are wondering about living with the threat of bushfire in the long-term."

So, you can help by answering a couple of simple questions:

- What do you want to know?
- What are your concerns and what will help you feel more prepared for bushfires?
- How would you like to receive information around bushfire preparedness?

For example, here is a list of considerations: Community information session or presentation; online resources and website; brochures and flyers; a webinar; a conversation with CFA member or expert; facilitated conversations with neighbours or other people in Woodend; or other suggestions.

"We'll use your questions to help us prioritise the information that we provide in the future, and support the people of Woodend to keep thinking and talking about bushfires and what they mean for our community," said Mr Lowe.



Tom Lowe and Cara Nolan, project co-ordinators

"Once we feel we have a clear picture of people's information and engagement needs we intend to package and disseminate the information in ways that are accessible and relevant to the Woodend community," concluded Ms Nolan.

To fill in the survey, please go to: tinyurl.com/WoodendCFA or contact the Woodend Fire Brigade. You can also speak to Woodend CFA volunteers at the Woodend Farmers Market on 4 November.

SUBMITTED BY MIKE DORNAU, FORMER CAPTAIN WOODEND CFA

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Cuboree 2023

The September school holidays were busy for the 1st Woodend Scout Group with twenty-three Cub Scouts, along with four leaders, two parent helpers, a Scout and a Rover from 1st Woodend Scout Group attending Cuboree, a massive camp at Gilwell Park in Gembrook. Approximately 3500 Cubs Scouts plus 1500 Leaders from across Victoria came to the five-day camp filled with activities, fun and adventure.

An event that takes place every three years, Cuboree is a wonderful experience for Cub Scouts. They camp in tents in units of thirty-six Cub Scouts, supported by ten leaders and parent helpers. Meals take place at their campsite, and Cub Scouts explore activity bases during the day and entertainment at night, learning new skills, making new friends and having an amazing time.

At the activity bases, Cub Scouts enjoyed a range of activities based around themes of: the Outback, Safari, Vertical, Theatre, Neon, Jungle, Scouts and beyond. Activities included rock climbing, bouldering, a giant inflatable slide,



Photo: Annabelle.

a mud run, water slides, archery, bridge building, STEM activities, theatre activities, games and a visit to Healesville Sanctuary. Night entertainment included a magic show, a dance concert and more.

At the end of the five days, the Cub Scouts returned to Woodend happy and exhausted with experiences they will remember for a long time to come. Cub Scouts is for youth aged between 8-11 years of age. 1st Woodend Scout Group offers Scouts for youth aged between 5-25 years of age. If you are interested in learning more about Scouts, please contact acting Group Leader, Chris Eagle at gl.woodend1st@gmail.com.

SUBMITTED BY CHRIS EAGLE

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New infrastructure grants to support community sports

The Victorian Government is helping communities transform sports facilities, build change rooms and recreation infrastructure through a new round of funding.

Member for Macedon, Mary-Anne Thomas announced last month the opening of applications for the 2023-24 Local Sports Infrastructure Fund – backed by up to \$5 million from the Victorian Budget 2023-24.

The Fund has three funding streams; providing up to \$300,000 for Community Facilities, up to \$250,000 for Community Sports Lighting, and up to \$40,000 for Planning.

Ms Thomas said the aim was to help sporting clubs keep up with soaring demand, while also making them accessible and more inclusive. "Sport and active recreation are the heart and soul of Macedon. Unfortunately, many clubs and communities are struggling with run down facilities," she said.

"I urge councils and sporting organisations to partner and apply for projects that will make a real difference to the lives of Victorians

All Victorian councils and Alpine Resorts Victoria are eligible to apply for funds towards a range of community sports infrastructure and active recreation developments including court lighting upgrades, skate parks, planning projects and more to benefit local clubs and communities.

Interested clubs are advised to contact their local council to help with the application process. For more information or to apply online visit sport.vic.gov.au.

SUBMITTED BY KATE LEE, OFFICE OF
MARY-ANNE THOMAS, MEMBER FOR
MACEDON



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Craft, upcycling and a whole lot of scones!



15,605 scones! That's just a few scones! A group from the Woodend Eves branch donned hair nets and aprons and headed to the Royal Melbourne Show, to witness scone-making veterans whip up thousands of scones at the Royal Melbourne Show. The line to grab a scone or country fare from the CWA pavilion was constant throughout the show. It was a great opportunity to chat to other branches and create new connections.

Talking scones: we headed to Bupa Woodend for a scone-making workshop as part of our community connection focus with older members of our community. The residents made scones for the other residents to enjoy for afternoon tea. It was a lovely morning and all residents participated in whatever way they felt comfortable. Thanks to our chief jam-maker for her contribution to topping the scones. Food, community and connection never go out of fashion!

Which leads us to our next question.

Sometimes we get asked, "How can the CWA stay relevant?" The CWA is more than making scones. It's about learning life skills, preserving the past and sustaining the future. Before the buzzword 'upcycling' was invented, generations of CWA members would work their magic on 'making do' and craftily creating from what people had in their cupboards.

Here is a story of upcycling from one of our members.

'Now almost a collector's item, the vintage Onkaparinga blankets are a rare find in today's society and almost a thing of the past. I saw an entry of a fellow CWA Sister at the Craft Show and her exquisite sewing skill caught my eye and I wondered...

I had a blanket that belonged to my parents, sitting at the back of a cupboard, long superseded by doonas on our beds. When I was growing up, Onkaparinga for me was a much-loved brand. Onkaparinga started in South Australia in 1869 in Hahndorf and then moved operations to Lobethal. We lived in South Australia and one by one my brother, sister and I moved for work and study to Victoria, and then my parents in their retirement joined us. My parents invested in these Australian pure wool blankets because of their quality and warmth. Although they have long since passed, the memories of climbing into my parent's bed and hiding under the covers and looking up at the colours of the blanket, and all the laughs and love shared are wrapped up now in a beautiful coat that fellow CWA sister Kelly has made for me. I feel close to my family and my childhood, which I will cherish forever when I put on this beautiful coat.

I just wanted to say thank you to Kelly for creating this beautiful coat out of family memories. I'll leave you with a lasting thought and one more bit of history, I am absolutely certain I was conceived under this very blanket over 58 years ago! Now I can wear it! Upcycling is always in fashion.

Look out for our stall in November on socials, and remember any woman is welcome in the CWA. For more information or connect via Facebook @CWA Woodend Eves or instagram @cwa_woodend_eves. We meet on the third Tuesday of the Month at 7pm at the Woodend Neighbourhood House. Please email cwawoodendeves@gmail.com for more information.

Yours, in CWA friendship.

Written by Anita La Forgia and Lynne Payne for the CWA Woodend Eves

SUBMITTED BY ANITA LA FORGIA

U3A Kyneton



U3A Kyneton provides a stimulating environment for Macedon Ranges residents who have retired from full time work, and who enjoy meeting people and want to keep active.

U3A Kyneton offers the opportunity to participate and develop skills in a range of educational and creative activities to promote a lifetime of learning and wellbeing. There are no entry requirements and no exams. The organisation is a voluntary, not-for-profit group and is a member of U3A Network Victoria. Free weekly Friday presentations are held at 2.00pm at the Red Brick Hall, 23 Yaldwyn Street West, Kyneton.

U3A Kyneton is always looking for volunteers who might be willing to offer their time to share their knowledge to others about a specific topic, travel experience or history. This is an invitation to get in touch via email, u3akyneton@gmail.com or phone 0439 360 763.

Our programs include: guest speakers, choir, movies, poetry, current affairs, folk dancing, social gatherings, guided walks, tai chi, book circle, language and music.

Website: u3akyneton.org.au
Email: u3akyneton@gmail.com
Phone: 0439 360 763

SUBMITTED BY RONI TAUBMAN



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Your community diary

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

— NOVEMBER —

- 3–26..... Peter Pan @ The Mountview Theatre
- 4Woodend Farmers’ Market
- 5Clover glycine survey
- 7 Melbourne Cup
- 8 Kyneton Cup
- 9 Woodend Lifestyle Carers Group @ RSL 1pm
- 9 Bettlejorrk exhibition opens Kyneton
- 10..... Koala Count @ Hanging Rock, 10am
- 11Remembrance Day Service @ RSL 10.30am
- 11 Tea & Empathy, MRRAR, 2pm
- 11 Sacred Harp Singing, Kyneton Mechanics Institute
- 13.....Health, wellbeing, tech @ Woodend Library 10.30am
- 13.....Village Connect Bingo, Gisborne Golf club
- 14.....November Community Lunch @ RSL
- 15.....Knit, Chat and Cuppa, Norma Richardson Hall
- 15.....Online webinar Flora Guide, 7pm
- 16.....Author Talk, Lucas Jordon @ Woodend Library 2pm
- 17–19.....Budburst
- 18.....Woodend Neighbourhood House Yard Sale
- 19.....Woodend Lions Market
- 19.....Woodend Pony Club Gear Market 10am
- 20The Umbilical Brothers – The Distraction, KTH
- 20Village Connect coffee event Lancefield
- 22Fly Fishing Association event, Gisborne
- 23Woodend Lifestyle Carers Group @ RSL 1pm
- 24Polio Day
- 24Village Connect Chess @ Gisborne
- 24Grazing & farming discussion group, 7pm
- 25Mental Health & Wellbeing workshop @ RSL
- 25–26.....Open Studios @ Macedon Ranges

— DECEMBER —

- 2Woodend Farmers’ Market
- 2Outdoor pools open for summer
- 17.....Woodend Lions Market
- 25Christmas Day
- 26Boxing Day

— JANUARY —

- 1.....New Year’s Day
- 6Woodend Farmers’ Market
- 21.....Woodend Lions Market
- 26Australia Day

— FEBRUARY —

- 3Woodend Farmers’ Market
- 11Ross Wilson & the Peaceniks @ KTH

— MARCH —

- 2Woodend Farmers’ Market
- 11Labour Day Holiday
- 29Good Friday
- 31Easter Sunday



Kyneton Town Hall Events

To purchase tickets to Kyneton Town Hall events, visit mrsc.vic.gov.au/buytickets or call 1300 888 802 (10am–4pm, weekdays).

Ross Wilson & The Peaceniks

4pm, Sunday 11 February 2024

Ross Wilson is hitting the road with his all-star band The Peaceniks to celebrate over 50 Years of Hits including all the Daddy Cool and Mondo Rock favourites and more. With 26 ARIA Top 40 hits to his credit as a singer, songwriter and producer, Ross Wilson is one of Australia’s most awarded, respected and well-known artists!

From the legendary band Daddy Cool whose number one anthem ‘Eagle Rock’ and debut album ‘Daddy Who?’ smashed sales records in Australia in 1971, to the 1977 formation of Mondo Rock, delivering 80s hits ‘Cool World’, ‘State of The Heart’, ‘Chemistry’, ‘No Time’, and ‘Come Said The Boy’, and now into the 21st century as a solo performer, Wilson’s performances are legendary.

To purchase tickets to Kyneton Town Hall events, visit mrsc.vic.gov.au/buytickets or call 1300 888 802 (10am-4pm, weekdays).

Knit, chat and cuppa

Knit, Chat and Cuppa is held every third Wednesday of the month at the Norma Richardson Hall, 15 Buckland Street Woodend from 11am. No charge.

Bring your own craft or knit squares for the St Mary’s Guild’s long running blanket drive (and other knitted items) which are donated to various charities. We have yarn or you can bring and donate your own.

The guild’s current focus is on Aboriginal communities in central and remote Australia.

Come and join in with the friendly and casual atmosphere. For more info: contact Sylvia on 0488 776 645.

Dance enrolments for 2024

We are now taking enrolments for dance classes for 2024 in Woodend and Gisborne.

Tiny Tackers is designed for ages 2-5 years and offers a playful introduction to tap, ballet, and jazz in an imaginative setting.

Studio2MIX brings ballet, tap, and jazz to ages 6-12, providing a structured yet enjoyable program.

Intermediate and Youth classes offer the latest moves and music, ensuring a blast while learning.

For information, visit mrsc.vic.gov.au/dance or call 5427 3411.

Woodend Art Group Exhibition

Annually, Woodend Art Group’s members hold their judged exhibition over the Melbourne Cup weekend. This is a great time to visit the Macedon Ranges; Woodend is nestled in the foothills of Mt Diogenes Hanging Rock. Having the gallery in the historic railway station building means that visitors from all over the state can visit without the need to drive. Paintings both framed and unframed, felt work, silk scarves, sculpture, pottery, photography and much more will be available to be viewed and purchased.

The exhibition will be opened on the Friday evening. Judging will be done by Maxine McKee. Door prizes will be offered daily.



Hanging Rock Winery – Art in the Vines sculpture exhibition

Art in the Vines is now in its sixth year and continues to grow in popularity year on year, with people travelling from all over Victoria to see it. This isn’t just any old art show. Curator, Malcolm Thomson has sought out sculptures from some of Australia’s best-known sculpture artists, alongside some very exciting up-and-coming artists. These sculptures and their creators have been selected to make sure there is a great mix of works covering a number of styles, materials and origins.

Macedon Ranges and Hepburn Shires and the city of Bendigo are home to some of Australia’s most talented sculptors. Over the years we have been able to exhibit many of these such as Tim Jones, Geoffrey Barlett, Jock Clutterbuck, Brigit Heller, Anton Hasell, Simon Normand, Geoffrey Ricardo, Mela Cooke, Matt Harding, Frederick White and many others. We’re also lucky enough to exhibit interstate artist Steven Glassborow and international artists, Andreas Buisman and Kerry Canon.

This year we are excited to introduce the HRWS Award to be judged by Dan Wollmering, PhD, former Senior Lecturer in Sculpture from Monash University. The Award will be an addition to this unique exhibition being developed by the Ellis Family.

For more information on Art in the Vines and Hanging Rock Winery, visit hangingrock.com.au

Hanging Rock Winery – Art in the Vines 2023–2024
What: Art in the Vines–Sculpture Exhibition. One of Victoria’s largest sculpture events.

Where: Hanging Rock Winery, 88 Jim Road, Newham
When: From 14 October 2023 to 30 April 2024
Tickets: This is a free event, open to the general public. 10.00am–5.00pm, 7 days a week

SUBMITTED BY RUTH ELLIS

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Remembrance Day
Service @ Woodend RSL



The Woodend RSL will be conducting a Remembrance Day Service at the Anslow premises on Saturday 11 November, commencing at 10.30am. All members of the community are invited to join Woodend veterans and RSL members in marking this important occasion.

For details, please contact John McCausland on 0448 205 698.

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Buttlejorrk Annual Exhibition Kyneton

The Buttlejorrk group began in 1976 as a group of potters wishing to share their knowledge and exhibit their work as a group. The group's name "Buttlejorrk" refers to the original name of an area around Sunbury and Diggers Rest.

Today the group has expanded to include a wider range of arts, including painting, sculpture, jewellery, textiles and metal and woodwork. The individual artists' background and work is varied, encompassing both traditional and contemporary works.

This year the Buttlejorrk members are looking forward to showing their work and celebrating the supportive creative community of the Macedon Ranges. All work is for sale and it is an ideal opportunity to purchase a unique, locally handmade piece of art for yourself or as a unique Christmas gift.

The artists' work can be viewed on Instagram: @buttlejorrk

The Buttlejorrk Annual Group Exhibition will be held from November 9 to December 5, at The Old Auction House in Kyneton, located at 52-56 Mollison St Kyneton, open 7 days from 10am to 4pm.

You can meet the artists on Saturday November 11 from 2 to 4pm.

SUBMITTED BY DEIDRE CHESTNEY



Fly fishing and mental wellbeing

Calder Fly Fishing Association event for all

Come to hear Jeremy Forbes the co-founder and spokesperson of H.A.L.T on Wednesday evening 7:45pm November 22, at Macedon Ranges Further Education Centre, 8A Hamilton Street, Gisborne.

Hope Assistance Local Tradies is a national grass-roots suicide prevention charity hosting 'Save Your Bacon' Brekkies and safeTALK events for tradies and apprentices across Australia to raise awareness of mental health and connect people with local and national support services.

Jeremy (Jez) understands the highs and lows tradies experience and the need for them to be conscious of how depression, stress, tiredness and frustration can impact them and their loved ones.

Fly fishing has been found to have a positive impact on mental health. Studies show that physical activity, and the resulting improved physical health, has a direct, positive impact on mood and general well-being. Fishing requires lots of focus and awareness, which takes your mind off internal conflict and stress, similar to meditation. As a result, it helps to reduce anxiety, fight off depression, and promote relaxation.

Fly fishing has been found to have a positive impact on mental health. A study by a US University found a short course of instruction in fly fishing can result in a 20% reduction in PTSD symptoms. (Source available).

Our members regularly experience the mindfulness and the mental benefit of our fly fishing experiences both alone and with fellow club members. If you'd like to know more about the Calder Fly Fishing Association please visit **www.calderflyfishing.com.au**.

SUBMITTED BY: LOUIS BOKOR, CALDER FLY FISHING ASSOCIATION



Image caption: L-R Andrew, Rod, Dusan, Louis, feeling good on Penstock Lagoon, Tasmania. Photo: Dusan Ivanovic

Open Studios Macedon 2023

Macedon area artists will be opening their studios again to the public on the weekend, November 25–26, to complete their second event for 2023.

The ten artists in the group will welcome visitors to their studios, set in their spring gardens, sharing their particular artistic expressions, processes and working environments. Pottery, painting, drawing, photography, textiles and printmaking reveal some of the amazing artistic endeavours of these Macedon Ranges residents. There is also a display at Top of the Range tea rooms on the summit of Mount Macedon.

The studios are within a short distance from each other and are marked on a map in the brochure and online on Instagram. Experience the Macedon area with its spring to summer gardens, and combine art with food at nearby cafes.

Brochures will be at The Gallery, Mt Macedon and Mt Macedon Trading Post, Mount Macedon as well as in local cafes and businesses in the area.

We are on Instagram: @openstudiosmacedon

SUBMITTED BY SUE ANSON



Come Join Peter, Wendy, Tinkerbell & Captain Hook in Neverland!

From 3–26 November, The Mount Players have joined forces with Boilerhouse Theatre Co. (Sunbury) to bring Peter Pan a Musical Adventure to the Mountview Theatre. Join Peter (the boy who refuses to grow up), Wendy, Tinkerbell, The Lost Boys and of course the dastardly Captain Hook in a musical the whole family will enjoy! With a spectacular mix of swashbuckling adventure and an infectious musical score. Peter Pan is guaranteed to bring forth one's inner child and send you reeling "Just beyond the stars".

AUDITIONS

Auditions for our first production in 2024 will be held on 11 and 12 November. "WILD", written by Mike Bartlett and directed by George Benca, is a darkly comic play that explores the unexpected, bewildering and life-changing consequences of challenging the status quo at a global level. Last week, Andrew was that guy with his girl lunching at KFC discussing their plans for the future. Today he's in Moscow, in an undisclosed hotel room, on the run, and at risk of assassination. Last week a nobody. This week, America's most wanted.

This is a three-hander with two male and one female actors required. To read more about the play and performance dates, and to obtain a script, contact the director georgebenca@gmail.com Auditions are by appointment only between 10am – 2pm.

To book tickets and everything theatre we invite you to our website **www.themountplayers.com** or call 5426 1892.

See you at the Mountview Theatre.

SUBMITTED BY KAREN HUNT



Photo: Open Studios Macedon group
Back row – Tiffany Warner, Caroliza Job, Marian Alexopoulos, Jo Hoyne, Carolyn Pain
(Absent: Jennifer Aquilina, Craig Lidgerwood, Deidre Chestney)

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Stress-free garden design, landscaping and garden installation

Yay, spring is finally here; after that tentative spring ... then faux winter ... then actual spring season! It's time to get moving ... the weeds are growing under your feet, and that view from your window is staring at you with total dismay! Like everyone else, you are time poor, and where oh where do you even begin?

Do you need to fix that driveway, add retaining walls, Corten Steel edging to match that stunning house you saw down the road? Are you contemplating new decking, new gazebo or just an overall spring refresh? We have access to all the local services you need, to help you achieve the exact garden aesthetic that you desire and deserve!

In addition to all of our landscaping services; we now also have partnered with a local construction management company, Setup Inside Out. A construction project management company that makes building or renovating your home stress-free, to budget and on time. Nicole has over 18 years of experience in helping people realise their goals. We work in partnership with architects, building designers, builders, trades and interior/exterior designers.

This season, let our talented landscape designers at Woodend Nursery embrace your design challenges, small or large.

We will guide you with what specifically to plant in the Macedon Ranges! As locals, we know first-hand what thrives, survives or dies in your garden. And, more importantly, save money by creating your garden with the right plants for our climate.

We ensure your project is completed to the highest quality standards and keep you informed every step of the way.

Treat yourself, call us and start ticking off that spring gardening list! You deserve it!

0400 939 659 (Garden consult / Woodend Nursery)

0433 482 022 (Project Management)

0458 879 386 (Landscaping enquiries)

Or visit www.setupinsideout.com.au or www.woodendnursery.com.au

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P: 5428 2138 E: mary-anne.thomas@parliament.vic.gov.au

W: www.mary-annethomas.com.au

MaryAnneMacedon
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THE NEW WOODEND STAR | 27 |

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Erin Guarino (Assistant Property Manager), Angelina Quiroga (Property Manager at Woodend office), Alisha Clarke (Property Manager at Gisborne Office) & Marissa Boyd (Rental Department Manager/Partner) are here to provide you exceptional service for your property management needs.

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Contact: Woodend Office 5427 1222 or Gisborne Office 5428 8633 to chat about your property.

rtedgar.com.au

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RM23148

Mini Maestros awarded

People's Choice State Awards 2023 Victorian What's On 4 Kids

Mini Maestros Macedon Ranges offers weekday small group classes for children aged from five months to five years at our Gisborne studio. We have operated in all towns of the Macedon Ranges and Sunbury for 13 years and are grateful for the many wonderful families who have supported and continue to support our business.

Mini Maestros Macedon Ranges employs three teachers, Jo, Manelle and Laila, and in addition to our private classes, also love sharing the joy of music at early learning centres and council operated kindergartens throughout the Shire.

Mini Maestros is a leading provider of music education programs tailored for young children. With a mission to inspire a lifelong love of music, we offer interactive music classes designed to nurture creativity, build confidence, and enhance cognitive development.

Mini Maestros is thrilled to announce its outstanding success at the 2023 Victorian What's On 4 Kids State Awards. The organisation has secured a remarkable total of seven prestigious awards, reflecting its commitment to excellence in early childhood education and its dedication to enriching the lives of young learners.



We are thrilled to have received these awards as testament to the quality of our program and professional teaching staff and look forward to continuing to connect both children and adults through music.

- People's Choice State's Best Activity for Parents and Children
- People's Choice State's Activity Industry Leader of the Year
- Industry Judged State's Kids Activity Industry Leader of the Year
- People's Choice State's Hall of Fame
- Industry Judged State's Best Activity (0-3) Franchise
- People's Choice State's Best Activity (3-5) years Franchise
- Industry Judged State's Best Activity (3-5) Franchise

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Solar Rebates: What's New and Are You Eligible?

Solar VIC rebates have recently expanded, making solar solutions more reachable for a broader audience. Here's a breakdown of the incentives and who's eligible.

STC (Small-scale Technology Certificates)

STCs are open to all Australians. Every solar system up to 100kW earns certificates that equate to reductions in the installation cost. For example, a 5kW system might result in a \$2,000 saving, with larger systems offering even more. However, the amount of STCs that you can generate for kilowatt of solar you install decreases each year. For example, installs next year will get less STCs than the same size to install this year.

Solar VIC Rebates

Households earning up to \$210,000 are now eligible, up from the previous \$180,000 cap.

The offerings include:

- A \$1,400 panel rebate, an equivalent interest-free panel loan;
- An \$8,800 interest-free battery loan, and;
- A new \$1,000 heat pump rebate.

If you've already claimed a Solar VIC panel or heat pump rebate, you're now also eligible to access the new battery loan.

Every homeowner can tap into the STCs, offering significant reductions. Those eligible for Solar VIC rebates can access additional savings, effectively dismissing the myth of "no more rebates." Today's incentives offer more variety than ever before.

Take Action! Scan the QR code for a FREE consultation to unearth your specific eligibility and uncover solar solutions tailored for you.

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A message from your West Ward Councillors

Message from your councillors

Thank you to all those who attended our recent Councillor Listening Posts in Kyneton, Newham and Tylden. The Listening Posts are a great way for residents to meet, raise issues with, and ask questions of, your local ward councillors, and, for some of the sessions, all councillors. We plan to conduct Listening Posts again next year, so stay tuned for the dates once we lock them in and advertise them. Suggestions for future times and locations are always welcome.

By the time this publication is published, submissions for input to Council's first Climate Emergency Plan will have closed. Thank you to all those who have contributed throughout the journey, from the original Woodend Cool Changes Regional Climate Action Plan to the workshops informing the plan and to the final plan itself. As it is a plan for the community, rather than just for Council, your input has been critical. We are looking forward to finalising and implementing this plan encouraging and enabling our local communities, residents, and businesses to achieve similar outcomes to Council's commitment to ultimately achieving net zero on our own emissions.

Council regularly runs consultations with the community on a broad range of topics. If you would like to make an enquiry, leave feedback or request a service that's not related to these consultations, you can call Council on 5422 0333, email mrsc@mrsc.vic.gov.au or use the online feedback form at eservices.mrsc.vic.gov.au/ePathway/Production/Web/CustomerService/CustomerServiceType.aspx.

Planning is progressing for the 2024 Autumn Festival. Council is seeking expressions of interest (EOIs) from groups, business owners and individuals who wish council to consider including their nominated events and businesses as part of the Autumn Festival. We also welcome EOIs from potential sponsors and volunteers. You can register your EOI via the council website at: www.mrsc.vic.gov.au/Live-Work/Business-Economy/Support-Services/Events-Festivals/Autumn-Festival

Councillors recently caught up with the long-awaited Woodend Flood Study. The study has been prepared by consultants from Cardno P/L, now known as Stantec. The study is mostly complete but still needs to go through

a final community information session before it can be formally adopted. The information session will be targeted to individuals who have previously contributed to the study but will also be available to other interested community members. The session is expected to run in late November so please watch out for it.

For those interested in or likely to be involved with setting up town Christmas decorations over the coming months, the Council's EcoDev unit have come up with a fact sheet on the steps that need to be taken with Council prior to putting up the decorations. The fact sheet is available from the Council's website at: www.mrsc.vic.gov.au/Live-Work/Business-Economy/Permits-Licences-Laws/Christmas-Decorations. We thank all businesses and community groups for their hard work on coordinating a combined approach to festive season decorations and activities both in the past and future. We know it takes a great deal of work.

By mid-November we hope to be welcoming our new councillor to our team to replace Anne Moore who resigned recently due to health issues. The VEC will conduct a count back of the vote to find a replacement for Anne from the remaining candidates in the original south ward ballot. It is sad to lose Anne and we all thank her for her service and contribution to this term of council and wish her well for the future.

Also coming up in November is the election for the Mayor and Deputy Mayor to lead us through the final year of the current council. Whilst it is way too early to say who our 2024 mayoral team might be, we thank our 2023 Mayor, Cr Annette Death and our 2023 Deputy Mayor, Cr Jennifer Anderson for their dedication, support, hard work and inspiring leadership over the last twelve months.

As ever, please feel free to contact us on any council matter that you feel that you need our advice, support or assistance with.

Best wishes

Your West Ward Councillors:

Mark, Janet, and Jennifer.

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Macedon Ranges Shire Updates

Countback to fill vacancy for South Ward

A countback to fill an extraordinary vacancy on Macedon Ranges Shire Council for South Ward will be held online at 10am on Monday 13 November. The vacancy is due to the resignation of Councillor Anne Moore.

The Victorian Electoral Commission (VEC) will hold a countback of all formal votes from the 2020 Macedon Ranges Shire Council South Ward election to fill the vacancy. Votes will be redistributed to candidates who were unsuccessful in 2020 but who are still eligible to be elected.

The countback is based on the proportional representation method of counting, which means candidates must achieve a proportion of votes known as a quota.

“The candidate who gets the quota will be elected. If no candidate reaches the quota, the candidate with the highest number of countback votes will be elected,” said VEC election manager, Kathy Georgiou.

A link to join the countback will be available from 9.30am on Monday 13 November at vec.vic.gov.au

Candidates and other interested parties can watch the countback.

The result will be published online at vec.vic.gov.au

Update on rates charges

During a recent review of Council’s rates income for the year, an error was discovered in the calculation of Council’s rates and charges.

The error meant that the amount of the municipal charge applied was too great, and a credit of \$23 for each rateable property was required to correct the error.

To make this adjustment, Council adopted a revised Budget 2023/24 on 28 September 2023 correcting the declared municipal charge.

The revised Budget 2023/24 included the updated municipal charge of \$189 per rateable property for 2023, down from \$212 (the difference of \$23.)

You don’t need to take any action to receive the credit on your rates account; the credit has already been processed and was applied to all rateable properties on Thursday 29 September 2023.

On future rates notices for 2023/24, you will see that each future instalment amount has been slightly reduced (compared with the originally issued notice); the credit will not appear as a separate line on the notice.

If you’ve already paid your rates in full, you may have a credit amount remaining on your account. You may choose to carry this forward to offset the rates and charges for 2024/25, in which case you don’t need to do anything.

Alternatively, if you’d prefer a refund, you can contact Council’s Customer Service team.

Council acknowledges and apologises for the inconvenience this may cause.

If you have any questions about your rates, the credit, or other queries related to this matter, please contact Council’s customer service centres on mrsc@mrsc.vic.gov.au or 5422 0333.



Brooke Street road improvement works – update

The Brooke Street road reconstruction in Woodend is progressing well. To date, the project has completed several construction milestones including service alterations, drainage works and bulk excavation, with road base and kerb and channel works currently in progress.

The works are scheduled to be completed by mid-November, weather permitting. We’d like to thank residents, businesses and road users for their ongoing support and patience during these road and safety improvement works.

During the works, our contractor reported an unfortunate instance of vandalism to some of the new infrastructure on site, which was reported to local police and subsequently had to be fixed. Council is disappointed in this behaviour and we encourage anyone with any information to contact Council or Woodend Police Station.

For updates, visit mrsc.vic.gov.au/works

Council launches new Grants Hub

Council is very pleased to offer the Macedon Ranges Grants Hub: a free grant-seeking tool that provides access to a comprehensive list of grant and funding opportunities in one central location.

The site is available for use by all individuals, businesses, community groups, and not-for-profits located in the Macedon Ranges. It provides access to a large range of grants provided by all levels of government and private organisations.

To begin your search for grants, simply register and start searching. Registered users can also subscribe to receive email alerts on new funding opportunities relevant to their interests and can save grants to a list of favourites. The Macedon Ranges Grants Hub also provides a quick list highlighting funding opportunities during a time of disaster.

For information, visit mrsc.vic.gov.au/grants

Volunteer at Visitor Information Centres

Are you passionate about the Macedon Ranges? Do you enjoy meeting people and sharing our local wonders with others? We would love to have you join us as a volunteer at the Woodend and Kyneton Visitor Information Centres.

Imagine being the welcoming face to the Macedon Ranges, connecting with visitors and locals alike. You’ll receive comprehensive in-house training that will equip you to be an ambassador for our region. From familiarisation tours to information sessions and even social outings and events, you’ll be empowered with the knowledge and skills needed to guide and inform visitors with enthusiasm and expertise.

All we ask for is a minimum of just two shifts per month, each lasting three hours. The Woodend Visitor Information Centre welcomes visitors seven days a week, from 10am- 4pm, and the Kyneton Visitor Information Centre is open Friday to Sunday from 10am-4pm.

For information or to apply, contact one of our friendly team members on 5421 9711 or vic@mrsc.vic.gov.au

MCH Service Satisfaction Survey

Council is inviting feedback from parents and carers who use our Maternal Child and Health (MCH) services. Feedback will be used to ensure we continue to provide a quality service to our community.

To complete a shire survey, visit mrsc.vic.gov.au/MCH-survey

Macedon Ranges Regional Sports Precinct – project update

The Macedon Ranges Regional Sports Precinct is being delivered through a number of stages, as funding permits.

Stage 1 includes a sports hub with three indoor multi-sport courts, an administration area, kiosk, reception and amenities, a multipurpose pavilion, an AFL/cricket oval, fitness loop, playground and landscaping. This stage is well progressed and is on schedule to be completed by May 2024. The upgrade of the Hamilton and Barringo Road intersection is about to be put out to tender.

Stage 2 includes the extension of the sports hub, with an additional three multi-sport courts, additional amenities, an additional AFL/cricket oval, two outdoor sports courts, additional car parking and landscaping; these works are about to be put out to tender for detailed design and documentation.

Other upgrades flagged within the Sports Precinct’s Master Plan but subject to further funding include: retractable seating in stadiums, a function and multi-purpose room extension to the sports hub, a canopy connecting existing outdoor netball courts and the sports hub, an extension to the sports pavilion and cricket nets. Advocacy for this additional funding will continue.

Macedon Ranges Shared Trails Project update

The Macedon Ranges Shared Trails Project will deliver approximately 24km of trail through rural landscapes to link with railway stations and points of interest along the journey.

This project is being delivered under a design and construct contract. The trail crosses many land tenures with different land managers, involving significant environmental and cultural heritage assessments and approvals to use their land and construct the trail. The design process for each stage has been an extended process, as it has been crucial to meet the conditions and requirements of all land managers. Once the design conditions and relevant approvals have been obtained for each stage, plans can be finalised for construction to commence.

The trail will be constructed in the following stages to address physical, boundary and topographical constraints:

- Stage 1: Woodend Station to Bawden Road, Woodend at the boundary of the Macedon Regional Park;
- Stage 2: Middle Gully Road, Woodend through Macedon and New Gisborne to the rail bridge on Kilmore Road and Markham Road, Riddells Creek;
- Stage 3: From the rail bridge, travelling along the north side of the rail line to Riddells Creek Railway Station.

The Stage 1 detailed design is approved and Stage 2 detailed design is nearing completion. Cultural Heritage Management Plans and a Land Use Activity Agreement have been completed. Once all written approvals are in place, construction can commence on the next stage.

It is expected Stage 1 and Stage 2 will be completed by June 2024, with Stage 3 (to Riddells Creek) to follow. A copy of the trail alignment is available on Council’s website. For regular updates, sign up at mrsc.vic.gov.au/shared-trails

Business Excellence Awards are back for 2024!

After a break for the Community Choice Awards in 2023, the biennial Macedon Ranges Business Excellence Awards will be open for self-nominations from 20 November 2023 to 15 March 2024. Plenty of time to dust off your business plan and let the judges know about your outstanding service, innovation, products and professionalism.

We are delighted to welcome back Josh’s Rainbow Eggs, returning as naming sponsor, along with Bendigo Bank and Workspace Australia as our gold sponsors. If you would like to become a category sponsor for the awards or find out more about the process to nominate your business, visit mrsc.vic.gov.au/business-awards or email ecodevadmin@mrsc.vic.gov.au

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Public Notice

Annual General Meeting

Woodend District Heritage Society

On Wednesday 29th November 2023

at 10:30am

**at the Old Woodend Courthouse,
Forest St Woodend**

TERRY'S GROUND CREW

0400 909 303

TGC'S CHECKLIST ✓

- ☐ Landscape projects
- ☐ Fire prevention cleanup
- ☐ Large scale mechanical raking
- ☐ Paddock slashing
- ☐ Driveway renovation
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The outdoor pools will be open from 2 December 2023 to 11 March 2024, taking into consideration Council's temperature guidelines.

Find the temperature guidelines and purchase your pass online at mrsc.vic.gov.au/outdoor-pools or in person at a Council customer service centre.

Macedon Ranges residents became Australian citizens

Twenty-nine new citizens were officially welcomed in a citizenship ceremony held at Kyneton Town Hall on Tuesday, 10 October at 6pm.

Our new citizens originate from Canada, Philippines, Ireland, New Zealand, Thailand, Poland, United States, Vietnam, Bermuda, Netherlands, United Kingdom, Czech Republic and Belgium.

At the ceremony, each adult conferee was presented with an Australian native plant and an 'Aussie Pride Badge'. The badge combines our flag and the symbolism of Australia's national flower, the Golden Wattle. Each child conferee was presented with a small Australian gift.

Entertainment on the evening was provided by the Kyneton Municipal Band.

SUBMITTED BY BODEY DITTOFF, COMMUNICATIONS UNIT, MACEDON RANGES SHIRE COUNCIL

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Village Connect events for over-55s



Are you 55 years or older, residing in the Macedon Ranges and looking to connect with others in the shire? Council's Village Connect program has a range of activities on offer for over-55s and carers.

Upcoming events include:

- **Pathways for Carers**
Next two dates: Friday 3 November and 1 December. Meet at 9.45am at Barry Doyle Memorial Rotunda, 2 Campaspe Crescent, Kyneton.
Free monthly walking event for carers of older people, or people with a disability or mental illness. Come together and to learn about news, services and supports available.
- **November free coffee cup event**
Monday 20 November, 11am, Verdure Café Romsey.
Connect with like-minded individuals in the community over a free coffee and cake. Registrations essential. Spaces limited.
- **Board games for over-55s: Chess**
Friday 24 November, 1.30pm, Gisborne Community Centre Meeting Room, 8a Hamilton Street. Gather and connected like-minded individuals in your community over a casual game of chess.
- **Bingo**
Monday 13 November, 10.30am, Gisborne Golf Club.

To register for Village Connect events or find out more about the program, call 5422 0333 or visit mrsc.vic.gov.au/village-connect

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Dr Ahmed Al-Obaidi



Dr Rhian Pickard



Dr Geetha Sundaram



Dr Kerry McGlynn

The best doctor is your doctor

Care Finder

A new service is being offered to help Macedon Ranges residents access My Aged Care as well as help them find aged care services and other useful community supports. It provides people with local, personalised, face-to-face support.

Delivered by Sunbury and Cobaw Community Health, the service is free and can help people with the My Aged Care assessment process, assist with finding local health and care providers, and better connect them with the local community.

Care Finder is available to those eligible for aged care services (people aged over 65 years and Aboriginal and Torres Strait Islander people 50 years and over) and who are experiencing difficulties accessing supports.

For more information, contact Geri Gardner on 0417 949 162 or email geri.gardner@scchc.org.au.



Physiotherapy appointments available

Sunbury and Cobaw Community Health's Macedon Ranges physiotherapy team currently has appointments available within one to two weeks. As well as treating injuries, a physiotherapist can help with strengthening your muscles, improving balance, enhancing joint movement and flexibility and with the treatment of lung conditions.

The service will include making a plan to help you reach your goals and there is the option to join group exercise groups also run by Sunbury and Cobaw.

Home Care Package and NDIS referrals are welcome; if you are over 65 years old, referrals must come via My Aged Care. Contact Sunbury and Cobaw to find out if you are eligible. Call 5421 1666 or email admin@scchc.org.au.

SUBMITTED BY SARAH TURNER

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Braving the shave for brain cancer

My name is Ben. I'm 11 years old and I live in Woodend. My grandfather recently got diagnosed with terminal stage 4 brain cancer. My Pa, Jeff Trevaskis, is the best. He loves teaching maths at Greater Shepparton Secondary College. He is really kind and polite, he's very funny, helpful, and he loves the Collingwood Magpies.

I really want to support him and help find a cure for other people so they can go on to live beautiful lives, so I've decided I am going to shave my hair off to donate and raise money for brain cancer research.

I am shaving my hair off instead of raising money a different way because my Pa also shaved his hair off, because he was losing his hair quickly from the chemo and radiation therapy.

I know for some, shaving their hair off can be scary or confronting, and I don't know how I feel about it either, but I think fighting brain cancer and any type of cancer is more important than how I look.

All donations go directly to The Walter and Eliza Hall Institute of Medical Research WEHI (ABN 12 004 251 423)
www.wehi.edu.au

Please scan the QR code or visit the website bit.ly/bens-shave to help me reach my massive goal of 20,000 dollars.

I will be shaving my head in late November, and photos of my head after will be posted on the webpage.

SUBMITTED BY BEN SUMPTER



Photo L-R Jeff Trevaskis and Ben Sumpter at Flint Hill





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If you're nodding your head, struggling to shed those extra kilos, longing to feel stronger and more energetic, battling low mood and lacking self-motivation, all while grappling with confidence and self-esteem issues, you're not alone.

I understand your struggles all too well, because I've been there myself. As a single parent managing my own business and raising two beautiful children, I know the daily juggling act of life all too well.

But here's the good news: I'm here to help you triumph over these challenges!

Introducing my tailored program, meticulously designed to overcome the very obstacles that constantly hinder your progress. I will be your unwavering support system, guiding you every step of the way. Together, we'll prove that you can still revel in life's freedom and achieve your goals without spending endless hours in the gym.

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Freedom Fitness BY LOUISE

Woodend RSL Sub Branch receives community grant from Australia Post for Mental Health and Wellbeing workshop



Woodend RSL has been successful in gaining a community grant from Australia Post to fund the running of a Mental Health and Wellbeing Workshop for the RSL and community members. This is fully funded and is free to those that attend. There are 20 places available for the workshop on Saturday 25 November.

Many people will experience periods in life where maintaining good mental health may be a challenge. By learning the skills to help us navigate these times, we can reduce our risks of developing serious mental health problems, illness, and harm.

This 3.5-hour workshop focuses on developing awareness and understanding of our own mental health and wellbeing, so that we can better support ourselves through the challenging times.

Focused on the practical skills and strategies to support healthy thinking patterns, this course aims to build protective factors and promote better mental health for yourself.

This workshop covers topics including:

- Understanding mental health as a continuum
- Understanding protective factors
- Learning how stress affects us short term and long term, and how you can improve the way you self-manage stress.
- Understanding the risk factors impacting mental health and ways to reduce your risks.
- Identifying thought patterns and managing your thoughts to influence behaviours and outcomes (cognitive restructuring)
- Knowing the warning signs that indicate that you or another person might need support and
- Accessing further resources and professional support.

At the end of this uplifting workshop, you will:

- Increase your mental health literacy
- Gain valuable insights into the benefits of good mental health
- Identify personal risk factors
- Understand the value of prevention and applying protective factors
- Understand how stress can impact on health and how our overall health impacts on mental health
- Understand how we can support ourselves through stressful situations by activating our parasympathetic nervous system and understand why self-care is so important
- Reflect on strategies that can be applied to improve the way stress is managed
- Develop more resourceful thinking patterns, manage emotions and behaviours, reduce risk to self and others and
- Identify what to do if things are not "OK".

This workshop is aimed at adults, not children or adolescents. Please note that this is not diagnostic therapy, counselling, or a treatment session.

We will finish with a BBQ and gathering of workshop attendees and RSL volunteers.

We thank Australia Post for their support of this community event.

Please contact via text the Secretary on 0499 478 724 if you wish to attend.

The date and timings are Saturday 25 November 9am to 1pm.

SUBMITTED BY HOWARD BURVILL

Split system air-conditioning



Woodend Hydronic Heating & Cooling is a locally owned and operated small business. Servicing the Macedon Ranges and surrounds, they have over 20 years experience in the heating and cooling industry and are specialists in the supply and installation of reverse cycle wall hung split systems.



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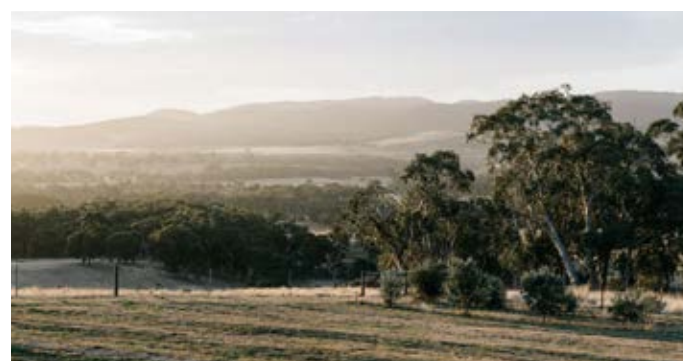
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Big Tree Distillery

If you are looking for something to do over the weekend, make sure you visit Big Tree Distillery in Newham. You can enjoy refreshingly delicious G&Ts and cocktails in the countryside in their recently refurbished gin tasting room and new deck area located in the distillery garden courtyard. Big Tree Distillery is located on Jack's Springs Farm, a perfect place to sit back and relax and take in the gorgeous views of the Cobaw ranges and farmland. A perfect way to spend a few hours sipping your way through Big Tree's award-winning range of premium Australian gins. If you are feeling peckish, there are some light food options available: munch on one of Big Tree's generous picnic boxes filled with local cheeses, salamis, crackers and olives. Big Tree is open every weekend on Saturdays and Sundays, 11am to 4pm and Mondays, 10am to 3pm.





MACEDON RANGES BUSINESS EXCELLENCE AWARDS 2024

Macedon Ranges
Shire Council

Back in 2024!

The biennial Business Excellence Awards will be open for self-nominations from Monday 20 November 2023 to Friday 15 March 2024. Plenty of time to dust off your business plan and let the judges know about your outstanding service, innovation, products and professionalism.

We are delighted to welcome back Josh's Rainbow Eggs returning as naming sponsor along with Bendigo Bank and Workspace Australia as our gold sponsors.

If you would like to become a category sponsor for the awards or find out more about the process to nominate your business, please visit mrsc.vic.gov.au/business-awards or email ecodevadmin@mrsc.vic.gov.au








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New fire truck for Heskett-Kerrie CFA



Heskett-Kerrie CFA, located along the northern side and lower slopes of Mount Macedon, is a volunteer brigade run by a team of dedicated fire fighters operating out of two fire stations located in Heskett at the bottom of the mountain and Cherokee nestled in the foothills.

The role of the brigade is to protect the lives and properties of the community in the local area and it is pivotal in protecting the northern face of the mountain when fires threaten from the north. The brigade is also called upon to fight fires throughout the state when required.

The brigade is currently fundraising to purchase a Medium Tanker, to supplement government funding for the vehicle. The new, larger-capacity (carries more water), more technologically advanced and much safer tanker will greatly assist in building the brigade's resources and strengthen its capabilities.

The target is to raise \$80,000, of which the brigade has already raised \$40,000 over the past few years by providing car parking duties and various events at Hanging Rock, by tin-rattling at the Gisborne Market, etc and of course through some generous donations from the community along the way. This amount will enable the brigade to provision the truck with breathing apparatus so structure fires can be accessed for both rescue and extinguishing fires. The target date to fund the purchase of the tanker is late April 2024.



If you are interested in supporting this worthy and vital cause, please contact our Treasurer, Stuart McMinn via email mcminn@members.cfa.vic.gov.au for further details. All donations are tax deductible.

In the words of Heskett-Kerrie Brigade Captain, Daniel Bird, "We are upgrading to serve you better."

SUBMITTED BY KAREN HUNT

Masters still getting a kick out of footy

The Woodend Masters Football Club completed its eighth season in the Vic Country AFL Masters League in September, with a year once again highlighted by successes on and off the field and supported by our amazing ongoing sponsors.

Masters football is "footy for fun". It's not the score at the end of the game that matters; in fact, more often there is no scoreboard during the game.

It's about providing an environment for all men aged 35 and over to improve their physical and mental health by playing a sport most have grown up loving, and for some a new sport they now love.

Everyone is welcome regardless of skills.

Our club song's opening line is "We are grey, we are bald, and they say that we're too old, but we still get a kick out of footy..."

This is why Woodend again held the league record for members with more than 50 men, including 10 new faces, signed up to the club, whether it be to play games or just train.

The year began with the club awarded the Macedon Ranges Shire Healthy People, Healthy Environment award at Australia Day Awards 2023, which was accepted by President Allan Mitchell-Lappin.

Our annual pre-season game against Ballarat was held in March and set the Hawks up for ten home and away games for the year, with our ever-popular bus trips to other regional clubs the clear favourite on players' calendars.

Woodend was proud to pioneer an Indigenous game by ending the year with a match at home against a team of indigenous players from the league, which looms as a regular part of the league fixture.

The club will resume training at the Racecourse Reserve Oval at Buffalo Stadium this month to maintain a healthy balance of physical and social health for the season ahead.

Anyone wanting to join in is encouraged to monitor the Woodend Masters Facebook page for dates.

SUBMITTED BY DARON JACKS



Photos by Swagger Photography

Woodend Hanging Rock Petanque Club news



First of all, a big welcome to the new committee members of the Woodend Hanging Rock Petanque Club. Shane Wellington, Cassie Simmons and Mark Simmons, we thank you for joining our petanque family.

Our new petanque season started on Monday 2 October with a small group of keen players gathering at our Woodend piste at the racecourse in Forest St to kick off the season. It was a delight to catch up with friends in the sunshine on a Monday afternoon, throw some boules and dust off the cobwebs after winter.

October 5 and the summer season at Hanging Rock began! It was cold and windy and so we had a small eager group of 24 players all join up at our piste to play three games of petanque. We finished up our opening night with a delicious BBQ put on by our new committee members Mark and Cassie.

On the first weekend of October, a few of our members, Ruth Giddings, Rod Gell, Peter Wells, Shirley Marshall and Jill Shaw travelled to Nagambie for their Open Triples Tournament. An eventful day with a few disappointed players, but that is petanque! You win some games and you lose some games!

With the weather now getting warmer, we hope to find many more players joining us at the racecourse in Forest St, Woodend on a Monday afternoon at 2pm for a 2.30pm play. If you can't make it by 2.30pm drop by anyway and we can show you our game!

Also on a Thursday afternoon, we play at Hanging Rock – 4.30pm start of play.

Any enquiries, please call Louise Potter 0438 302 218.

SUBMITTED BY LOUISE POTTER





We had a ball on season opening day

On Sunday October 7 around 30 club members gathered in lovely sunny conditions to mark the opening of the 2023-24 season.

President Mike Dornau gave an update on major club news, including the opening of the brand new synthetic green, the development of the new grass green and other new developments.

Ladies Club Champion Anne Dornau sent down the first jack, followed by Mens' Club Champion Stephen Pickles delivering the first bowl of the season.

The new Saturday Pennant Season started on Saturday October 7 and the Midweek Pennant on Tuesday October 17. Woodend will be competing in Divisions 2 and 3 on both Saturday and Tuesday.

WBC wins over Gemlife!

Once the formalities were completed, the Club then went into the annual match against the residents of Gemlife, although a number of Gemlifers played for the Woodend Bowling Club. This was the third year the event was staged, with Gemlife winning the first match and the Bowling Club gaining revenge last year.

A total of 38 players contested the match, with ten teams playing two games each. Woodend Bowling Club was again successful and retained the trophy by winning nine of the 10 games played, with a victory margin of 37 shots.

All players then adjourned to the clubhouse for afternoon tea and a very convivial gathering.

The day was such a success that it will become an annual event on the club Opening Day in future years.

The weather is warming up for barefoot bowls

We have a wide range of lawn bowls sets available, so you just need to turn up and take your shoes off for a great fun event, although you can also bowl with flat-soled shoes. Children are welcome, but parental supervision is required.

We have a well-stocked fully licensed bar which can be opened with people to serve you, and you pay our very reasonable bowls club prices (sorry but due to license restrictions, no BYO allowed). You just supply the fun!

Bookings are essential and minimum numbers are required – Just get in touch with the club if you are interested. Give us a call or email: admin@woodendbowlsclub.com

For more information, please call 5407 9220, visit our website at www.woodendbowlsclub.weebly.com. You can also follow us on Facebook.

SUBMITTED BY MIKE DORNAU, PRESIDENT WOODEND BOWLS CLUB



WBC President Mike Dornau (right) accepts the winner's trophy from Gemlife Team Manager Tony Lennie



Woodend Bowling Club members and Gemlife players

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Woodend Cricket Club – new season!

The Woodend Cricket Club is off to an electrifying start this season, and the excitement is palpable.

With new captain Marcus Stewart at the helm, the McIntyre First XI delivered its first victory against Rupertswood CC, setting the tone for what promises to be a remarkable season of cricket. Whilst not quite getting the job done against Romsey, the team showed that they could match it with last year's premiers.

We're thrilled to welcome Andrew Cullen and Hayden Ingleton to the Woodend Cricket Club. After moving into the area, Andrew Cullen joins Woodend from Yarraville Cricket Club in the VTCA where he won 8x premierships - 2x as the Premiership Captain. He brings a wealth of experience, professionalism and enthusiasm to the team and the young Woodend squad will surely learn a lot.

Hayden Ingleton joins Woodend from the Kyneton Cricket Club after a successful year last year winning the Batting and Aggregate Award in the Johnstone Shield, averaging 74.60 with the bat and taking 26 wickets.

Our Club Grade Teams played their first game and what a success, defeating Kilmore and also St. Anthony's in a nail-biter! It was great to see six father-son combinations playing together across the two grades. The future of the Woodend Cricket Club is looking bright.

Our recent Community Coaching Course in early October was a massive success, with a fantastic turnout of 12 enthusiastic coaches from Woodend Cricket Club and Rupertswood. This course was all about honing our coaching skills, from nurturing young talents to fine-tuning the techniques of our seasoned players. Each participating coach will receive a Community Coaching (previously Level 1) accreditation.

A huge shout-out to our dedicated coaches, Dale Ranson and Alex Ranson, for leading the charge and sharing their knowledge and passion for the game.

The Woodend Cricket Club is committed to the holistic well-being of our members, both on and off the field. As part of this commitment, we are thrilled to announce the upcoming "More than the Game" mental health workshop, in partnership with Tomorrow Man. This transformative workshop is designed to challenge and disrupt outdated stereotypes surrounding masculinity and mental health. We believe that being a sportsperson is about more than just the game; it's about building strong, resilient individuals who can support not only themselves but also their friends, teammates, families, and communities. Through this workshop, we aim to empower our members to create their own, authentic version of the Aussie sportsperson, one that champions mental health and well-being as an integral part of our cricketing family. Join us on this journey towards a healthier, more inclusive sporting community.

Are you passionate about cricket and eager to empower the next generation of female cricketers? The Woodend Cricket Club is on the lookout for a dedicated Girls Cricket Coordinator to lead the charge in launching our girls' and women's cricket team next season. If you're enthusiastic, driven, and ready to make a positive impact, we'd love to hear from you. Contact Daniel Heaney at daniel@dh-stel.com.au or on 0400 600 186 to express your interest and be a part of this exciting journey.

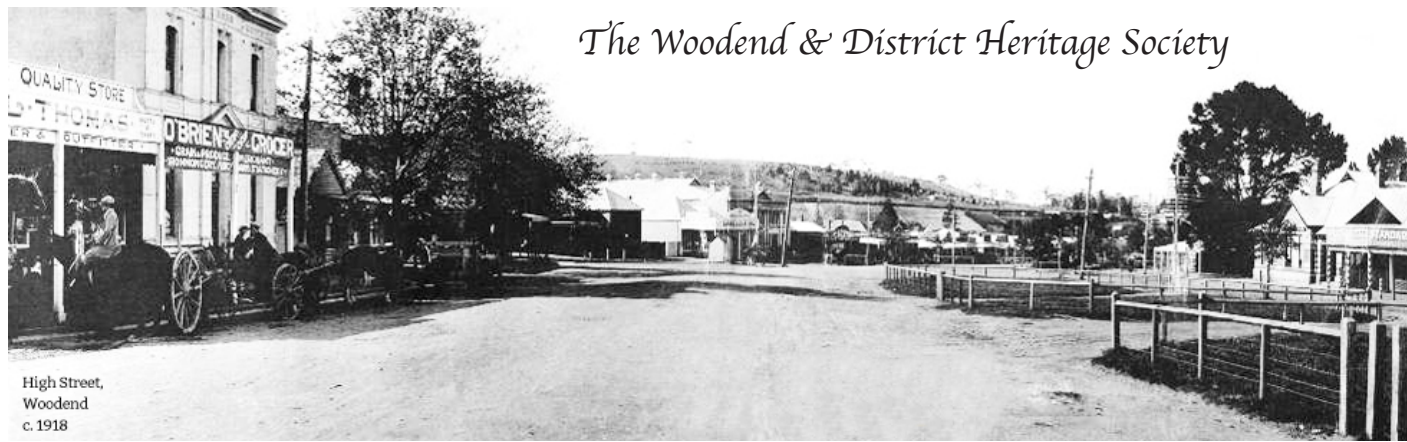
Our next major event is our Christmas Party, where we are inviting the community to Gilbert Gordon Oval to come along and share the fun and spirit of Christmas. Keep an eye out for more details in the next issue of The New Woodend Star. Looking further ahead, we're busy planning for our Hall of Fame Celebration on February 24, where we'll induct the legends who've shaped our club over the past decade.

Follow us on Facebook and Instagram to keep up to date with the latest news and social events.

SUBMITTED BY DANIEL HEANEY



The Woodend & District Heritage Society



High Street,
Woodend
c. 1918

Early Days in the Woodend Pharmacy

A pill-making tray, pestle and mortar, and suppository makers were some tools used by early chemists in Woodend. Their handbook was the "Commercial Hand Book of Chemical Analysis 1850". The first Woodend pharmacy was built in 1859 with Dr Turnour as the first owner. Other early pharmacists were Dr Randall, Dr Bird and J. W. Whitehouse.

Glenis Ponsford who, with her pharmacist husband Geoff, ran the pharmacy from 1959 until 1988, described how early chemists used iron, sulphate and bismuth carbonate. Chemical and herbal drugs were available and leeches were used for letting blood. Popular drugs were tincture of nux vomica (strychnine, a poison), aromatic spirit of ammonia, sal volatile and magnesium sulphate.

The first prescription book, from 1859 until 1884, shows the names and addresses of the purchasers, the ingredients, the product and the price. Few prescriptions were made up in the first few years, with only two between 1 December 1859 and 1 January 1860. The first was for the baby of Mrs Rub who had a fever. Initially poisons such as arsenic and strychnine were sold for problems like toothache and cleaning straw hats. After laws were introduced to control their sale, from 1881 a poisons book listed the details of the buyer. Veterinary medicines were also available.



Photo 1083: Ken Murphy's Pharmacy, High Street Woodend.
circa: 1950



Photo 328: F. Boyett could be consulted every Tuesday afternoon at Southwell's Pharmacy in the late 1890s. He advertised to be a "surgical and mechanical dentist".

In the late 1890s, pharmacist R.W. Maxwell advertised his skills as a dispensing chemist and surgeon dentist. He lists a number of cures such as Dr Woodhall's Lung Healer for bronchitis, asthma, coughs and colds; balsam of aniseed for influenza and hoarseness; chilblain liniment and pectoral cough mixture. The Ponsfords bought the business from Ken Murphy,

who had acquired it from Alan Hull nine years before. Ken recalled that the pharmacy was very busy, serving a doctor, two small hospitals and Clyde School. Relying on the Herald and Weekly Times Farmers Handbook, he also learnt sufficient veterinary medicine to help farmers with problems such as milk fever.

SUBMITTED BY JANE HOLTH



Photo 1373: High Street Woodend, east side. New verandah being constructed in front of a group of shops, which were the old chemist's shop.

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The Amazing Junior School Showcase!

The SHC Junior School Showcase, held on 12 October, provided an opportunity for parents, family and friends to view the amazing project work of our Junior School students. As you can see from these images the level of student work was, once again, simply phenomenal. Details on the various projects are outlined below.



Year 7 Portfolios

During Semester 2, students in Year 7 worked on a project to chronicle and reflect on their experiences at the College. These included reflections on key experiences such as, transition activities, their first day at their new school, Year 7 Camp, Reflection Day, the Mercy value of Respect as well as their learnings from class.



Year 8 Make a Difference (MAD) Inquiry Project

This Project is a significant part of the Year 8 students' study of Religious Education. It invites students to choose an environmental or social issue to research and investigate across a four month period, with an aim of encouraging students to learn about an issue. Students also identify ways that they can each can Make a Difference, whether this be through informing others about the issue at a local or community level, or making steps towards improvement or change.



Year 9 Expo Projects

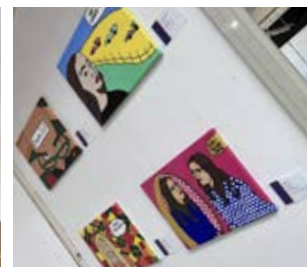
This is a longstanding tradition at Sacred Heart College. Each year students pursue an area of their own passion and interest, to produce project items that celebrate their unique gifts and talents. The project fosters skills in planning, time-management, and design, with the presentation evening at the Junior School Showcase being a celebration of all that has been achieved.



Years 7-9 Art Exhibition

An exhibition of student work including items of Year 7, 8 and 9 Art, Visual Communication & Design, Media and Textiles.

Congratulations to all those involved on putting on a tremendous display and making the most out of this learning opportunity.



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Learn more about the College by joining one of our regular College tours. Visit our website to book your place at our Principal's Tour, Tuesday 14 November. For all enrolment enquiries please contact our College Registrar, Denise Lawrence.



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