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JULY 2026

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0412346169



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www.nutrien.harcourts.net



Local knowledge ♦ Genuine service ♦ Real results.

Mountain Monthly

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Great Winter Getaways



Winter school holidays can be a challenge when the colder weather seems to offer less opportunity to get out for a break.

However, there are many activities and destinations – not only for those on school holidays, but across the rest of winter – that provide affordable and close-to-home fun that won't blow the fuel budget.

Surrounded as we are by national and state parks, with alpine regions; tall forests, fern gullies and waterfalls cascading after rain, rugging up and enjoying how they transform in winter provides some great experiences.

Even the fog and mist we usually complain about can uncover some magical experiences in these settings.

And then of course, there's the snow within striking distance if the kids want to make a snowball or try a toboggan or ski run.

Choosing shorter walks rather than the extended summer offerings can get you out and about and enjoying some nature time.

CONTINUED ON PAGE 8

Staying Safe on The Road

Whether your thing is a weekend of winter dirt biking, or just exploring in general, be aware that there are seasonal road closures at this time of year.

The Department of Energy, Environment and Climate Action (DEECA) provides an interactive Public Access Map on its website that gives information on current road closures and visitor site and walking and mountain bike track closures in state forests. It also includes seasonal road closures in parks.

You can zoom right in to your area of interest and click on closed roads, tracks or sites for more detailed information on their closure. You can also search by place, site or road name.

Unplanned closures, which can be necessary for safety reasons, may not be immediately visible in the MapShare platform.

For general road closures, check the VicTraffic website.

For emergency information, including Information & Warnings, visit the VicEmergency website.

For closures and changes of conditions in parks, visit the Parks Victoria website.

There are also public safety zones, where access to public land is closed or restricted to ensure public safety. Public access is not allowed while either a sign is displayed, or DEECA staff, equipment, machinery or vehicles are present.

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COVER PHOTO: *A snow experience close to home. Mt St Leonard, Toolangi. Photo: Lorraine Casey*

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Business Reform Plan For Regional Victoria

The Victorian Chamber of Commerce and Industry has launched a business reform agenda aimed at placing regional Victoria at the centre of the state's economic growth strategy.

The Chamber says decades of underinvestment, rising business costs, workforce shortages and infrastructure pressures have limited the regions' potential.

The reform platform demonstrates that Victoria cannot achieve its economic ambitions without a stronger focus on regional growth.

Victorian Chamber of Commerce and Industry Chief Executive, Sally Curtain says that regional Victoria is one of the state's greatest economic strengths, but too often it is viewed through the lens of individual projects rather than a comprehensive growth strategy.

"The industries that will drive Victoria's future prosperity are overwhelmingly concentrated in regional communities - from agriculture and food production to renewable energy, manufacturing, tourism and critical minerals.

"Businesses are telling us they want to invest, expand and employ more people, but they need confidence that Victoria remains competitive".

However, many regional businesses continue to face increasing challenges.

Businesses are dealing with rising energy costs, workforce shortages, complex regulation, limited access to training pathways, transport bottlenecks and growing uncertainty about future investment conditions.

VCCI's recent State Election Survey found more than one in four Victorian businesses had considered shutting down during the previous 12 months, while concerns around operating costs, taxation, access to workers and regulatory burden continue to intensify.

"Unless Victoria becomes a more attractive place to invest and grow a

business, regional communities risk losing opportunities, jobs and investment to interstate and international competitors".

The platform identifies four key areas for reform:

1. Affordable and reliable energy for regional industries

Regional Victoria is expected to play a critical role in delivering Australia's energy transition, hosting much of the renewable energy generation, storage and transmission infrastructure required over coming decades.

The platform advocates for greater transparency, accountability and planning around the energy transition, including annual system adequacy reporting, faster approvals for critical infrastructure and clearer policies regarding gas supply and energy reliability.

Importantly, VCCI argues regional communities must share in the economic benefits generated by energy projects and have confidence that energy policy decisions will support local industries and jobs.

2. Lower costs and less red tape for regional businesses

A comprehensive review of Victoria's finances, taxation settings and regulatory burden is required to improve business competitiveness.

Regional businesses often face disproportionately higher operating costs due to freight, transport and workforce constraints.

Reducing unnecessary regulation and creating a pathway to lower business taxes would encourage investment, expansion and employment across regional Victoria.

The platform also calls for stronger accountability around major government infrastructure projects and long-term fiscal management to ensure public resources are directed effectively.

3. Backing Victoria's regional industries

VCCI is proposing a new model of Industry

Deals to support sectors where Victoria has a genuine competitive advantage.

These deals would bring together government and industry to coordinate infrastructure, workforce planning, approvals, energy supply and investment attraction.

Priority industries include agriculture, food processing, advanced manufacturing, freight and logistics, tourism, critical minerals, defence and emerging technology sectors.

Regional Victoria is uniquely positioned to benefit from growing global demand for food, clean energy, advanced manufacturing and critical mineral supply chains.

Securing these opportunities will require governments to move beyond fragmented policy approaches and provide businesses with greater certainty and support.

4. Building the workforce regional Victoria needs

Workforce shortages continue to be one of the most significant barriers to growth for regional businesses.

The platform proposes a series of reforms designed to strengthen workforce participation, improve training outcomes and create clearer pathways into employment.

Recommendations include payroll tax exemptions for directly employed apprentices and trainees, stronger support for Group Training Organisations, expanded regional training opportunities and targeted investment in literacy, numeracy and digital skills.

The platform also advocates for Industry Skills Pacts that align training and workforce development directly with future industry demand.

This would ensure regional employers have access to the skilled workers needed to support future investment and economic growth.



Reach over 1,500 people each month. Advertise your business in the *Mountain Monthly* – a not-for-profit community-owned monthly magazine

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What's on Kinglake Ranges Events July 2026

12
School
holidays end

14
Trivia at
The Pub

15
MM
deadline

26
Kinglake
Market

DEATH NOTICE



ZADOLINNY J, CLAUS

Passed away peacefully surrounded by his beloved family on 31 May 2026 aged 79 years.

Loving husband of Lorraine, loving father to Tracy and Michael and Father-in-law to Paul.

Special Gido to Teagen, Mickaela, Michael and Royce and to his 3 great grandchildren Henry, William and Baby A. One of nature's true gentlemen.



What's on at Kinglake Library

July 2026



1 July | 2.00 - 3.00 pm

School Holidays

Join us to play Bingo!

2 July | 2.00 - 3.00 pm

School Holidays

Badge making

7 July | 10.00 - 11.30 am

School Holidays, NAIDOC week

Weaving to make your own fan

8 July | 2.00 - 3.00 pm

School Holidays

Mini Makers - Bracelet making and Origami

15 July | 6.00 - 7.00 pm

Webinar: 'Love Your Pollinators'

Wednesday

Online webinar presented by Zoos Victoria. Join online or attend at Kinglake library

Book now at murrindindi.vic.gov.au/libraries 5772 0333

9 July | 2.00 - 3.00 pm

NAIDOC Week

Stories, craft & afternoon tea with Aunty Angela, Taungurung Elder.

Regular programs

Mondays

Digital Literacy	11.00 am
Page Turners 27th	4.00 pm

Tuesdays

Storytime Baby	10.30 am
Bounce	

Wednesdays

Boomerang Bags	10.00 am
	2.00 pm

Fridays

Storytime 3-5 years	10.30 am
Craft Adults	2.00 pm
Craft School Aged	3.45 pm

Public Recycling Baskets Being Trialled

New recycling baskets have been placed on public bins across Murrindindi Shire, that will allow more people to participate in Victoria's Container Deposit Scheme while supporting local fundraising and recycling efforts.

There will be 100 purpose-built recycling baskets installed in high-use public locations, including near food outlets, parks and activity centres.

The baskets provide a simple way for people to leave eligible drink containers for others to collect and claim the 10-cent refund through the Container Deposit Scheme (CDS).

Since the CDS launched in November 2023, community groups across Murrindindi have already generated around \$90,000 through container refunds.

Based on the container volumes collected through public spaces, the trial could generate an additional \$17,000 and \$25,000 each year for community members, groups and organisations participating in the scheme.

The shire said the basket system has been designed to be simple and inclusive, enabling anyone to participate, from children collecting containers for pocket money to community groups raising funds and residents contributing to local recycling efforts.

Early observations from locations where baskets have been installed indicate that significantly fewer eligible containers are being placed in public garbage and recycling bins. This aligns with results from similar programs interstate and in Victoria, where public place basket trials have helped reduce container litter and improve recovery of eligible drink containers. Council has also observed reduced roadside litter across the Shire since the introduction of the CDS.

By capturing containers before they enter the refuse stream, the baskets help reduce contamination in public bins and divert valuable materials away from landfill. Clear signage on each basket encourages simple action: leave or collect 10c containers.

Flowerdale Community House



36-42 Silver Creek Road
Flowerdale Phone 0490 941 247

FLOWERDALE QUILT SHOW

Categories with prizes every section

Traditional Pieced Quilt
Modern, Art or Pictorial Quilt
Applique or Embroidered Quilt
Wallhanging max 1m square
Any other quilted item

Any quilted article including other medium than fabric
Item repurposed from other fabric
Any quilted article by junior under 15 years

Entry forms available

Website - flowerdalecommunityhouse.com.au
Facebook - Flowerdale Community House
Email - admin@fchadmin.com.au
Phone 0490 941 247

October 24-25, 2026

Broadband Boost for Castella and Toolangi with New nbn Fixed Wireless Tower

A new nbn® Fixed Wireless Tower is delivering faster and more reliable broadband connectivity to approximately 468 homes and businesses in the Castella and Toolangi region.

Funded in partnership with the Victorian Government's Connecting Vic program, the investment is now delivering a faster, more reliable broadband experience, including smoother, higher-resolution video calls, enhanced streaming, faster downloads, and the ability to connect more devices.

This new tower represents a significant step forward for regional connectivity, ensuring that Castella and Toolangi residents and businesses can take advantage of digital opportunities that support remote work, online learning, telehealth, and economic growth through the nbn Fixed Wireless Network.

Head of nbn Local, Emily Peel, said the launch of the tower

demonstrates nbn's commitment to improving connectivity in regional Australia.

"Strong digital infrastructure helps communities like those in regional Victoria thrive. Access to fast broadband isn't a luxury - it is essential if we are to provide regional communities with the same opportunities as metropolitan areas", she said.

"It is about keeping our communities connected by supporting families, jobs, and the future of our regions".

He said the new tower was a significant step forward for regional connectivity. It will help residents and businesses access faster, more reliable broadband, supporting everything from education and healthcare to small business growth.

To find out more about the benefits of nbn full fibre and to check your eligibility for other nbn services and preferred retail service providers, visit www.nbn.com.au/CheckRegional.



Meet the Team Behind Nutrien Harcourts Kinglake Branch

Together, Kerry Rishworth and Brad Carlin-Smith bring a unique combination of local knowledge, rural lifestyle experience, and genuine community connections, making them a trusted team for anyone looking to buy or sell property in the region.

Brad is a familiar face in the local community and understands firsthand what makes the Kinglake area such a special place to call home. Brad and his wife Mandy, run a 50-acre lifestyle property and has a passion for helping others achieve their own rural living dreams.

Many people also know Brad as the host of Bricks and Mortar, his regular real estate segment on 3WBC radio, where he shares property insights, market updates, and practical advice. When he's not talking real estate, there's a good chance he's talking cars—Brad is a keen motoring enthusiast and proudly admits he's a little bit 'nutty' when it comes to all things automotive!

Alongside him is Kerry Rishworth, Director and Owner of Nutrien Harcourts Yea. Kerry has lived in the Murrindindi Shire for over 11

years with her husband, Jim, and brings extensive experience in property, business, and rural living to the Kinglake office.

Outside of real estate, Kerry operates a local Hereford cattle breeding farm and runs a successful home renovation and extensions property staging business. Her passion for transforming homes and presenting properties at their very best provides valuable expertise for local vendors looking to maximise their sale results.

Nutrien Harcourts is also a proud family business, with Kerry working alongside her son, Kye Rishworth, across the wider region. Together with Brad, they are committed to delivering honest advice, exceptional service, and strong local knowledge to property owners throughout Kinglake and surrounding communities.

Whether you're considering a move, looking to sell, or simply curious about the local property market, Kerry and Brad look forward to helping you navigate your next real estate journey.



CONTINUED FROM PAGE 4

One hidden advantage is that the summer crowds tend to dry up at this time of year, so the trails and lookouts offer more peace.

As parts of the Shire of Murrindindi continue to recover from the January bushfires, our townships and attractions saw businesses heavily impacted by low visitor numbers and they would warmly welcome you.

It may surprise some to learn that cool weather camping and caravanning attracts those who enjoy fewer crowds and the atmosphere of a campfire (where permitted). There are 131 Parks Victoria bookable campgrounds around the state, plus the shire's campgrounds and caravan parks to choose from.

The Parks Victoria campgrounds were free until June 30 and from July 1 you will only pay half price.

You can check the latest conditions and park closures on the Parks Victoria website before you leave home. Use the search field to find the park you are looking for. If a park is closed or has safety issues, a red or orange tab will appear at the top of the park webpage.

In the shire and surrounds, there's extensive information on the shire website that offers everything from enjoying some time in the snow; strolling sections of the Great Victorian Rail Trail; camping under the stars; winter hiking; shorter walks at the likes of the Yea Wetlands; finding a lakeside or riverside camping or caravanning option; and some quaint places to stay under a cosy roof.

Enjoying what our townships have to offer can be a tour of discovery too with cafes, hotels, shops and displays – or simply enjoying a visit to the myriad smaller parks for a winter picnic.

You will find excellent daytrip suggestions on the Parks Victoria and Shire websites too.

This might be a case of simply going for one of the scenic drives that abound, with the heater cranked up and your favourite music on, to enjoy the passing scenery.

But, first and foremost, safety is the priority so always ensure you have the right clothing and supplies for the activity you are undertaking.

There are plenty of safety tips that you can download before heading into these different conditions.



KINGLAKE CWA

Sometimes we get asked 'What does CWA do'? Well ... that depends on where you live and what the priorities are for your particular community.

Kinglelake CWA is principally local community focused. That doesn't mean we don't participate or contribute to other undertakings but our preference is to 'DO IT LOCAL'.

Here are just a few of the activities

- Light Up Kinglelake – we are the principal organiser of an annual family friendly low cost BBQ collaboration with multiple other community groups. The 5m high Christmas tree is erected and surrounds are decorated by our team. We liaise with Santa to purchase presents so he has two huge trolleys of goodies for local children that night. Our members do their cooking and crafting for a raffle, which contributes

to keeping this an annual event.

- Catering for the Mad Hatter's Tea Party run by Kinglelake Ranges Neighbourhood House and Contributing to the raffle – a great fundraiser for cancer research.

- Our cooks make prize-winning raspberry jam which is sold through local schools at really reasonable pricing and that contributes to our fund raising to support locals

- The crafty crew make special equipment for those undergoing breast cancer recovery, polar fleece pouches for wildlife carers, placemats for special events, some sew Boomerang Bags, others knit children's vests and jumpers for charity and there are always quilts for donations to various special causes, raffles and more.

- Several members volunteer at Kinglelake Ranges Neighbourhood House Foodshare

and we purchase through our own and other donations additional product to boost Foodshare staples.

- This year some of our textile addicts will be assisting Flowerdale Community House with their annual Quilt Show.

- Overall CWA itself is family, in particular women and children focused.

And that is just the major contributions. Wherever and whenever possible our abilities and knowledge are shared, as if you have an ability or talent you can always use it to benefit others in need.

Recently we have welcomed Virginia and Sarah to our ranks as they see the value of our aims.

If you would like to find out more, check out our facebook page Kinglelake CWA or email us at kinglekecwa@gmail.com. It's an informal group but we have a lot of fun.



What Does A Shifting World Mean For Real Estate?

The big news this month comes from across the globe.

From what we understand, the United States and Iran have reached a peace deal, and the naval blockade at the Strait of Hormuz has been ordered to be reopened, easing pressure on energy supply chains and bringing some calm to commodity markets.

But don't mistake this for a clean bill of health for the world economy. Behind the headlines, the picture is more complex.

The US government is running an unsustainable deficit, with debt-to-GDP crossing 125% and foreign nations pulling back on US Treasury purchases.

Central banks face a near-impossible choice: raise rates to defend the dollar and collapse bond markets, or cut to save bonds and devalue the currency. Markets are betting on devaluation, and when the dollar falls, hard assets rise with it. Enter the era of the digital dollar.

The US Genius Act has created the legal framework for stable coins, programmable digital dollars on the blockchain with built-in rules on where, when and how money can be spent. As foreign nations reduce US debt holdings,

stable coins offer a new global retail market for Treasury debt, effectively digitising and exporting financial obligations worldwide.

Now consumer confidence recently hit its lowest level since 2008, meaning GFC level. Supply chains are disrupted again, and food and energy prices are climbing. With increased food prices come increased security and surveillance.

Coles has now signed a multi-year partnership contract with American software and data analytics company Palantir to supposedly optimize its workforce strategies. But remember Palantir's grunt work has been in military operations, intelligence and conflict.

It begs the question, why are they using this technology to watch us and our kids shop?

Stock markets are rising not because economies are thriving, but because investors are pricing in inflation and asset appreciation, particularly with big changes to the IPO rules and mega companies such as SpaceX and OpenAI hitting the stock exchange.

Closer to home, the RBA held at 4.35% after May's meeting - a 3rd rise this cycle. Inflation came in at 4.2% for the year to April, with underlying running

at around 3.5% and still heading higher.

A June pause is likely as the board absorbs the budget fallout, though the real growth rate of roughly 0.75% is still too low for many economists' liking. That budget has rattled the property market.

The decision to abolish negative gearing and introduce a minimum 30% tax on capital gains from July 2027 has driven investors to the sidelines and started the selloff to increase liquidity.

Victoria's auction clearance rate came in at 51% last weekend, down from 65% this time last year.

Asking prices have fallen up to 10% since April in some markets, and values could drop by as much as 10% nationally, the largest correction in 40 years.

In our backyard, the picture is more nuanced.

Yarra Glen is the standout with a median house price of \$955k and 4.4% annual growth, homes are selling in 38 days with over 1,300 buyers actively in the market.

Kinglake West is holding firm at \$950k with 1.6% growth. Healesville sits at \$817k, broadly stable over the year.

Kinglake has seen the most



adjustment, with its median pulling back to \$760,000, a natural correction after strong gains.

The budget changes are reshaping the buyer pool. With investors pulling back, owner-occupiers and first homebuyers now have more choice, less competition, and stronger negotiating power.

For vendors in no hurry, patience is sensible. Seek opportunity and think about cash flow. For buyers, this may well be the window you've been waiting for. But don't expect you're buying a property for long-term growth anymore.

What I want you to take from all of this is that the global noise, deficits, currency pressure, geopolitical shifts, actually strengthens the case for owning a permanent residence.

Hard assets hold their ground when paper currencies don't.

Will Verhagen

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FOOD AT THE FLOWERDALE

DAY	FOOD	PRICE
MONDAY	parma	\$25
WEDNESDAY	pasta	\$20
THURSDAY	curry	\$25
FRIDAY	steak	\$30

MONDAY

- Homework Club (kids can come from 5pm and get help with their learning)
- Trivia from 7pm

WEDNESDAY

Darts and Meat Raffle

THURSDAY

Classic Movie night (every second week) from 7.30pm

FRIDAY

Joker Poker

EVERYDAY

Happy Hour every weekday from 5-7pm

Follow on Facebook for up-to-date information P: 0357 801 230 A: 3325 Whittlesea-Yea Rd, Flowerdale W: www.flowerdalehotel.com.au

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Saturday & Sunday 4pm to late

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FULLY LICENSED

FINANCE REPORT

Worried you'll still be paying off your mortgage in retirement?

New research shows you're not alone. Here are five tips to help clear the slate before you hang up your work boots.

A new trend is emerging that could leave retired home owners with less money to spend than they expected.

A recent study found at least one in three Gen X homeowners expect to be paying off a home loan in retirement.

Gen Xers aren't alone.

Separate research shows one in three Millennials and one in four Baby Boomers expect to carry mortgage debt into retirement.

Why does this matter? And is it possible to pay off a mortgage by the time retirement rolls around?

Let's take a closer look.

Why more Australians have a home loan in retirement

There are several reasons why a growing number of Aussies are retiring with a mortgage.

We are tending to buy a first home later in life. And homebuyers are borrowing more due to rising house prices.

This has seen the 30 year loan term become pretty standard, up from 25 years in the past.

The upshot is that buying a first home at say, age 35 could mean still paying down a mortgage at age 65, which is close to the average age of retirement.

Below are five simple steps that could help you clear the home loan slate and free up some extra cash for your golden years.

1. Partner with a broker

As mortgage brokers, we're committed to long-term relationships with our customers.

Our annual home loan reviews play a critical role, ensuring you continue to have the loan that matches your needs throughout your home ownership journey.

This is a key starting point to getting on top of your mortgage balance over time.

2. Don't see your home loan as a 'one and done' product

From your first home loan to your last repayment, life is sure to change.

The loan that was right for you as a first homebuyer may not be such a good fit as you progress through life stages.

That makes it worth talking to us regularly to know if you are still getting value from your loan.

Refinancing to a new loan and lender can ensure you enjoy a competitive loan rate, which can help you pay the balance off sooner.

3. Aim to consistently pay a little extra where possible

Consistently paying a little extra off your home loan can reduce your balance, lower future interest charges and fast-track the time taken to pay down your loan.

Even small extra payments made consistently can shave years off your mortgage.

Talk to us to know how much you could save with extra repayments.

4. Consider a home loan offset

An offset account is an everyday account linked to your home loan.

The balance of the account is deducted



from your mortgage when it comes to calculating your loan interest payments.

For instance, if you have a mortgage of \$500,000 and a balance of \$50,000 in the linked offset account, loan interest will be charged on \$450,000.

In this way, an offset account can help to lower interest costs over time.

It can make an offset home loan a smart way to put savings to work by paying off your mortgage sooner, while still having spare cash available at-call.

5. Switch up your repayment frequency

The timing of your home loan repayments can make a difference.

Rather than making one monthly payment, it can help to make smaller payments more frequently – either fortnightly or even weekly.

This sees daily loan interest calculated on a lower amount, which can see more of each repayment whittle away at the loan balance.

Paying more frequently can also help you make extra repayments.

For example, when you pay half your monthly repayment every two weeks, you can end up making the equivalent of an extra month's repayment each year.

Call us to know how much you could save with this strategy.

Nicole Sevenich 0412 169 035
NS Finance & Mortgages
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Kinglake Riders Club

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

PRESIDENT: LINDA DICKSON lindadickson@live.com.au 0419 620 231

VICE PRESIDENT: PAT EVERINGTON paevington@bigpond.com PH 0409 663 943

SECRETARY: KRISTY DEMBY ccdemby@hotmail.com 0409 768 900



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Our Heritage

A Community Achievement

The Kinglake Historical Society has been interested and quite surprised to hear that the latest estimate regarding the population of the Kinglake district is that around 60% of the people currently living here have arrived since the 2009 bushfires.

This indicates that, to these more recent arrivals, some of Kinglake's public buildings - for instance, the Community Centre at Kinglake Central - may seem to have been there forever while to some of us it seems like only yesterday that the community finally achieved what was then a much-needed and very valued community meeting place.

Back in the 1970s, Kinglake had three community meeting places - the halls at Kinglake, Kinglake Central and Kinglake West. The Kinglake West hall had been built in 1908 so was really showing its age and lack of kitchen and toilet facilities. The Kinglake and Kinglake Central Hall had both been built in 1927 to replace the original Kinglake Hall burnt down in the 1926 bushfires. By the 1970s, these two halls were also lacking up-to-date facilities, and all these halls were proving too small for gatherings of the increasing population of the district.

Just at this time, the Kinglake Craft Guild, which had been using the building opposite the hotel, formerly Thomson's General Store, had outgrown that building and were keen to find a way to get more suitable and spacious premises in which to work.

They approached the local Member of Parliament, Jim Plowman, for advice about applying for funding for a Craft Centre building. He suggested that funding would be more likely if the building was to cater for more than one group in the community. The Guild made contact with the Senior Citizens group and the local Dancing School, both of which were suffering from the limited space and facilities in the old local halls and both groups agreed that they would support a move to get a 'community centre' with a



*Above: New Community Centre.
Below: Opening in the Community Centre Hall.*



hall and meeting room.

A Public Meeting was arranged and held at the RSL hall on 25 November 1978 with all community groups notified and invited to attend. Sixty people, representing 22 community groups, came to the meeting and voted unanimously in favour of a Community Centre for the Kinglake district. The Kinglake District Community Centre Committee of 20 members was formed.

The first tasks for the new committee were to identify the most suitable site, to obtain information regarding possible funding sources, and to develop plans for a possible building plan to provide facilities for local community and sporting groups. A site on the Extons Road corner on Yea Shire Council land was the nearest to the centre of the district and close to the district sports oval and to Middle Kinglake Primary School. The Yea Shire Council gave consent for the building to be located there.

However, at this site, there was not sufficient space for the required car parking space. In June 1979, a generous offer was made by the Exton family, Molly Exton and her sons, Kevin, Steve, Joe and Frank, to donate a piece of their land adjoining the site which would solve the problem.

The KDCC Committee spent the next four years working on funding submissions and building plans and on raising the required local contribution of \$24,000 - a huge task for a fairly small community. Many events were organised in the fundraising effort - Vintage Car Rally, Home & Garden Show and Sale, Community Concert, Country Living Expo and a concert on the Memorial Reserve oval by the Yarraville Mouth Organ Band. In addition, all community groups supported the fundraising, many arranging their own events and donating the profits.

At last, construction started on the Community Centre in June 1984 and, after the usual hold-ups with the Kinglake weather, the official opening of the Kinglake Senior Citizens and Community Centre took place on the weekend of 9-10 June 1985, the celebration included a 'Back to Kinglake' reunion with an art show and historical display. It was a great day and the Kinglake community felt justifiably proud of its part in getting a modern, well-equipped meeting place for so many different community groups. The sports stadium was added in 1993 to compete the original plan.

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

Kinglake Heritage Centre

**Kinglake West Reserve ~ Open Sundays 12 noon - 3pm
\$2 donation appreciated ~ 150 Years of Kinglake Stories
Groups weekdays by appointment - phone 0414 255 893**



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What's On in JULY 2026

LEARN • CREATE • CONNECT • THRIVE

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*New skills
New friends
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CREATIVE & MAKERS



BASIC SEWING WORKSHOP

📅 Sundays 19 July – 13 Sept
🕒 9.30am – 12.00pm
💰 \$20 per session



CLAY CLUB

📅 Tuesday Evenings
+ 14 July – 9 Sept
🕒 6.30 – 8.30pm
💰 \$120 (clay & firing extra)



LEADLIGHTING

📅 Mon from 27 July
+ Tue from 28 July
🕒 10.00am – 12.00pm
or 7.00 – 9.00pm



OPTIONAL: INTRO TO WATERCOLOUR

📅 Sunday 19 July
🕒 9.30am – 12.30pm
💰 \$20 (all materials included)



All art sessions run by
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LEARNING & SKILLS

• INTRO TO MS WORD & EXCEL

📅 Mon 13 July – 14 Sept
🕒 10.00am – 1.00pm

FREE



• INTRO TO GOOGLE DOCS & SHEETS

📅 Wed 15 July – 16 Sept
🕒 6.30 – 8.30pm

FREE



• HORTICULTURE ADVANCED

📅 Fri 17 July – 18 Sept

🕒 10.00am – 1.00pm

💰 \$70 for 10 sessions



• LINE DANCING (Beginners)

📅 Mondays from 20 July

🕒 10.30 – 11.30am

📍 Kinglake West Hall

💰 \$90 for 6 sessions



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HEALTH & COMMUNITY



INFANT BABY MASSAGE

📅 Wednesdays, 29 July – 19 Aug

🕒 11.30am – 12.15pm

💰 \$80 for 4 sessions



WINTER WARMERS LUNCH

📅 Thursdays (from 16 July)

🕒 12.30 – 2.00pm

💰 Gold coin donation



PROVIDE CPR (HLTAID 009)

📅 Saturday 25 July

🕒 9.30 – 10.30am

💰 \$75



PROVIDE FIRST AID (HLTAID 011)

📅 Saturday 25 July

🕒 9.30am – 12.00pm

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- Tuesday 23 June
- Tuesday 28 July
- Tuesday 25 August
- Tuesday 29 September

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or just drop in on the day - Walk-ins welcome

Where to find us

- Kinglake Library - Murrindindi Shire Office
Main Street, Kinglake



For more information contact Nodia:
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www.dvsupport.org.au



This project is supported by the FRRR

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EPIC Day of Service

The Rotary Club of the Kinglake Ranges proudly joined Rotary's global Epic Day of Service on 16 May, taking part in a worldwide movement of communities making a positive difference where they live. A fantastic team of 15 volunteers spent the day improving the Post Office corner garden and the Kinglake West turnoff through weeding, planting, mulching and general beautification works.

The club is grateful to Matt from Antique Perennials for donating plants and Nichols Tree Services for supplying mulch, helping bring these projects to life. Make sure you go watch our TikTok if you haven't seen it yet!



Defensive Driving

Congratulations to the 20 young drivers, along with their supervisors, who completed the defensive driving course on the 17th of May.

Students got the rare chance to test out their ABS breaks in a safe environment.



ICED for a Cause

An absolutely FREEZING day at the Kinglake Market in May and these legends made it even colder by doing the ice bucket challenge for Fight MND! (Motor Neurone Disease)! Our brave volunteers: Tamara, Rowan, Edward, Peter, Jessie, Brian, Caz & Georgina. Credit to the Kinglake Market crew & Tamara for recruiting the tributes and our ruthless dunkers Sarah & Nina who made sure nobody escaped dry! We had reps from Kinglake CERT, Kinglake Junior Football Club, Kinglake West Fire Brigade and Scouts!

Despite the chilly weather, our community showed up in force for an incredible cause. MND is a devastating disease that affects the nerves controlling muscles, gradually taking away a person's ability to move, speak, swallow and breathe — while the mind often remains unaffected. Every dollar raised helps support research, care and families impacted by MND. In total, our club raised \$2,123, woohoo! Thank you to every single person who donated, participated, laughed, cheered and froze alongside us. Community spirit is what makes our region so special.

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SATURDAY 9AM - 12:30PM

Sick Days and Sore Bodies: Explaining the pain

Have you ever wondered why your whole body hurts when you're sick?

While there are various reasons behind this discomfort, from an Osteopathic perspective, much of this discomfort is linked to the lymphatic system.

The lymphatic system is a key player in your immune and circulatory systems. The lymphatic system is one of the fluid transport networks within your body.

Within this network, the lymphatic system transports lymph, which contains various immune cells responsible for fighting off viruses and bacteria. When you're sick, this system becomes more active, working hard to track down and eliminate the source of the illness. However, the lymphatic system cannot function by itself - this movement around the body is assisted by the musculoskeletal system.

So what is the connection with our sick and achy body then?

The lymphatic system relies heavily on the movement of your muscles, to help push

lymph throughout the body. Every time you move, whether you're walking or just stretching, your muscles are contracting and acting as a pump to move the lymph fluid. This helps to circulate the immune cells, which fight off illness.

But when you're sick, you tend to move less, focussing on rest to allow the body to recover. As a result, the movement of lymph slows down, which can result in a slower rate of transportation for our immune cells. This is one reason you may feel achy all over when you are under the weather.

The connection between movement and recovery

When we are considering the muscular system, the amount of movement can have a significant impact on how we feel, based on the link to the lymphatic system. Therefore, a lack of movement, may result in lingering aches even after the illness has passed.

And it's not just about the illness at hand -



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you might notice that older aches or pains feel aggravated as well.

Next time you are feeling under the weather, try to include some gentle movement into your routine.

While it is important to listen to your body and allow it time to rest, light activities such as stretching, walking or even breathing exercises can help assist with body aches and promote recovery.

Osteopaths take this into account when providing post-illness treatment, and may focus on ways to encourage movement and enhance lymphatic drainage. If you're curious about how Osteopathy might help you with any lingering aches and pains, or you're looking to support your body's natural healing process, visit our website: www.innovaosteopathy.com.au or contact us on 0458 112 608.

Dr Nikola White, BHSc / BAppSc (Osteopath)

Reforms for ADHD Treatment

Earlier this year, the Victorian Government announced reforms aimed at improving access to attention deficit hyperactivity disorder (ADHD) care for Victorians.

From September 2026, an initial 150 General Practitioners (GPs) will undertake a training program to enable them to safely diagnose and treat ADHD in both adults and children aged 6 years and over.

In the meantime, Victorian Virtual Emergency Department (VVED) will provide short-term access to ADHD prescriptions for people with an existing ADHD diagnosis who require urgent access to medication and can't access their usual treating clinician. The service is designed to act as a safety net, not a replacement for routine or ongoing ADHD care.

Adults will be able to access the service from September 2026.

It is currently available for children under 18 years.

Further information about the children's service is available at the Victorian Virtual Emergency Department (VVED).

Free Health Advice Australia-wide

A new national 'Ask 1800MEDICARE' campaign aimed at promoting awareness and understanding of a new 24/7 health advice service has been launched.

You can now get free health information and advice anywhere in Australia, 24 hours a day, 7 days a week, by calling 1800MEDICARE (1800 633 422), visiting medicare.gov.au/1800 or by downloading the free 1800MEDICARE app.

When you call 1800MEDICARE about any health concern, you will speak to a registered nurse. The nurse will ask about your symptoms and guide you to the right care, whether that's looking after yourself at home, getting help from a GP, Medicare Urgent Care Clinic, pharmacy or emergency department in your area.

1800MEDICARE is a first point of contact for health advice, especially for those who find it difficult to access urgent GP or other face-to-face services, whether due to location, after-hours needs, or other barriers.

1800MEDICARE is available to everyone, anywhere in Australia, and no Medicare card is required.

To find out more information or to access campaign materials, visit medicare.gov.au/1800. For emergencies, call Triple Zero (000).



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Understanding GLP1 Agonists (Semaglutide) - A New Class of Drug for Diabetes and Weight Loss

I am very excited this month to present some of the exciting information presented at the recent Metabolic Health Summit I attended in Sydney in June.

There is so much incredible research being done in the field of natural, complementary and Integrated medicine fields and how vastly important it is to remember that all human knowledge on medicine both natural and medical is a synthesis of our understanding of the complexities of the human body.

In effect, there is no conflict in true medicine. All medicine down to the foods we eat are affected by culture, availability, understanding and research. Your body responds to all these factors and knows not of the divisions of natural and chemical.

Yet it responds as it has evolved over millions of years, to our attitude, diet, emotions and quality of the foods and medicines we ingest; this is our human challenge.

To see us as a whole organism, not just a sum of its parts.

This month a quick summary of a new class of drug, the GLP1 agonists and how they can be used safely and effectively to kickstart a healthier body.

As mentioned in many articles in the past, we are multitudes. That is, we are millions of organisms that are constantly in the state of flux responding daily to what we eat and drink. Think of the last time you travelled and the effects that had on your digestion.

If your microbiome (gut bacteria) is healthy you are less effected than someone who has a simple diet and thus finds new foods more challenging.

When we have for a long time consumed



a low fibre, high sugar and fat diet our microbiome reflects that and our liver enzymes, pancreatic enzymes and so forth have adapted to that diet.

So, trying to change it rapidly results in us feeling we are failures as our bodies simply are unable to cope with the change, and scream for the sugar etc we are trying to cut out.

In the past we used bitter foods that regulate appetite and assist digestion, like bitter greens, digestive bitters (such as you have in a cocktail) and herbs such as gentian that turn off the hunger receptor stimulating cells. These are very effective as they also stimulate the liver into detoxifying fats and toxins that have built up affecting TAS2R cells.

These new drugs (Monjaro, Ozempic etc) work differently and affect the GLP1 receptors that effect appetite by blocking them, delaying gastric emptying so you 'lose your appetite'. They are drastic and have a host of effects on many other organs of the body.

An interesting point is they have a positive effect on the microbiome! As we stop craving fats and sugars that feed the gut bacteria, those bacteria die off, which can cause bloating and gas that can be reduced with specific probiotics. This can give those who have struggled to kick start their weight loss a head start.

However, these drugs also effect the Cardiovascular system, kidneys, immune system, liver, pancreas and brain. This is where we may find many of the well-known side effects land, and this is how natural therapies can help.

By supporting the changing gut bacteria with beneficial ones; using herbs to support the liver as it begins to convert fats to clear from the body and reduce the strain on the Gall Bladder (very important); a precise and tailored eating and supplement plan to ensure muscle wasting is reduced so you don't end up with that classic 'Ozempic face' and muscle fatigue; and adequate nutrient support to ensure you don't lose vital vitamins and minerals necessary for good health as well as good fibre to move it all through the system.

It's vital therefore to work with a natural therapist, and Chinese Medicine is incredible for diet therapy focused weight loss and foods that work with your constitution.

We can indeed mindfully use the tools that can help kick start your weight loss, with or without medical assistance. Keep an eye out for the spring edition of this space and remember you can always check out our past articles on our website and here at the Mountain Monthly Website.

*Until next time stay well, Dr Angela Palmer
Kinglake Chinese Medicine*

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KINGLAKE RANGES CEMETERY TRUST

Have you ever thought about what will happen to you after you pass away?

What process do I want.. Cremation or Burial? How will I be buried or where?

These are very important questions to answer so your loved ones know your wishes, when the time comes.

The **Kinglake Ranges Cemetery Trust** has been diligently working on the development of a cemetery at 11 Blackwood Lane, Kinglake Central. Our goal for the site is to create a tranquil and respectful final resting place for the community.

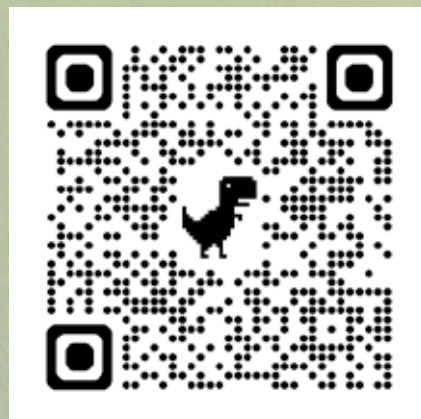
While physical development has not yet begun, the Trust is eager to hear from residents and the wider community. We invite you to participate in a survey to help us understand which types of interment options are most needed and should be considered as we plan the future vision for this space.

OPTIONS: Please tick multiple options that suit your personal choice.

- ☐ **Are you responding to this survey as an individual** OR ☐ **as a family of 2 or more people**
- ☐ **Traditional Lawn Burials.** These plots are dug into the ground allowing the deceased to be placed horizontally, and may contain 1,2 or 3 interments per plot, depending on the ground conditions.
Ground level headstone and plaque options.
- ☐ **Upright Lawn Burials.** This means the body is positioned in a shroud standing up rather than laying down, effectively saving space. Ground level headstone and plaque options.
- ☐ **Natural Burials.** As per Traditional plots but in biodegradable coffins like cardboard, wicker, etc. 1 interment only. Plots could be in grassland or have a small shrub. No plaques or headstones. **see below
- ☐ **Scatter Ashes Gardens.** Usually dry garden beds where ashes are dispersed.
No plaques or headstones. **see below
- ☐ **Cremated Ashes Columbarium.** These are blocks of low niche walls, in a variety of sizes and finishes, that can be utilized as seating for reflection. Each niche can contain 1 to 4 ashes containers. A small plaque can be affixed for each interment.
- ☐ **Cremated Ashes in Garden/Rock areas.** Ashes containers are buried in rock garden beds for a more earthy feel. Small Plaques can be placed on rocks.
- ☐ **Cremated Ashes Decorative Poles.** These would be placed in garden areas and are artistic options in a variety of designs to hold 1 or 2 ashes interments. Small plaques can be added.
- ☐ **Cremated Ashes Seating.** These are actual seats and would be purchased as a whole by an individual or family, and can accommodate 1 to 4 ashes containers. Plaques can be added.

**Remembrance Plaques can be placed on a memorial wall/space.

The Trust would like to thank you for your time and interest.
Please return surveys by mail to PO Box 92 Kinglake, 3763
or scan & email to kinglakerangescemeterytrust@gmail.com
or submit online via FB @ Kinglake Ranges Cemetery Trust,
or online with the attached QR code.





WHITTLESEA COMMUNITY HOUSE

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Our Semester 2 Brochure is out and full of new things to keep the winter blues at bay. Come into the office and grab a copy or download it from the website www.wchi.com.au

Visy Recycling

Our merry band of volunteers is still counting CANS AND BOTTLES! Over the counter recycling is available Tuesday, Wednesday and Thursday each week 10am – 3pm and Saturdays from 8am – 4pm. Please note we are not open on Public Holidays. Unfortunately, we must also close when we reach our bin capacity – it's a good idea to visit us as early in the day as you can.

Got some time on your hands and looking for an easy and regular volunteering role (perhaps to meet your Centrelink obligations). Look no further. Our recycling team is seeking volunteers for regular shifts call 9716 3361 to discuss.

Are you a group or club? Did you know that you can register as a donation partner and receive the 10 cent return on recyclable items as a donation

from the community? Go to <https://cdsvic.org.au/donation-partner-registration>

Whittlesea Fresh Food Co-Op

We are pleased to announce that we are embarking on an expansion program for the Food Co-Op. Stay tuned for more information on locations across the region. Meanwhile, prices are going through the roof and our boxes are GREAT value. Locally sourced, straight from the farm produce with minimal freight cost means savings for you. Membership is just \$10 and you can find out more on the website www.wchi.com.au

Community Meals

Big Blokes Brunch can be found at the Whittlesea Community Activity Centre on Tuesdays! Join the blokes for brunch each week (even during School Holidays): Tuesdays 11.00am – Noon \$2.00 per person

Women's Lunch – Please RSVP June 25 11.30am – 1.00pm Gold Coin Donation

NEW NEW NEW

• FREE TAX HELP returns from 24 July and appointments will

be available on selected Fridays through to October. Call the office for a suitable time. To be eligible you must earn less than \$75K per year, no ABNs or trusts.

• Paint and Sip was a huge success in May so we are doing it all again \$30 per person Saturday 3 October.

Uke Muster

The Uke Muster will roll back into town on Saturday 29 August at 9.30am. Join us for a full day of all things Ukulele. Register now and receive updates as they happen check the website <https://www.socialplanet.com.au/request/guest/activity?id=48333> It's fun, it's FREE and everyone is welcome.

Op Shop Tours Returning

Jump on the bus with us and snap up a bargain. These tours sell FAST. \$25 per person bus leaves from the House at 9am sharp and returns around 4pm

18 July Country

15 August Lilydale, Warrandyte and beyond

19 September City Fringe

17 October Victoria and South

Melbourne Markets

Fix it Friday – Friday 24 July

Fix it Friday is BACK. Get real help from a real person and sleep better at night. Talk to us about problems that relate to legal matters, housing, finance, NDIS, My Aged Care, Centrelink, Fines, Mental Health as well as No Interest Loans and Police matters. The Victorian Ombudsman is also in attendance for all complaint matters related to government entities (eg councils, state government, Fines Victoria, VicRoads, Worksafe). NEW Fixers from Mortgage Stress and Tenancy Assistance Advocacy have recently joined us. We also have free Barista made coffee to keep you fuelled up.

Call us to register for assistance 9716 3361.

Pop in during open hours for a cuppa Mon – Thurs 10am – 3pm. Food relief pantry packs are available during office hours or visit our community pantry 7 days a week open all hours (out the front of the House – 92A Church St). Pet food relief is also available for dogs and cats during office hours.

Kinglake Ranges Mens Shed

It's been a while since the shed has placed an article in the mountain monthly, so here we go.

This year is travelling along too fast, and the year seems it only started last week, and now it's at the end of the sixth month going into Christmas.

We at the shed have been fundraising especially at Bunnings Mernda, (to pay our bills etc) and we also had the opportunity to participate at the Kinglake trash and treasurer market held in March,

It was quite an adventure, and we had no idea what was going to come of it, but we were able to sell some of the items we had made, and/or donated by members. We are also looking at the possibility of having a marquee at one of the Sunday markets later this year,

By the time this article goes to press, we have had the opportunity to showcase the shed to the Yarra Ranges Network meeting, held in April, We had about

20 visitors from different sheds within the Yarra Ranges network. We also had the opportunity to be sponsored by the Bendigo bank, Kinglake, thanks to the staff of the bank, and our own members who also assisted in preparing and providing lunch to our visitors. Thanks to everyone who assisted on this day.

One of our members represented the shed as part of the Yarra Ranges network safety meeting, also the Australia Mens Shed Association, workplace safety project meeting. This was held in Lilydale shire offices just after Easter

The discussion was to formulate a workplace safety document to be used across the Mens Sheds of Victoria,

We also have had the opportunity to attend local shed meetings being conducted at St Andrews, and Seymour.

It gives us a better insight on how sheds operate, what they have to offer, learn different ways of doing things, and also

how we can assist other sheds in the future.

We all promote shed life health and safety, but the main reason sheds exist is men's mental health.

Without the shed in rural areas like Kinglake, and other rural areas, we have mateship, getting together and having a biscuit and coffee, we sit around the table and talk sh::t.

By having the opportunity to talk sh.. it gives us blokes an avenue to vent, get things off our chest, and continue with life in general, so, to all local residents in your own sheds at home, step out of that boring lonely shed, and get involved in supporting your local men's shed in the community.

It could, should, would help save a sole who is having difficult thoughts,

And, as a volunteer within the community, including assisting with our Bunnings BBQ's, you can have fun doing this.



Not sure where to start with aged care support?

healthAbility's Service Connection team can guide you, organise assessments and connect you to the right support and services in your community

Free support is available if you're eligible, whether you're accessing aged care for the first time or you've already started your aged care journey

We can help with:

- Contacting My Aged Care and arranging an assessment
- Support during the assessment process
- Finding and short-listing aged care providers
- Completing forms and understanding service agreements
- Checking in after services begin
- Connecting with community supports

To be eligible, you must:

- Have no carer or support person who can help them, or not have a carer or support person they feel comfortable or trust to support them, and
- Be eligible for government-funded aged care.

healthAbility's Service Connection team supports people in Lower Murrindindi, Nillumbik, Banyule, Whitehorse, and Boroondara.

Contact our friendly team:

service.connection@healthability.org.au
0414 272 411
healthability.org.au





July is mid-winter and that means ensuring care to protect plants from the chill of frosts.

If the forecast is anything to go by, this month could be frostier than previous years, which were very wet.

Recently I had the pleasure of meeting a group of interested home gardeners at the Kinglake Ranges Neighbourhood House for a short session on winter vegie growing. This session allowed good information sharing, which so many gardeners thrive on.

Sharing your own garden knowledge is invaluable as it is about shared experiences. Informal learning through these opportunities often brings up information specific to your own situation, which many garden books miss due to their limited content and garden programs are a case of one size fits all.

Soil PH

Having the right soil PH is integral to healthy vegie growing. If your vegie bed soil is too acidic or too alkaline, the vegies will fail to thrive as the wrong PH will lock in the availability of nutrients for the plants to access.

The other important benefit of having the right PH is that this will help reduce diseases. Most vegies are happy with a PH



of 7 which is neutral. Some are happy and will tolerate a PH 6 and others need a PH of up to 7.5. As a general rule, a handful of lime sprinkled over a square metre is enough but your soil test will give you some idea if you need a bit more.

Onions and peas love lime.

Getting a soil testing kit is very handy to check your bed's PH. It is very simple to use and takes about 5 minutes to go through getting a small soil sample, placing a few drops of the liquid and after a light mixing, sprinkle the powder provided.

The soil will change to colours from purple to orange with green in between. The colour will tell you what the PH is and from there you can either leave the bed alone if it is what you need or remediate an acid soil with garden lime or if too alkaline, use sulphur to the desired PH. If that has been the case, check again 2 weeks after you have applied the garden lime or the sulphur.

It's important to leave the limed soil for 2 weeks before adding any fertilizer. The main one to use is Blood and Bone but if you are planting root vegies, look for a Blood and Bone with a low nitrogen percentage, lower than 8%. If you are growing leafy greens, then a Blood and Bone with a percentage higher than 8 is better.

Things to do this month

- If you have fruit trees, next time you are in a garden centre, look for a fertilizer with a high percentage of Potassium. A level between 8 to 14% is needed for fertilizing next month in August.
- Don't fertilize dormant plants until you see new growth. The fertilizer will not be taken up and it will be wasted.
- This is probably the last month to check

for citrus gall wasp on your lemons and lime trees. When the weather warms up these wasps will be hatching and will escape to come back when the next season's new growth develops.

- Plant potatoes but choose the area carefully as they have an annoying habit of popping up after harvest every spring from potatolets, which are smaller than a pea. There will be some new varieties to choose from.
- Onions can also be planted but depending on the variety, they can take from between 7 months to longer for growing. If you haven't the patience waiting for them, look at shallots which take half the time and also spring onions and chives which have a quick growth.
- Don't plant the onion family near any peas or beans. However, the onion family are good companions for carrots.



You could mix the carrot seed with the spring onion seed and watch them grow together quite happily.

- If you have ordered bare rooted fruit trees, prepare the site for them now before they arrive. Leave the holes with some compost ready for the trees and add some seaweed pellets before planting which will help stimulate their roots for healthy growth. If they arrive this month don't fertilize yet. Wait until the new growth shows.

- This is the last chance for planting garlic.

Pests this month

The usual offenders will be black and green aphids, scale, sooty mould and signs of leaf damage. Woolly aphids may still be hanging around on apples and some other trees. These look like fluffy white bits of cotton wool and the aphid inside is barely the size of a pin head. Now is a good time to eradicate this sap ➤

sucker with a spray of white oil mixed with pyrethrum. All parts of the tree need to be sprayed from top to bottom and include all the cracks as well.

Controls

- Sooty mould grows where sap suckers have been feeding. This results in black goo with ants travelling up and down the plant. Making a grease band will help control the ants. Making a spray with dishwashing liquid and water will help dislodge the sooty mould and hose spraying it off will also remove it.
- Scale can be sprayed with an oil spray of which there are a variety available now.
- Bordeaux spray can be used on roses after pruning.
- Peach Leaf Curl: is a devastating fungal infection that affects not just stone fruits like peaches, nectarines but also almonds and all the ornamental varieties of these trees. There are many fungal treatments available but for this problem, it should

be either a copper or sulphur based fungicide. Bordeaux sprays used to be the traditional method but the mixing of it can be a hassle so there are many options available now for you to access. The spraying must happen while the trees are dormant before bud swell and any sign of green leaf showing. Most of these trees will start moving later this month so the next couple of weeks will be a good time for this action.

Peach Leaf Curl is a 3 spray treatment. After this spray, wait until leaf fall in autumn and spray again. There will be another third spray needed in early winter when the tree is in full dormancy. If you see signs of this fungal infection appearing after in mid spring then you will need to repeat the process again. This infection is a tough one to remove and missing out on a spray can set you back. I have to say that I gave up and ended up removing the two nectarines I had.

Alex



ENVIRONMENT MATTERS

Insect hotels

In order to keep the garden thriving, it may be worth deriving benefit from an insect hotel. Although they can be used all year round, they are a must-have for insects when colder temperatures prevail.

These habitats feature a deep history that dates back to methods used in Europe. Although it is hard to determine the actual timing or the creator, it is known that modern insect hotels became popular in the 1980s and 1990s, particularly in Germany and The Netherlands. They were constructed to restore biodiversity in areas that were previously forested and sustain insect resources for gardening as well.

During the 2000s, they were found through Europe. Afterwards, this concept then traversed the Atlantic and these structures were seen in Australia and South Africa where they were developed in order to conserve insect populations with a practical form of methodology.

Insect hotels are commonly made from untreated items that are recyclable or found in nature and are designed to imitate havens where insects can frequent for long spans of time. Hollow objects such as bamboo, plant stems, or wood with drilled holes produce cavities for chambers that can be used as nesting sites for breeding purposes. Other



Garden with "insect hotel" in Guémar, France. Courtesy of Palauenc05, CC BY-SA 4.0 <<https://creativecommons.org/licenses/by-sa/4.0/>>, via Wikimedia Commons

materials such as dry leaves, pinecones and straw offer a dry setting while loose bark, decaying wood and pieces of broken terracotta provide a space with much dimness and moisture.

Depending on the type of insect, there are a number of duties that these inhabitants are able to perform to enhance the surrounding area. Solitary bees and butterflies are good for pollination of flowers, fruits and vegetables with the latter also being an indicator of ecosystem health. Ladybugs, lacewings, earwigs and spiders have the capability to rid of aphids, beetles and mosquitoes. As

a result, there is no need for harmful pesticides. Solitary wasps are used for pest control as well in order to pursue caterpillars and beetle larvae. However, that being said, there are some species of beetles that are proven to be effective too, particularly in the decomposition of dead plant substances and improvement of soil quality.

Creating structures such as insect hotels are just one of the approaches we as individuals can partake in to ensure these creatures retain their presence for the years ahead.

Priya Mohandoss



Kinglake LANDCARE

WINTER

Kinglake district is the traditional land of the Taungurung and Wurundjeri people of the Kulin Nation which is in Waring or Wombat season until July. Shorter days, longer nights, misty mornings, and cooler.

RARE PLANTS

The Wollemi Pine (*Wollemi nobilis*) that I planted in my Kinglake West garden is growing well (see photo). It is one of the world's oldest and rarest plants that outlived the dinosaur and many millions of years ago it was widespread and was even growing in Antarctica.

But, in 1994 Wollemi in NSW was believed to be the only location of this species left in the world so it has been deliberately widely propagated to ensure its survival.

In our own small way Kinglake Landcare Group has been doing similar propagating and distributing local *Pomaderris vacciniifolia* (Round-leafed Pomaderris) which was close to extinction just a few years ago.

With climate change already occurring it is heartening to know that some species could survive the disruption.

COMING UP

Our KLG National Tree Day planting is on Sunday 2 August 10am-12 pm. National Tree Day activities with the three Kinglake schools will be held in July and we have been preparing a special site near the community centre for the Middle Kinglake Primary School planting (more details next MM).



Other activities will be advised by email or on our website.

ACTIVITIES JUST GONE OR CONTINUING

In June I attended a conference on Biodiversity across Borders at Federation University, Mt Helen Campus, Ballarat.

Over 700 attendees covering ecological research to practical solutions by natural resource practitioners.

Climate change effects on our natural environment was a dominant theme including predicted markedly increased fire risk in our Central Highlands if urgent climate action is not taken. This included an urgently needed reassessment of our fire fighting practices.

UGLN through Fencers

Without Boundaries is still actively seeking volunteers and donations to assist landowners impacted by the 2026 Longwood Fires in the Murrindindi and surrounding shires and is calling out for skilled and unskilled volunteers to assist.

For more information contact Chris Cobern on 0413 855 490 or by email ugln.projects@ugln.net

On the fire theme, UGLN is currently working with others to provide assistance with updated post fire landscape restoration information.

GET OUR FREE BOOKLET

'Caring for Your Patch' covering backyard garden design, food growing, plant selection, weed and pest animal management and more available locally.

MEMBERSHIP BENEFITS

Interested? You can contact our website kinglakelandcare.org for membership details or be added to our free 'friends' mailing list for notification of events.

Roger Cook, President

Next meeting: 7.30pm Monday 21 September upstairs at Kinglake Memorial Reserve Hall. A spring welcome to all after the winter break.

Next events: We celebrate National Tree Day with plantings in July and August. Sunday 2 August cnr Kinglake Community Centre Extons Road. Activities with schools in July into August.

• Kids Teaching Kids Conference, Yea 1 September



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Taking Centre Stage in Matilda Jr



Ten-year-olds Maddisyn Marsh and Eliza Katsi shine in Seymour Performers Workshop's record-breaking production.

Two talented 10-year-old students from Middle Kinglake Primary School have captured the hearts of audiences in Seymour Performers Workshop's hugely successful production of Matilda Jr.

Maddisyn Marsh and Eliza Katsi were among more than 60 cast members aged between eight and 18 who took to the stage in the musical adaptation of Roald Dahl's beloved story, which played to a record breaking six sold-out shows.

Maddisyn had the exciting opportunity to share the title role of Matilda, performing as the lead character in three of the six shows and learning the role of ensemble in the remaining performances. Taking on one of junior musical theatre's most demanding roles required months of dedication, rehearsal and hard work.

At just 10 years old, Maddisyn impressed audiences with her confidence, stage presence and ability to bring the clever and courageous Matilda to life.

Fellow Middle Kinglake Primary School student, Eliza Katsi, delivered outstanding performances on stage in the role of Lavender, Matilda's loyal best friend. Eliza's performance brought warmth, humour and energy to the production, helping portray one of the story's most treasured friendships.

Principal, Meagan Callander, from Middle Kinglake Primary School said "MKPS was thrilled to see Maddisyn and Eliza involved in the Matilda Jr. musical with the Seymour Performers Workshop".

"We were incredibly proud of the girls for stepping outside their comfort zones to audition and earn such significant roles. In the lead-up to the production, they showed remarkable dedication, working

hard to learn their lines, songs and choreography.

"Watching them perform in the final show was a wonderful and rewarding experience. It has been especially exciting to see the passion and confidence this opportunity has inspired, with both girls eager to be involved in more productions in the future".

The girls spent months rehearsing alongside talented young performers from across the region, developing their skills in singing, acting and dancing while forming friendships that extended well beyond the stage.

The production proved to be one of Seymour Performers Workshop's most successful youth shows, attracting audiences of more than 1,500 people across six sold-out performances.

The Kinglake community turned out in force to support the young performers, with many local families attending performances throughout the season. One show was particularly memorable, with Middle Kinglake Primary School's teaching staff filling seats in the audience to cheer on their students.

Their presence reflected the pride the school and wider community felt in seeing two of their own take to the stage in such a successful regional production.

For the Kinglake community, seeing two local students performing on such a large stage was a source of pride. Many shop owners displayed the Matilda Jr posters to get behind and support the girls. Their achievements demonstrate the opportunities that community theatre can provide for young people, helping build confidence, teamwork, resilience and lifelong friendships.

The final curtain call was an emotional moment for the young performers, with the audience rising to its feet in a standing



ovation following the last show. It was a memorable way for Maddisyn, Eliza and the entire cast to celebrate the success of the production.

While the final curtain has fallen on Matilda Jr, the memories, friendships and experiences gained throughout the production will remain with the cast for years to come.

For Maddisyn and Eliza, the production was more than just a musical, it was an opportunity to challenge themselves, grow in confidence and represent the Kinglake community with pride.

Their performances are a wonderful reminder that remarkable talent can be found in small communities, and that with dedication, support and courage, young people can achieve extraordinary things.

Middle Kinglake Primary School

Another term down and lots achieved at MKPS. They say time flies when you're having fun!

A huge congratulations to our team of 10 students who represented our school at the District Cross Country. Everyone ran their heart out, pacing themselves to complete their best race and encouraged team mates from our school and others. Ben, Noah and Carter qualified for the next stage - Division Cross Country at Bundoora Park.

That day was cold and wet- true Cross Country weather. We couldn't be more proud of the boys for competing at that level. Well done.

Our Grade 5/6 students have been working on their BIG Ideas projects. Early in the year they visited the State Library and listened to guest speakers talking about change maker schemes such as FoodShare and Who Gives a Crap toilet paper. Students then returned to school and thought of their own change maker innovations, researching ideas relevant to our local community.

The level of engagement and enthusiasm of students was next level, there was a real buzz of excitement while they were preparing back at school. Students designed a pitch and a display that they took back to the State Library to present to other schools. The feedback was excellent, students and staff from other schools were very impressed with the level of work and knowledge our students had produced. It was a pleasure to watch students participate in this project and the breadth and depth of learning that took place.

Our active Junior School Council

demonstrates strong Student Voice, meeting regularly and coming up with fun events for students. They organised a fun Silly Socks and Crazy Hair day. Students proudly wore their crazy hairstyles and colourful socks and were treated to warm popcorn at lunchtime. Funds raised went towards Rett Syndrome. Next term they have planned a Pyjama Day - perfect for the cold July Kinglake days.

Each Friday students participate in specialist subjects- Art, Sustainability, Music and PE- we call it Fun Friday! There are always amazing things happening in the Art room under the watchful eye of Mrs Wilkinson. Finger knitting is the current craze- a great relaxing activity that has flowed out of the Art room and into OSHC, classrooms and homes.

Enrolments for 2027 are now open. We encourage new families to come and check out what MKPS has to offer. Our staff work hard to provide an engaging and individualised Literacy and Numeracy curriculum plus many specialist curriculum subjects including Art, Music, Library, Social & Emotional Learning, Auslan, Health & PE and STEM. We have a huge focus on Sustainability, including the Stephanie Alexander Kitchen Garden Program. Students are involved in gardening, cooking and learning about environmental issues. If you would like more information about our fabulous school, please don't hesitate to contact us. Call us to schedule a personalised tour. Check out our website <https://www.mkps.vic.edu.au> or 'like' our Facebook page for up to date happenings.

Meagan Callander, Principal



Ben, Noah and Carter Division Cross Country. Below: art.. Bottom: Crazyhair day. Bottom left: Grade 5/6 BIG ideas



Kinglake West Primary School



The second half of Term 2 has been packed with exciting learning opportunities, sporting achievements, and memorable experiences for students at Kinglake West Primary School. Students have enjoyed a diverse range of incursions that have brought learning to life. There was an Indigenous performance by Dion Drummond, an interactive STEM robotics workshop, and a valuable road safety session delivered by RACV.

Students in Years 3–6 participated in the school Athletics Carnival at Meadowglen and several students went on to represent KWPS at the District and Division Cross Country events, competing against students across the region. Meanwhile, students in Years 5 and 6 have enthusiastically commenced their weekly interschool sports competition.

These events are often the experiences students remember most fondly from their primary school years. Whether it is competing in a carnival, representing their school, learning from visiting experts, or participating in special workshops, these opportunities create lasting memories that are frequently reflected upon in Year 6 graduation speeches.

We are incredibly grateful to the dedicated staff who organise these enriching experiences, as well as the parent volunteers whose support helps make them possible. Together, they continue to bring the school's vision of providing a well-rounded and engaging education to life for every student.

Where Are They Now?

Name: Kylie McErlain

Years Attended KWPS: 1978 - 1983

My Most Memorable Primary School Moment:

"My most memorable school moment was when Mrs Skinner awarded me 'Most Improved Student' in Grade 4. It gave me a confidence boost that I really needed at the time, and it's something I've never forgotten.

What Am I Doing Now?

I'm a casual relief teacher at KWPS. It feels like home teaching here, and I love being part of the school community.

A Message for Current KWPS Students:

The KWPS community calls me "Dory", and I absolutely love it! When I'm out in the community and hear 'Hi Dory,' I instantly know it's a Westie – and it always warms my heart.

Fun Fact About Me:

I am so grateful to have the opportunity to teach you all. You show me such kindness, and I wake up so happy when I know I'm spending the day teaching and learning alongside you. Each one of you is amazing.

If you are interested in joining the Kinglake West PS school community, tours are available by appointment. Please contact our school office for more information.

Kinglake Primary School



Mondays are a special day at KPS because our students get to enjoy a special lunch prepared just for them.

They eagerly look forward to seeing what new and exciting meal will be on the menu each week. This wonderful initiative is made possible by Nicole, one of our dedicated parents, who generously gives her time and effort to organise and prepare these lunches.

We are incredibly grateful for Nicole's commitment and support, and we sincerely appreciate everything she does to make Mondays such a memorable and enjoyable experience for our students.



In Art, the students created robots. Over the course of several weeks, their projects gradually took shape, and some truly amazing pieces were produced. Mr Clark encourages creativity and gives students the resources and support they need to flourish. The finished robots showcased the students' imagination, effort, and artistic skills, making the project a great success.



Our weekly Foundation and Senior student learning sessions provide valuable opportunities for cross-age learning.

Foundation students benefit from the support, encouragement, and positive role modelling of older peers, while senior students develop leadership, communication, and mentoring skills. These sessions strengthen relationships across the school, build a sense of community, and create engaging learning experiences that benefit all students.



We are so lucky to have Beth Williams with us every Wednesday.

Students can spend time with Beth during a wellbeing session if they choose. Beth also runs a drawing class, which is a wonderful wellbeing activity.

For many children, wellness sessions provide a valuable opportunity to slow down, be creative, practise mindfulness, and develop skills that help them thrive both in and out of the classroom. These experiences contribute to a positive school environment where students feel supported, connected, and ready to learn.

Engaging Our Youth



Something special happened in Kinglake in June when the new, inaugural Youth Showcase Night brought together schools, community groups, sporting clubs, families, local leaders and volunteers, all united by a simple but powerful belief: Our young people matter.

The event, initiated by Kinglake Rotary's New Generations Director, Tamara Fowkes, created an opportunity for families, organisations and community members to come together, discover new pathways for young people, and build stronger connections across the region.

Guests were welcomed with a community BBQ proudly sponsored by Murrindindi Shire Council and prepared by our dedicated Rotary volunteers. A heartfelt thank you goes to our Rotarians and Friends of Rotary – Andy, Nina, Miriam, Helmut, Julie, Jordyn, Donna, Rowan and Sarah – along with the many others who contributed behind the scenes to make the evening possible.

Showcasing Opportunities

Throughout the night, attendees heard

from an impressive range of speakers and organisations: Presentations included:

- **Tamara Fowkes**, introducing the new Rotary Youth Community Challenge (RYCC), the Year 6–7 Transition Scholarship, and opportunities through Murcotts Defensive Driving.
- **Leanne Klammer** and the **Kinglake SES Unit**, showcasing Junior SES.
- **Linda Gidlund** and **Sally West**, presenting opportunities through EarlyAct, Interact, Rotaract, RYPEN and RYLA.
- **Rowan Francis**, leading with passion our penguin racing session.
- **STEM Programs**, highlighting future-focused opportunities in science, technology, engineering and mathematics.
- **Elliot Sheedy** and the **Kinglake West CFA Brigade**, outlining pathways through Junior CFA.
- **Nat Hood**, inspiring attendees with the possibilities offered through Rotary Youth Exchange.
- **Milt Golenberg**, introducing the **Sailing Challenge Program**.

- **Justin Bumpstead**, discussing the important role the Kinglake Junior Football

Club plays in youth wellbeing, leadership and belonging.

- **Kirsty Roberts**, Community Development & Partnerships Officer with Growing Healthy Communities at Murrindindi Shire Council, sharing future opportunities for young people across the region.

Community Organisations on Display

- **Luke**, Principal of **Kinglake Primary School**, providing information for families considering future enrolments.
- **Corrienne Nicols** from **Kinglake Ranges Neighbourhood House**, sharing local programs and support services.
- **Sheren** and **Nerale** from the **Youth Enterprise Hub**, gathering ideas and feedback as they work towards establishing a future youth hub for the district.
- Local author **Kirk Mercuri**, who shared insights from his book 'Step by Step – Living with Autism'.

Looking to the Future

We were pleased to welcome Murrindindi Shire Mayor, Damien Gallagher, whose ongoing support for youth initiatives across the region is greatly appreciated. With significant investment planned for youth opportunities across Kinglake, Yea and Eildon in the coming years, the event highlighted what is possible when schools, families, clubs, community groups, Council and Rotary work together to support young people.

The feedback from attendees was overwhelmingly positive, with many praising the range of opportunities showcased and the strong sense of community collaboration throughout the evening.

As Damien observed: "Our young, engaged, community-conscious citizens become future community leaders and community-conscious adults".

To everyone who attended, presented, volunteered and supported the event, thank you.

Kinglake Taekwondo Winner

Congratulations to Bruce Williams from the Tigers Taekwondo Kinglake dojang for an awesome competition result at the Victorian Autumn Open sparring championship's last month.

Bruce won all three fights convincingly, and scored with numerous spinning kicks to his opponent's head and body - the highest value scoring techniques a fighter can use!

Bruce managed to decisively defeat a rival he had previously lost to in the final as well.

A big shout out to Kazi, Tuan and the Schembri's Taekwondo crew for looking after Bruce and coaching him on the day



Upgrade Works Begin on Kinglake Oval

Redevlopment works have begun on the Kinglake Memorial Reserve oval and the second half of the 2026 football and netball season will be played at alternate venues during this time.

Upgrades will include playing surface improvements, drainage works, and a new irrigation system to improve safety, playability and the long-term sustainability of the oval for local clubs and the broader community.

Murrindindi Shire Council Sustainability and Assets portfolio Councillor Paul Hildebrand said the upgrade reflected Council's ongoing work to renew and improve existing community infrastructure in partnership with other levels of government.

"The Kinglake Oval is a vital community asset that plays an important role in bringing people together through sport and community connection," Cr Hildebrand said.

"The upgrade reflects Council's ongoing work with community and government partners to invest in facilities that support participation and wellbeing".

Construction is expected to be completed in September, with the playing surface ready for use from late March 2027, subject to the full establishment of the new turf.

For more information about the Kinglake Memorial Reserve upgrade project, visit murrindindi.vic.gov.au/kmrupgrade

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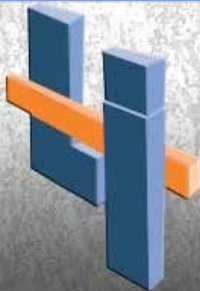
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Kinglake Junior Football

Winter has well and truly arrived, temperatures have dropped, and we are now deep into the season. Despite the chilly conditions, there is still plenty happening around the club both on and off the field.

Over the past month, we have continued to deliver our Player Development and Wellbeing Program, including SALT's Stand Your Ground, Peer Pressure and Decision Making sessions for our U12 and U14 teams.

We have also hosted comprehensive tackling clinics for all teams with Malcolm Bangs, an Australian Olympic judo coach with an extensive rugby union background. These sessions focus on teaching safe and effective tackling techniques, ensuring our players are well equipped to protect both themselves and others on the field.

We were also fortunate to be invited to present at Rotary's Youth Showcase Night. It was a fantastic evening highlighting the many opportunities available to young people in our community through local clubs and youth programs.

Works have now commenced at Kinglake Memorial Recreation Reserve, and the club has temporarily relocated to Kinglake West Oval for training. We would like to sincerely thank the wider community and local groups, including the CFA, Heritage, the Kinglake West Committee and Kinglake West Primary School, for their support during this transition. This significant project will deliver a high-quality, safe playing surface that our current players and future generations can enjoy for years to come.

We are also pleased to once again partner with the TAC to promote important road safety messages. While we unfortunately do not have a home ground available to host a TAC Round this season, we will continue sharing road safety messaging through our social media channels and club events. Let's tackle road safety together—show up for your team and slow down on the road. This message becomes even more important as winter brings increasingly challenging driving conditions.

On the field, our much-anticipated Round 7 matches at Windy Hill were unfortunately cancelled due to oval damage. While this was disappointing for players and families alike, there has still been plenty to celebrate across all age groups in recent weeks.

Our U9s have shown tremendous



determination against some very strong opposition, often in difficult conditions. The team has really come together and developed throughout the season, even recording a well-deserved win in some very ordinary Kinglake weather. We look forward to watching this group continue to grow in the coming weeks. Congratulations to recent award winners Junior, Lucas, Tommy, Lachie, Toby B, Zephyr and Hayden.

Our U10s continue to produce strong performances and recently celebrated their first win of the season. Confidence, skills and teamwork continue to improve each week, and they consistently demonstrate the determination and support for teammates that defines the KJFC spirit. Congratulations to recent award winners Callan, Carter, Chris, Ollie, Lenny, Jaegar, Will, Nash, Flynn, Cade, Jett and Morgan.

Our U12s have faced a number of challenges in recent weeks, including difficult playing conditions and player absences due to illness. Despite this, they have continued to demonstrate resilience, turning up each week with determination and delivering strong, consistent performances. We would also like to congratulate Logan Watson on reaching his 50-game milestone. Congratulations also to recent award winners Ben, Harry, Logan, Lach, Daniel, Levi, Liam, Jacko and Ashton.

Our U14s continue to impress, highlighted by a dominant 79-point victory in Round 4. Despite being promoted to a higher division, they have continued to perform strongly, recording another win and a narrow loss. This group is a testament to what can be achieved when every player contributes and embraces their role within the team. Congratulations to recent award winners Ben, Jackson, Will, Hayden, Roy and Louie.

Our U16s were unfortunately required to forfeit their Round 4 match due to low



player numbers and have since faced the additional challenge of competing in a higher division against some very strong opposition. While results have not yet fallen their way, this group never stops competing and continues to produce moments of excellent football and teamwork. Their improvement is evident, with several highly competitive passages of play against some of the competition's strongest sides. Congratulations to recent award winners Jackson, Robert, Oscar B, Zac and River.

Finally, a reminder that there is still plenty of time to enter our club raffle. Simply scan the QR code below to secure your tickets. You can also use the QR code to purchase one of our 2026 club hoodies.

Thank you to all our players, families, volunteers and supporters for your continued commitment and support. We look forward to an exciting second half of the season.



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Kinglake CFA



Quilt Presentation to the Kinglake Fire Brigade

At our last meeting, Kinglake Fire Brigade was presented with a striking quilted work of art.

The wall hanging was designed and made by accomplished local quilter, Chrissy Eustace.

Chrissy is well known throughout the district and beyond for her exceptional works of art, as well as her outstanding community work.

The design is a tribute to all volunteer firefighters and the work that they do to protect the community and the environment in which we live.

This hanging will brighten the walls of Kinglake Fire Station and serve as a reminder of the importance of the job we do.

The words on the quilt read:

"We pay our respects to our firefighters and their families for their selfless commitment and courage. We thank you for sacrificing your time and lives to fight for the safety of our people, our communities and our country."

We are deeply indebted to Chrissy for this amazing gift and will proudly display the artwork for all station members and visitors to see.



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Get the right stuff

Kinglake SES



It is always rewarding when you get to witness your fellow team members being able to put what skills they have learned into practice, and this happened not once but twice in early June.

One the first occasion we were called to a large tree branch on a house.

Three of the team who turned up had only completed their SWAHS (Safe Working At Heights System) course in the past two months.

Under the supervision of an experienced operator we initially arranged for two of the three to get on the roof and clear the tree - the lead person had also just completed their chainsaw course a month earlier and was able to put both skills into practice.

We had one operator cutting the branches while the second person removed them from the roof, while the people on the ground dragged them away.

As the large branch was still attached to the trunk of the tree we supported it so as not to create further damage to the home.

After removing as much of the branch as safety required, we then patched the roof by replacing broken tiles, and placing plastic tarp over

broken sections of the roof.

While this was occurring we swapped out the second person to give them a break and also allow the third person a chance to experience work on a roof.

Well done to our three roof operators Troy, Jo and Evelyn, also thanks to the others who helped on the day.

On the second occasion we turned up to a tree completely covering Upper King Parrot Creek Rd.

On this occasion Erin, who also had just completed her chainsaw course was given the responsibility to cut the tree so the rest of the team could remove it from the road.

Congratulations to all involved in both.

PLEASE REMEMBER IF YOU NEED OUR ASSISTANCE DIAL 132 500

IF IT IS AN EMERGENCY DIAL 000

It has been an up and down period for Request for Assistance (RFAs) over the last four weeks, where we have had weeks of no activity then in early June a spate of trees came down, a total of 10 RFAs where received in 7 days.

Trees on Road	8
Tree on House	1
Landslide	1



Training courses are continuing with Greg H. and Evelyn both attending a 4WD course then the following weekend a Chainsaw course. This will add to the unit's capability to assist the community in times of need.

We would like to thank Rotary who invited us to speak at their Youth Showcase to explain to those attending what the SES do in our community.

Again thank you to all of our community members who drop off bottles and cans, this definitely helps raise funds for

our unit.

If joining us is something that you are interested in then come down to the unit. We train every Monday night from 7.30pm to 9.30pm except public holidays. Juniors can start from 15 years old. Contact our Unit Controller Leanne Klammer 0428 110 773, Deputy Controllers Andrew Derwent 0419 581 520 or Wayne Leech 0407 400 465 and have a chat, you might find it a good way to meet people in our community and learn new skills at the same time.



July 2026

Public recycling basket trial in Murrindindi

Council is trialling new recycling baskets on public bins across the Shire, making it easier for people to participate in Victoria's Container Deposit Scheme while supporting local fundraising and recycling efforts.

These baskets provide a simple way for people to leave eligible drink containers for others to collect and claim the 10-cent refund through the Container Deposit Scheme (CDS).

For details, visit murrindindi.vic.gov.au/recyclingbasket

Council adopts 2026/27 Budget

Council has adopted its 2026/27 Annual Budget, outlining a stabilising approach to maintaining essential services while supporting ongoing bushfire recovery.

The Budget includes a \$15.7 million capital works program to renew and upgrade infrastructure, alongside continued investment in community recovery. Of this, \$1.4 million is allocated to upgrading the Kinglake Memorial Reserve Oval, with 62% of the funding secured through grants.

It balances service delivery, infrastructure needs and long-term financial sustainability in an ongoing challenging financial environment.

Community submissions were considered before the final Budget was presented to Council for adoption.

View the Budget at murrindindi.vic.gov.au/budget

Victoria's Top Tourism Town Awards

Alexandra was named a finalist in the 2026 Victorian Top Tourism Town Awards, in the Small Tourism Town category in June.

This nomination highlights the diversity of tourism experiences, townships and strong collaboration between communities and local tourism businesses across the region.

Thank you to everyone who voted and we look forward to hearing the results when they are released in August.

For details, visit vtic.com.au/toptourismtown



National Tree Day Events 2026

Australia's largest tree planting and nature care event brings communities together to grow a greener future.

This year, locals can get involved through activities including the 'Love your Pollinators' webinar on 15 July, a community tree planting event in Alexandra on 26 July, and library programs like the Read, Learn and Win draw running until 31 July. With opportunities for all ages to learn, plant and connect with nature, it is a great chance to support local biodiversity and make a lasting environmental impact.

For details, visit murrindindi.vic.gov.au/ntd26

Murrindindi Business Month

Thank you to everyone who was involved, participated and made June a great success.

To review the program, access resources and highlights, visit murrindindi.vic.gov.au/mbm

2026 Immunisations

Did you know, a comprehensive childhood immunisation service is provided throughout the Shire and offered free to all children aged between 6 weeks old and less than 5 years old?

For more information or to book an appointment, visit murrindindi.vic.gov.au/vitavo or email immunisation@murrindindi.vic.gov.au

Get in touch

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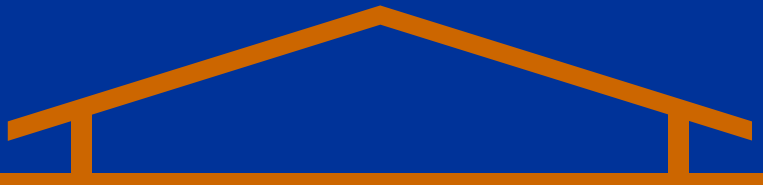
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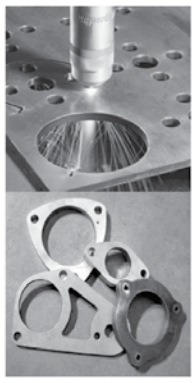
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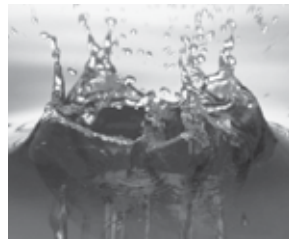


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DEV3 (03) 9123 4215

LANDSCAPING

Wheeler & Sons Construction 0421 435 766

MEDICAL SERVICES

Omnia Community Health 03 5421 1666

Whittlesea Medical Imaging 9716 0278

METAL FABRICATIONS

Outer Edge Creations – Custom Fabrications

0409 575 846

NDIS SERVICE PROVIDER

Care for Living Adrian 0402 095 585

Sarah 0419 116 217

Karisa Support Services 0493 254 930

NURSERY / GARDEN

Alowyn Gardens 9730 2400

PAINTERS

John Kyme Painter & Decorator 0418 564 851

On Time Painting Australia 0402 771 175

PEST CONTROL

Home Pest Services 0488 004 882

PHARMACY

Kinglake Community Pharmacy 5786 1109

PLASTERING

NCC Plastering 0435 842 859

PDL Plastering 0417 558 727 or 5786 5591

PLUMBING & PUMP SERVICES/SALES

Irelands Plumbing 0447 710 631

Kinglake Plumbing & Drainage 0408 176 342

Licensed to Plumb 0405 263 224

Mountain Range Plumbing

Damien 0418 506 130

POST OFFICE

Kinglake Post Office 5786 1209

REAL ESTATE AGENTS

Integrity Real Estate 5786 2033

Nutrien Harcourts - Kinglake 03 5797 2799

ROOFING

CB Roofing 0403 555 279

SCRAP METAL

United Metal Recycling 9467 5505

SEPTIC SERVICES

GC Septic Tank Cleaning 0418 303 761

Septic Services 0421 764 072

Septic Tank Specialists (Kinglake) 0408 176 344

SUPERMARKET

Kinglake FoodWorks 5763 6602

TANK CLEANING

Accent On Tank Cleaning 0407 684 910

TIMBER SUPPLIES

Simply Timber & Roofing 03 5743 0000

TREE SERVICES

Rapid Tree Management 0400 189 149

Unlimited Tree Services 0419 506 739

VALUATIONS

Yarra Valley Valuations 5961 9176

VETERINARY SERVICES

Mountain Ranges Vet Clinic 5786 1777

WATER BORES

Northwest Drilling 0409 362 289 or 9436 1982

WATER SUPPLIERS

Mt Robertson Spring Water

0400 389 022 or 0457 681 992

MURRINDINDI SHIRE COUNCIL

Customer Service &

General Enquiries (03) 5772 0333

Alexandra Library (03) 5772 0333

Yea Library (03) 5772 0333

Kinglake Library (03) 5772 0333

Mobile Library (03) 5772 0333

Operations Emergencies* (03) 5772 0333

(eg collapsed bridge or trees over road)

Community Safety Emergencies* (03) 5772 0333

(eg stock on roads or dog attacks)

*These numbers must only be used in the

case of an emergency. For further information

on Council or opening hours of the Resource

Recovery Centres please visit the website https://

www.murrindindi.vic.gov.au/Home

MOUNTAIN MONTHLY

THE RANGES NEWS

www.mountainmonthly.com.au



Find us on Facebook
and Instagram

COMMUNITY & EMERGENCY CONTACT NUMBERS

EMERGENCY SERVICES

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

CRISIS NUMBERS

Berry Street	5770 2200
Kids Helpline	1800 551 800
Lifeline 24hr	13 11 14
Breastfeeding Helpline 24hrs	1800 686 268
24hr Maternal & Child Health line	13 22 29
Poisons Information	13 11 26

ALCOHOL AND DRUG SERVICES

Nexus Primary Health	1300 773 352
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MENTAL HEALTH SERVICES

Mental Health Advice Line	1300 280 737
Crisis Assessment & Treatment Team	1300 859 789
Aged Psychiatric Assessment and Treatment	1300 369 005
Adult Mental Health Mon-Fri BH	5735 0333
Afterhours/Weekends/24hrs	1300 369 005
Child And Adolescent Mental Health	
Monday to Friday 9-5	5735 0300
Afterhours	1300 369 005
Mental Illness Fellowship	5735 2000
Goulburn Valley Health Mental Health Services	
Seymour	1300 369 005
Epping	1300 874 243
Heidelberg	1300 859 862

HOUSING SERVICES

Office of Housing – (Seymour DHS)	5793 6400
Rural Housing Network	5735 2000
Pathways – homeless or at risk of becoming	5735 2055
Homeless	
– Outreach Connections Program BH	0409 812 159
The Bridge – for people up to 25yrs	5799 1298
Nexus Primary Health	1300 773 352
Consumer Affairs – Tenancy advice	1300 558 181

AGED AND DISABILITY SERVICES

Aged Care Assessment Service	5823 6000
Aged Psychiatric Assessment and Treatment	1300 369 005
National Dementia Helpline	1800 100 500
Carers' Respite and Information Service	1800 059 059
Community Interlink	1800 222 582
DHS – Disability Access and Response Team	1800 783 783
Regional Information and Advocacy Council	1800 221 944
Victorian Aids and Equipment Program	1300 747 937
Interchange	
– for children with disabilities	5735 4600
Nexus Primary Health	1300 773 352
– Rural Access Worker – Disability Case Management –	
Physiotherapy, OT, Speech, Dietetics, Continence Advice, Podiatry	
SCOPE	5799 0148
Deaf Access Victoria	1300 302 335
Vision Australia	5831 3555
Kinglake Carers' Support Group	5786 1232

CHILD AND FAMILY SERVICES

DHS Child Protection	1800 650 227
After Hours	13 12 78
Foster Care – Berry Street Victoria	5799 0039
Family Day Care – Murrindindi Shire	1800 633 792
Permanent Care & Adoption – DHS	5832 1500
Specialist Children's Services – DHS	1800 783 783
Familycare	1800 663 107 or 5735 4600
Telephone Parenting Program	1800 880 660
Access & Support Worker	5774 2404

FAMILY VIOLENCE

Nexus Primary Health	1300 773 352
Womens Domestic Violence Crisis Service	9322 3555 or 1800 015 188
Whittlesea Family Violence Unit, Mill Park Police	9407 3333

COUNSELLING SERVICES

ATAPS (Access to allied and psychiatric services)	5734 8400
General Counselling	
– Yea Community Health	5736 0400
Familycare	1800 663 107
Nexus Primary Health	1300 773 352
– Women in Relationships, Financial Counselling, Gambling	
Counselling, trauma, family therapy, play therapy	
G.V Centre Against Sexual Assault	5831 2343
Men & Relationships Program	1800 663 107
Relationships Australia	1300 364 277
Catholic Care	5786 1016
Victims Support Agency	1300 362 739
Victims of Crime Helpline	1800 819 817
ACGB Australian Centre for Grief and Bereavement	9265 2111

HEALTH SERVICES

Hurstbridge Medical Centre	9718 2611
FamilyCare	5735 6400
Yea Medical Centre	5736 0444
Yea & District Memorial Hospital	5736 0400
– Acute care, District nursing, Ultrasound, Pathology, Physiotherapy, Visiting specialists	
Nexus Primary Health	
(Kinglake Ranges Health Centre)	1300 77 33 52
– Dietitian, OT, Diabetes educator, Asthma educator, Counsellor, Support Worker, general practitioner, practice nurse	
Maternal and Child Health	5786 1337
Lower Hume Palliative Care	5735 8070

COMMUNITY SUPPORT RESOURCES

Kinglake Neighbourhood House	5786 1301
Kinglake Ranges Men's Shed	0402 523 488
5 Oldfield Road, Kinglake West 5757	
email: kinglake-shed@outlook.com	
KRBN	5786 1976

SCHOOLS

Kinglake PS	5786 1284
Middle Kinglake PS	5786 1295
Kinglake West PS	5786 5262
Flowerdale PS	5780 1264
Toolangi PS	5962 9255
Strathewen PS	9714 8278
Yea High	5797 2207
Whittlesea SC	9719 1200
Diamond Valley	9438 1411

KINDERGARTENS/PLAYGROUPS

Kinglake Ranges Childrens Centre	5786 1352
Kinglake Playgroup	5786 1301
Flowerdale Kinder	5780 2816

PUBLIC PLACES

Bollygum Park	5786 1426
Community Centre Bookings	5786 1522
Kinglake Library	5786 1522
Lions Tool Library	0414 555 544
Kinglake Trust Reserve – Ellimatta Centre	0493 720 595
Sports Stadium Bookings	5786 1522
Kinglake West Mechanics Institute	0435 414 110
PO Box 108, Pheasant Creek 3757	
Football Clubrooms	5786 1580
National Park	13 19 63 www.parks.vic.gov.au
Flowerdale Community Hall	5780 2027
Flowerdale Community House	5780 2664

PATIENT TRANSPORT

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

JUSTICES OF THE PEACE

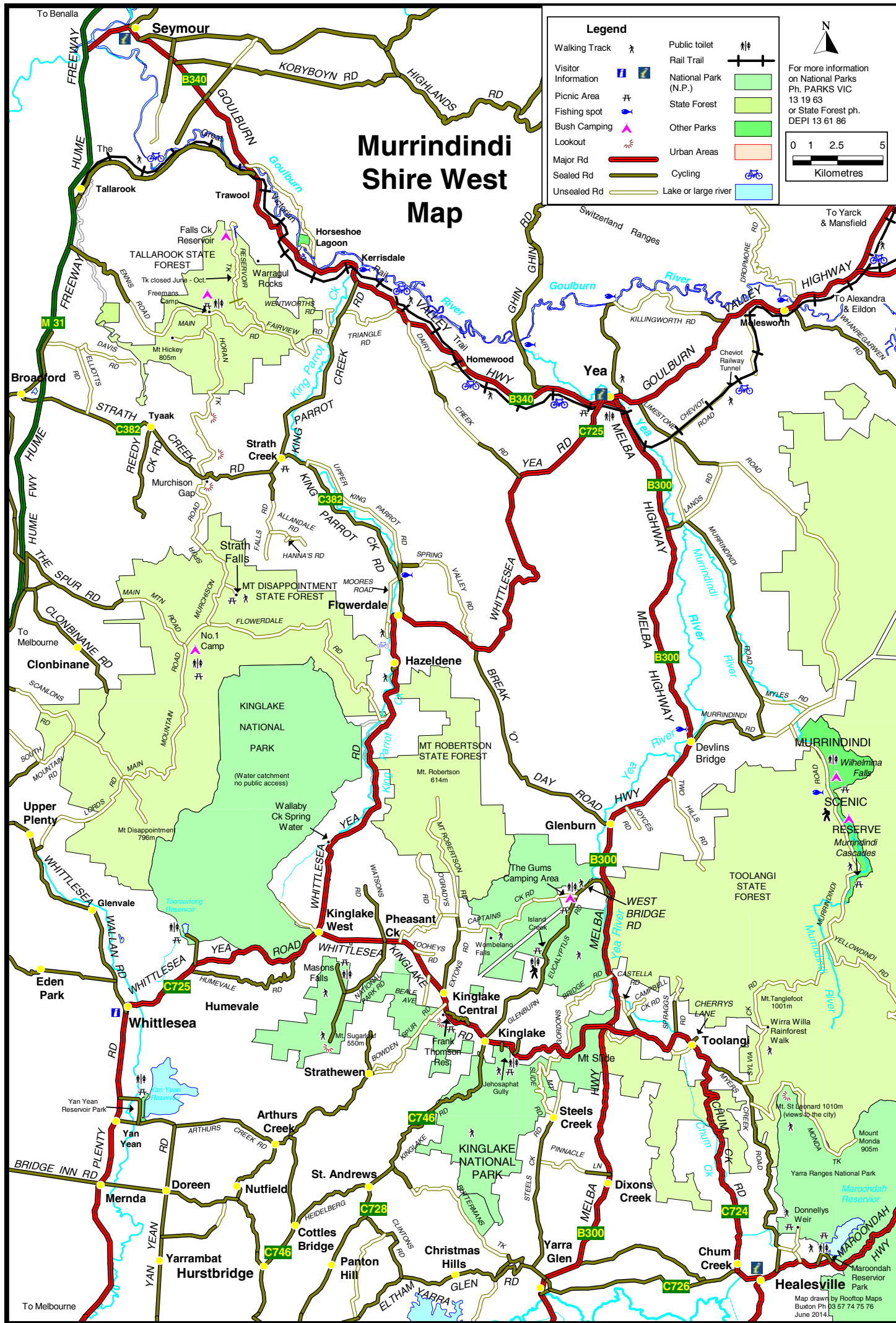
K Stewart (Kinglake)	0419 347 581
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RESOURCE RECOVERY CENTRE

TRANSFER STATION (KINGLAKE)

CHARGES FOR MURRINDINDI RATEPAYERS

We recommend you check the website www.murrindindindi.vic.gov.au for current charges



Are you looking for a treatment for Alzheimer's disease?

We are seeking individuals aged 50-85 years who have been diagnosed with Alzheimer's disease to participate in a clinical trial of Transcranial Magnetic Stimulation (TMS).

TMS is a well-tolerated non-invasive brain stimulation technique that can change brain activity.

We are seeking people who:

- Are aged 50-85 years
- Have a diagnosis of Alzheimer's disease
- Have a 'close other' to participate as their study partner (e.g., spouse, close friend, close relative)



If you would like to know more or are interested in participating, please contact our research team on (03) 9377 9918 and dementia@bionicsinstitute.org or visit our website for more information www.bionicsinstitute.org



Integrity

Real Estate Yarra Valley



26 Ellison Street, Kinglake

4 3 4.5 Acres



\$1,200,000 - \$1,290,000

William Verhagen 0437 371 969



28 Pheasant Creek Rd, Pheasant Creek

3 1 3 Acres



\$870,000 - \$900,000

William Verhagen 0437 371 969



155 Wallaby Way, Pheasant Creek

3 2 5 Acres



\$1,180,000

William Verhagen 0437 371 969



2 Tommy Hut Road, Kinglake West

5 3 5 Acres



Expressions of interest

William Verhagen 0437 371 969



integrity_real_estate



info@integrityrealestate.com.au



Shop 1/2 Kinglake-Glenburn Road, Kinglake



Integrity

Local experts you can trust