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Mountain Monthly

OCTOBER 2026

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Mountain Monthly

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15 OCTOBER 2025

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Saving Spring Babies

As spring continues to kick in, we are surrounded by new life.

As our native wildlife nurtures its new generation, our wildlife rescuers and carers are working overtime to save the babies that are often left when their parent is killed on the road.

Not to mention those that are attacked by wandering cats.

A particularly common sight across the ranges at this time are the native ducks that have emerged from streams and waterways, and the ditches and culverts.

They can be seen grazing on grassy verges and crossing roads in our most built up areas, including in the townships.

Wildlife rescuers have been raising a large number of ducklings that were left behind when a parent was killed.

Be aware of our native babies at this time of year and if you do come across any orphans call Help For Wildlife on 0477 555 611 so they can arrange a rescue.

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COVER PHOTO: *A gentle giant in Toolangi. Photo: Jane O'Connor*

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Our Roads Are Deteriorating Faster Than They're Fixed

It will come as no surprise to those who use roads in regional areas that defects are appearing faster than they are repaired.

According to the Auditor-General, 82% of the state's roads account for about 15% of the Victorian road network by length, but carry most of Victoria's traffic.

In a recently released report into the condition of the state's roads, the Auditor-General says the condition of road network continues to worsen, with a growing proportion of roads in poor or very poor condition.

"Renewal spending is not keeping pace with deterioration and defects are appearing faster than they are repaired".

Roads being in poor condition can increase travel time, the cost of operating a vehicle, and the risk of accidents.

State roads carry most of Victoria's traffic. Growing traffic and freight loads on state roads are increasing the need for maintenance. Adverse weather events, such as major flooding in 2022, put additional pressure on the network.

Delaying maintenance or diverting funding to address these unexpected issues can lead to a further decline in road condition and mean more costly repairs are needed later.

By contrast, proactive maintenance helps slow deterioration, reduces long-term costs and provides safe, reliable and efficient transport.

"We did this audit to assess whether the Department of Transport and Planning (the department) is managing road

maintenance to achieve its objectives and deliver value for money", the report says.

It found that In 2024, around 48% of the network was in poor or very poor condition, compared to 39% in 2021.

Victoria has a large and growing road maintenance backlog, where the network is deteriorating faster than the pace of repairs. Rising costs, increasing traffic and ageing roads make the backlog more challenging to address.

"The department has advised the government that funding is insufficient to maintain or improve the condition of state roads. This has meant it focuses more on reactive and safety-critical repairs rather than preventative works".

The department has opportunities to improve how it makes use of available funding by addressing gaps in its:

- asset information, reflecting unintegrated and poor-quality datasets
- coordination between the teams responsible for planning and delivering maintenance
- processes for making sure maintenance meets quality standards.

Road use in Victoria is increasing, putting pressure on the state road network and increasing the need for maintenance. Between 2020–21 and 2024–25, activity on Victoria's roads grew from 58.72 billion vehicle-kilometres to 68.22 billion vehicle-kilometres travelled, and freight activity grew from 45.1 billion to 54.0 billion tonne-kilometres.

The department expects this growth to continue, with Victoria's total annual

freight task expected to increase from around 440 million tonnes in 2020–21 to around 908 million tonnes by 2050–51.

The Victorian Government has allocated \$1.04 billion to road asset management in 2026–27. This allocation includes funding for maintaining roads, including assets such as bridges, drains, road signs and traffic signals. It also includes funding for asset management planning.

In August, the government announced an extra \$352 million of funding to double the number of potholes fixed this year.

Across Victoria, the gap between the number of defects recorded and the number of defects repaired more than doubled between January 2025 and June 2026.

Measures of road condition, defect growth, and asset renewal indicate that maintenance needs are accumulating faster than they are being addressed.

Financial indicators show that investment is not keeping pace with asset deterioration.

The report also found that the department can improve its oversight of contractors as the department's contracts and technical specifications define quality and timeliness standards for routine maintenance and planned works.

"While it has defined standards, the department's approach to overseeing its contractors is not effective in some areas. Oversight of routine maintenance in particular has gaps and does not provide the department with confidence that its required standards are consistently met".

Additional Fire Recovery Funding Not Enough To Cover the Need

Murrindindi Shire Council has received \$920,000 additional fire recovery funding from the Australian and Victorian Governments, but says that significant recovery needs remain across the Shire seven months after the January 2026 fires.

The additional funding will support the Community Recovery Officer and Recovery Hub programs through to June 2028.

"This funding is welcome and will help ensure recovery support continues in our communities for longer", Mayor, Cr Damien Gallagher said.

"Many residents, farmers, businesses and community groups are still dealing with the consequences of the January fires,

and recovery will continue for years, not months".

He said the funding does not close the gap between the scale of the disaster and the recovery funding received.

Murrindindi experienced around 48 per cent of Victoria's structural losses from the January bushfires. Even with this latest grant, the shire's share of recovery funding allocated to Councils for the January fires increases from around 8.3% to 10.6%.

Cr Gallagher said Council would continue advocating for long-term recovery funding commensurate with the scale and complexity of the recovery effort in Murrindindi.

Council has previously advocated for

\$6 million to support the operation of recovery hubs and locally led recovery over the next couple of years. Even with this latest funding, more than \$3 million is still required to meet that identified need.

"Our recovery hubs and officers working directly with affected communities are not a short-term response. They need to be there as people rebuild their homes and businesses, restore their farms and work through the social and economic impacts of this disaster", Cr Gallagher said.

"I have invited Premier, Ben Carroll, to visit Murrindindi Shire to experience firsthand the impact of the Longwood fire, the stoicism and resolve of our community to rebuild and support one another, but also the scale of the challenge that remains".

What's on Kinglake Ranges Events OCTOBER 2026

5 School Holidays End	8 KRNH AGM	18 KW CFA Open Day	19 Kinglake Trust Reserve AGM	21 Kinglake Historical Society AGM	24-25 Flowerdale Quilt Show	25 Kinglake CFA Open Day	25 Kinglake Market
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PUBLIC NOTICE

Help Us Update Our Community Directory

At *Mountain Monthly* we are updating our Community & Emergency Contact Numbers.

These important numbers and email addresses change over time.

New services and groups are also put in place.

This updated directory will take time to consolidate, but in order to provide our readers with the best at-a-glance guide, we urge you to check contact details are current and correct for your group.

You may wish to add your community group to the listings.

Please note that these are not business listings that fall within our Local Business Directory.

Email any changes or requests for inclusion to janedoconnor485@gmail.com

Mountain Monthly
NOVEMBER 2026
DEADLINE
15 OCTOBER

KINGLAKE RANGES NEIGHBOURHOOD HOUSE INC.
You're Invited
ANNUAL GENERAL MEETING
Join us for the Kinglake Ranges Neighbourhood House Annual General Meeting.
Come along to hear about the achievements of the past year, learn about our future plans, and celebrate the wonderful volunteers, members and community who make our House such a vibrant place.
Thursday 8 October
7:00pm
Kinglake Ranges Neighbourhood House
6 McMahon's Road, Kinglake
Everyone Welcome!
Become involved in helping shape the future of your local Neighbourhood House.
Connecting • Supporting • Empowering Our Community
Bookings not required.
For more information:
www.krnh.org
03 5786 1301
admin@kinglakeranges.com.au
Proudly supporting our local community to connect, learn and thrive.

Flowerdale Community House
36-42 Silver Creek Road
Flowerdale
Phone 0490 941 247
FLOWERDALE QUILT SHOW
2026 FLOWERDALE QUILT SHOW
SATURDAY 24TH AND SUNDAY 25TH OCTOBER
1. Traditional Pieced Quilt - hand stitched and hand quilted
2. Any Pieced Quilt - machine sewn and quilted
3. Novice - any quilt, any technique
4. Applique or Embroidered Quilt - hand/machine combination
5. Any wearable item - hand or machine sewn/quilted
6. Any other item - wall hanging, table or bed runner, etc
7. Any quilted article by junior 15 years or under
8. Best in Show
9. Peoples Choice
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Sun 10am to 3pm
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Murrindindi Shire Council
SEWING
Community Bank
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Integrity
McLEISH MP
Kinglake Branch

Postal Ballot For Kinglake Ward By-election

The by-election for the Kinglake Ward of Murrindindi Shire Council is to be conducted entirely by post. Ballot packs and these will start being mailed to enrolled voters from Monday 16 November.

Voting for the ward will close at 6.00 pm on Friday 4 December 2026.

Those who are interested in standing as a candidate will have an opportunity to learn more about the election process, with a candidate information session scheduled for Wednesday 14 October.

Candidate nominations will open on Monday 19 October and close on Tuesday 27 October.

The by-election is being held following the resignation of former Councillor, Jodi Adams, in August.

Voters were required to be enrolled by 23 September.

To vote in the Kinglake Ward by-election,

you need to be enrolled for Kinglake Ward. This includes eligible voters enrolled on the State electoral roll who live in Kinglake Ward. Some people who own property in Kinglake Ward but live elsewhere may also be eligible to enrol and vote in the by-election.

Enrolment requirements vary depending on your circumstances. If you live in or own property in Kinglake Ward, check your enrolment status and whether you need to take any action.

You can do this by visiting the VEC website <https://www.vec.vic.gov.au/voting/current-elections/murrindindi-shire-council-kinglake-ward-by-election> to check eligibility.

People interested in standing as a candidate will have an opportunity to learn more about the election process, with a candidate information session scheduled for Wednesday 14 October. Candidate nominations will open on

Monday 19 October and close on Tuesday 27 October.

Key dates

- 14 October: Candidate information session
- 19 October: Candidate nominations open
- 27 October: Candidate nominations close
- 16 November: Mail-out of ballot packs begins
- 4 December: Voting closes at 6.00 pm
- 5 December: Election day
- 18 December: Indicative date for declaration of the result

For more information about the Kinglake Ward by-election, including key dates and links to VEC information about enrolment and voting, visit Council's Voting in the Kinglake Ward by-election webpage <https://www.murrindindi.vic.gov.au/Council/Council-Elections>.

Summer Approaches

'Get Fire Ready'

Sunday 25 October Open Day

This year predictions are for a warm spring and summer, with lower than average rainfall. Saturday 25 October will see Kinglake Fire Brigade open their doors for the community to come and visit.

There will be opportunities for the community to see our vehicles and equipment and importantly ask questions about what is involved in preparing for the bushfire threat this summer.

There will be things to do for the younger people including squirting the hose activities and face painting. There will be vintage fire trucks and police vehicles, a demonstration of fire behaviour and an

opportunity to talk to CFA members.

There will be a Sausage in bread available for those who wish to partake.

25 October 11am to 3pm

If you are unable to make it on Sunday 25th then Kinglake West Fire Brigade are having their Open Day on Sunday 18 October.

Recruitment – Give us a Hand

The Kinglake brigade is always looking for new members. We are looking for people to join our team and provide a valuable service to the community. If you are a shift worker or work from home, then we would love your help during the day.

The brigade regularly trains on a Wednesday night and Sunday mornings, however there are other options available



if these don't work for everyone. The CFA will provide you with personal protective equipment and the training that is required.

If you are interested in joining then you can drop down to the station on a Sunday morning or Wednesday night, where we will show you around and explain what is required to become a volunteer fire fighter. Alternatively you can go to the CFA website and click and follow the links to "Become a Volunteer" <https://www.cfa.vic.gov.au/volunteers-careers>

Parks Open During Bird Flu Outbreak

As the weather warms up, visitors and locals will spend more time in our national parks and they remain open during the current outbreak of H5 bird flu.

Parks Victoria says that risk of H5 bird flu to human health is low which means parks and reserves can remain open, accessible and safe to visit.

This includes areas where bird flu may be present.

"We're working closely with the

Department of Energy, Environment and Climate Action (DEECA) to monitor wildlife, provide information to visitors and implement safety measures where required", a Parks Victoria spokesperson said.

You may encounter wildlife affected by bird flu. While this may be distressing, it is important to keep a safe distance and avoid contact.

Removing dead birds can disturb surviving wildlife, creating additional stress for bird colonies.

"Sometimes, we may need to temporarily restrict access for operational reasons and to protect threatened species. Any restrictions will be limited to the smallest area necessary, and only in place for as long as required. Look out for temporary signs to guide you".

For more information about H5 bird flu, including how it is being managed across Victoria and advice for the community, visit the Agriculture Victoria website.

For advice on how to deal with sick poultry see page 28.

Staying Scam Safe

It seems that every online service we use these days includes a scam warning.

And, the pace at which scammers are adapting and changing their techniques is rapid and frightening for many.

We invited an IT industry expert who has had a career in managing and teaching IT at tertiary level – let’s call him ‘Pat’ – to produce a series of articles that can help keep us safe.

Scammers Are Getting Smarter – So Are We

Every time we switch on the computer, check the letterbox app on the phone, or answer a call from an unknown number, there’s a good chance something is waiting to catch us out. Spam texts, urgent-sounding emails, ‘amazing’ offers that turn up out of nowhere — most of us like to think we’re too sharp to fall for that sort of thing.

The trouble is, the people behind these scams are no longer the clumsy operators of a few years back, dashing off emails full of spelling mistakes and obviously fake bank logos. Scam operations today are run like businesses, with real budgets, real technology, and increasingly, real artificial intelligence behind them. Watchdog agencies across the country are warning that scam activity has climbed to record levels, and that the tricks being used are growing more convincing by the week.

Nothing seems to be off-limits. Banks, government departments, telcos, delivery companies, even the social media apps we use to keep in touch with the grandkids — all are being targeted and impersonated by criminals hunting for a way in. You might never click a dodgy link or hand over a password, and still find yourself staring at a notification that your bank details have changed, or that a password you never touched has been reset.

That’s a frightening position to be in, and it’s exactly why we’ve put this series together. Over the coming issues, *Mountain Monthly* will be working through the basics of what scammers actually do, how they do it, and — most importantly — what you can do to keep yourself, your family, and your hard-earned money safe.

This isn’t about scaring anyone off using a phone or a computer. Being online, banking digitally, and staying in touch electronically are simply part of modern life, particularly for those of us living a good distance from the nearest branch or



service centre. The goal here is simply to make sure you’re equipped with the same knowledge the professionals use to spot trouble before it starts.

In the issues ahead, we’ll look at how criminals are now using artificial intelligence to fake voices and faces, we’ll run through the scams currently doing the rounds across Australia, we’ll break down the handful of psychological tricks almost every scam relies on, and we’ll finish with a clear, practical guide on exactly what to do if you think you’ve been caught out.

Scammers count on people feeling too embarrassed, too busy, or too unsure to ask questions. Our aim is the opposite — to get these conversations happening openly, at the kitchen table, over the back fence, and in the pages of this magazine, so that our community stays one step ahead.

How Scammers Use AI to Sound Just Like Someone You Trust

Let’s start with the fact that Artificial intelligence has quietly become one of the scammer’s most powerful tools. It’s the reason today’s scams can feel so much more convincing than the crude attempts of years gone by — and why ‘trust your gut’ isn’t always enough protection anymore.

Deepfake video and audio

AI can now generate video and audio that looks and sounds remarkably real. Scammers have used this technology to produce fake footage of celebrities and public figures appearing to endorse dodgy investment schemes, and — more

troublingly for everyday families — to mimic the voices of people you actually know.

Voice Cloning

This is one of the more unsettling developments. Using nothing more than a short recording of someone’s voice — sometimes lifted from a social media video, a voicemail greeting, or even a phone call — AI tools can generate a convincing clone. Scammers then use that cloned voice to ring a family member, pretending to be a relative in urgent trouble: a car accident, an arrest, a medical emergency, anything requiring money to be sent immediately. The emotional shock of hearing what sounds exactly like your child or grandchild in distress is precisely what the scammer is banking on.

Personalised messages sent at scale

AI also allows scammers to churn out thousands of tailored texts, emails, and social media messages in a fraction of the time it would once have taken. By pulling together publicly available information — your suburb, your workplace, your interests, even posts you’ve shared online — these systems can produce messages that feel personal and specific, rather than generic. A text that mentions your actual delivery company, or an email that references a group you belong to, is far more likely to catch you off guard.

What makes AI-assisted scams particularly dangerous is their adaptability. If you push back or ask a question, some scam operations can adjust their story in real time, offering new ‘evidence’ or a different angle to keep you on the hook.

What you can do

The good, old-fashioned habits still work here. If you get a call from a ‘family member in distress’, hang up and ring them back on the number you already have saved for them — never a new number given during the call. Agree on a family codeword for genuine emergencies if you’re worried about voice cloning. And treat any message that feels a little too tailored, too urgent, or too coincidental with a healthy dose of suspicion, no matter how convincing the voice or vision behind it might be.

In the next issue, we’ll look at exactly which scams are currently doing the rounds across Australia — and who they’re targeting hardest.

End of an Era: The Whittlesea Court House as a Tourism Information Centre to Close Its Doors

After over 30 years of dedicated service, the Whittlesea Court House Association Incorporated (WCHA Inc.) will close its doors on 22 October 2026 marking an end of an important chapter, in the history of one of Whittlesea Township's most significant heritage buildings (Circa 1864).

Established in 1996, the Whittlesea Court House Association Inc. was formed by a passionate group of local residents who were determined to save the former Whittlesea Courthouse building from sale and possible demolition (so it's potential loss for ever). Their advocacy, led to the City of Whittlesea purchasing the building and to securing its future and preservation, as an important piece of the local history.

Following this Council's purchase, the courthouse building was carefully restored, through a partnership involving the Department of Employment, Northern TAFE and the City of Whittlesea. The restoration retained key judicial features while transforming this building, into a Visitor Information Centre and a living museum celebrating the history of Whittlesea and its surrounding districts.

Over the past three decades, the



Whittlesea Court House Association Inc. and its volunteers, have played a vital role in preserving local heritage, promoting tourism and welcoming visitors to the district. These volunteers have generously contributed their time and expertise to maintaining the building; researching local history; sharing stories and helping thousands of visitors, discover the region.

While advances in technology have changed the way that, people access travel information (thus reducing demand for a traditional visitor information centre service) the Association's contribution to

preserving the local history and fostering community pride, remains significant.

The closure of the Association marks an end of an era but also, its legacy will endure as the Whittlesea Courthouse building, stands today, as a testament to this vision plus the determination and community spirit, of the volunteers who fought to save and to care for it, for over the many years.

Their efforts have ensured that this important landmark and its stories, will continue to be enjoyed by future generations.

A significant chapter in our community's history

Whittlesea Court House Association Inc.
Tourism & Visitor Information Centre.

Morning Tea

To commemorate the milestone of the Whittlesea Court House Association Inc.'s closing down only, as a Visitor Information Centre, a Morning Tea will be held at the Courthouse Centre (Circa 1864) on

Thursday 22nd October 2026 at 11.00 am
(following the W.C.H. Assoc. Inc.'s Annual General Meeting (AGM) at 10.00 am).

Current and former members, volunteers and supporters are warmly invited to attend the Morning Tea, to celebrate the Association's remarkable contribution to the community as a Tourist and Visitor Information Centre.

 **WEBSITE:-**
whittleseainfocentre.net.au

 **EMAIL:-**
whittlesea.ch@bigpond.com

 **NB:-** If you are wanting to attend the Morning Tea, please call (03) 9716-1866 and leave a message on the answering machine or send us an email as a notification of your intent.

 **RSVP:-**
By Wednesday, 14th. October '26.

Our Past • Our People • Our Community








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

Live bands most weekends
Sunday Solo most Sunday
Open Mic on the First Sunday of each Month

FOOD AT THE FLOWERDALE

MONDAY Kids Eat Free **parma** \$25

WEDNESDAY **pasta** \$20

THURSDAY **curry** \$25

FRIDAY **burger** \$25 **steak** \$30

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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- WEDNESDAY NIGHT** Steak Night
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The Worst May Be Behind Us. But the Path Back Will Not Be Straight

Four months into the post-budget correction and the data is starting to separate the noise from the signal.

The market has moved faster and further than almost anyone predicted. But there are now genuine signs, tentative, cautious, not to be overstated, that the worst of the selling pressure may be passing.

Welcome to spring 2026. Start with the good news. Victoria's auction clearance rate for the week ending 13 September came in at 56%, a 19-week high nationally. Volumes remain dramatically lower than a year ago, with Melbourne seeing 42.5% fewer homes go to auction than the same time in 2025. That thin supply is doing real work: motivated vendors are meeting the market, and the buyers who are active are well-prepared and moving with conviction.

Real estate agent, John McGrath, was quoted as saying, "We might already be at the bottom, and when the market does take off, it can

sometimes pop quite quickly". The broader price picture remains sobering.

Sydney is now down 7.1% from its February peak, with a median of \$1.22 million. Bank forecasts diverge sharply on how deep this goes. Goldman Sachs is calling a peak-to-trough fall of 9%; CBA 13%; and HSBC 16%.

What the banks do agree on is the other side: Westpac is forecasting prices up 3% next year and 8% by 2028, as underlying housing undersupply reasserts itself.

The RBA is the wildcard.

The cash rate remains at 4.35%, with the next decision due 29 September. CPI has eased to 3.5% for July, meaningfully down from 4.6% earlier in the year, but global pressures are building again.

Oil has surged to US\$107 a barrel following escalation in the Middle East, pushing global bond yields to levels not seen since before the GFC. Bond markets are still pricing further rate rises.

Transaction volumes tell the

most uncomfortable story.

National home sales are down 5% from their peak, with turnover falling 16% in Melbourne and over 21% in Sydney compared to a year ago.

Investor pre-approvals are down 55% year-on-year. Fewer transactions flow directly into less consumer spending; on renovations, appliances, everything that moves with a property sale.

Locally, our core suburbs are telling a mixed story for the year to August. Yarra Glen is the standout, with a median of \$970,000 and 7.8% growth over the year, a sign that lifestyle-driven demand continues to hold.

Kinglake West is also positive at \$950,000 and 4.6% growth, though days on market of 96 reflects a more patient buyer pool.

Healesville is essentially flat at \$805,000 (-0.6%), while Kinglake has softened to \$768,500 (-7.9%). Rental yields across all four suburbs ranging from 3.9% to 4.3% remain solid, which is a meaningful



anchor for anyone holding property through this period.

What does this mean for buying or selling? The answer depends on your suburb, your price point and your timeframe. In our region, the owner-occupier and lifestyle buyer remains the dominant force, and that profile is fundamentally less sensitive to negative gearing policy. Thin spring supply locally is keeping well-priced stock competitive, but buyers are still trying to get a bargain and time the bottom of the market.

Australian property has had 9 downturns in 30 years, and the market has recovered from every one of them.

Will Verhagen

www.integrityrealestate.com.au

Plan Ahead For Wet Bush Tracks

In our part of the world and across the central ranges, we have seen a lot of recent rain.

Even with predictions of drier times ahead, the weather conditions have left many of the tracks in parks across the state very wet.

Parks Victoria's track network offers hundreds of great and popular off-road drives across the state – but it's important to check conditions before you go.

If you're planning a trip this spring, Parks Victoria says be aware that many tracks are boggy after the wet winter.

Wet tracks are easily damaged. Avoiding them protects the bush and helps make sure they stay open for visitors to enjoy in future.

If it's wet, have a backup destination ready.

Some tracks are closed when it's too wet, but others may remain open. If a track is open but driving on it will damage it

then it's best to turn back and leave it for another day.

A smart decision today can prevent months of damage to the track – or your vehicle.

If you're a 4W driver looking for a fun challenge, Parks Victoria says to try a more difficult but drier track instead.

Damaged tracks don't only mean there are less places for you to enjoy 4WDing or touring in future, they also mean reduced access for emergency vehicles.

TEACHING CHILDREN ABOUT MONEY!

Who remembers receiving \$20 in a birthday card from a relative? Or maybe it was \$5 or \$10, depending on how long ago we are talking.

The relationship with money starts when you are young. Discussing MONEY with your children to help them have a great sense of money and good money habits, for their future.

As our society is forever changing and aiming for a cashless society here are a few ways, we can help children think about their money:

Note: We're not saying there's a right or wrong way when it comes to someone's money mindset, but we're big believers that knowledge is power.

1. Money Jars (for young children)

Tell them about the money jar concept, where they'd portion out their money into key categories: save, spend, invest, donate, and then have to decide upfront how much they want to devote to each. Using physical jars helps kids understand an otherwise abstract idea. When they're making decisions about where to send their money, they can see that they've

only got their allocated funds to work with, and so it helps them learn to be more disciplined and purposeful with their decision-making.

2. Opportunity Cost

Talk about opportunity cost, so when they're deciding on whether to buy something, highlight what they'd be missing out on. Little Paul wants to go on that \$20 ride again? Remind him he won't have money left to buy the showbag. Sounds a bit like being the Fun Police, doesn't it? But before long they'll be pre-empting you and considering the opportunity cost before you've had a chance to prompt them.

3. GOOD Debt / BAD debt

Talk about the difference between good debt (debt that allows you to invest in wealth-building channels like property), and bad debt (debt that costs you). For example, if they ask for a \$50 loan, charge them (a nominal amount of) interest. Get them thinking about whether they want to pay compound interest, or earn it.

4. Transparency

If you're living a comfortable life, kids can



get the impression that money grows on trees, right? Think about letting your kids know how much money you earn, and what's involved (i.e. the long hours, years of education and training).

Help them by making them make decisions, While I had my nails done last week my 16-year-old daughter went and did an entire weekly grocery shop at Coles. Frugal with money like her parents she did an amazing job!

5. Spending / Savings & Expenses

Structuring a good balance between Spending, Saving and Bills/Expenses is paramount to ensuring you manage money and not have fear of not having enough! If your children/ teenagers/ young adults need a little guidance – please reach out.

We all LOVE money, lets talk about it more!

Nicole Sevenich, NS FINANCE & MORTGAGES
Nicole Sevenich is Credit Representative no. 479851



KINGLAKE CWA

KINGLAKE COMMUNITY SEWING GROUP

There is a huge demand for assistance in numerous areas – wild life rescue pouches, multiple sized quilts for children and domestic violence victims, mastectomy drainage bags and cushions for breast cancer victims, knitted and crocheted beanies, vests, cardigans, gloves for children in need, Boomerang Bags and more.

Now one of our own members, who is in charge of the maternity section and Special Care Nursery of one of Melbourne's busiest hospitals has asked for assistance with handmade articles for premature and sick newborns and children needing ongoing care to about 18 months old.

To enable our resources to better service all these essentials, in future, the Kingslake Community Sewing Group will be meeting at Kingslake Library every Wednesday with the aim of sharing materials and knowledge to create specific items on a regular basis.

As a starter, our first project will be making isolette covers. These specialty

blankets are placed over hospital neonatal incubators to block bright lights and ensure quiet noise for premature babies.

If you would like to be involved in any capacity, whether at the Kingslake Library or being creative at home, please contact us through our Facebook page KINGLAKE CWA, messenger or email kingslakecwa@gmail.com. That way your talents can be utilised with patterns known to fulfil the specific requests of each group.

LIGHT UP KINGLAKE – TAKE 3

Yes .. this will be the third year of our over 5m high Christmas Tree will be in the Kingslake Library grounds. Once again, our creative local school students will be producing artworks to decorate the safety fence surrounding the tree – we can't wait to see this year's canvases.

SAVE THIS DATE – SATURDAY 5 DECEMBER – START TIME 6.30 PM.

Santa has confirmed his arrival on the CFA Fire Truck and has been scouting around to see what presents should go into his trolley this year. This means best behaviour for children and that parents will need to book on line to ensure Santa's elves organise the numbers accordingly.



Full details will be on our Kingslake CWA Facebook page and shared through local schools and community groups nearer the date.

PRIZE WINNING JAMS

Raspberry or blackberry – your choice of home-made yumminess – regularly available through our local primary schools and will be on sale at our Light Up Kingslake Christmas event and Kingslake Ranges Neighbourhood House open day, both in December.

We look forward to continuing our community endeavours with your help.

The Kingslake CWA Team

CREATE
LASTING
IMPACT

Rotary
Kinglake Ranges



RotaryClubKinglakeRanges.com.au
info@RotaryClubKinglakeRanges.com.au

Oct
21

Guest Speaker Night: Emerge Women & Childrens Support Network & their program Back on Track which helps children heal after family violence.

Oct
28

Vocational Visit: Antique Perennials

Nov
15

Lift the Lid & Show N Shine

A New Rotary Year Begins

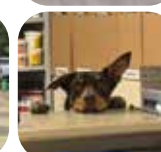
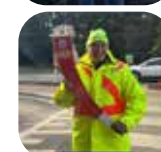
It was Kinglake's turn to have the End Polio Now Baton. It's been on a big journey to visit all 62 clubs in District 9790. Our Polio relay took a simple idea — passing a virtual baton from person to person — and turned it into a conversation that travelled throughout our community and beyond.

The finished video reached ~6,000 people across Facebook, Instagram & TikTok, generated 432 clicks through to End Polio Now's website, and importantly, 80% of viewers were people who don't already follow us. We even had the Rotary Club of Agra Tajmahal contact us after viewing the video!

But the real impact happened away from the screen. As the baton travelled through our community, people stopped to share stories of friends and family who had experienced polio, remembered the arrival of the vaccine and reflected on how fortunate we are that polio is no longer part of everyday life in Australia. We also spoke with younger people who had never even heard of polio - highlighting just how important it is to keep these stories alive. Especially after the appearance of the virus in wastewater testing in Perth earlier in the year and the onset of paralysis in a child in Papua New Guinea last year.

A huge thank you to all the local businesses, organisations and individuals who joined in and helped us spread the message. We had plenty of laughs and bloopers along the way! Shout out to Emma Grenfell and Kirk Mercuri for actually running the baton to its final destination at the market! Our community also helped raise \$1,100 for End Polio Now through the Kinglake Market wishing well.

Why not ask an older family member what they remember about polio? These stories are an important part of our history, and sharing them helps the next generation understand why the campaign matters and why Rotary continues to work towards a polio-free world. Follow the QR code to watch our reel.



Guest: Gary Newton

We were privileged to hear Australian polio survivor Gary Newton speak in August. Contracting polio at just 15 months old in the 1950s, Gary shared his personal journey and the lifelong effects of the disease, while emphasising that polio has shaped him but never defined him. Today, Gary is a passionate advocate for polio survivors, vaccination and Rotary's global eradication efforts. His story reminded us that although polio has been eliminated in Australia, it still exists elsewhere in the world. Gary's visit was a powerful reminder of why End Polio Now remains so important. **Read more on our facebook page.**



We're Walking for RFDS

This October, we're walking again for the Royal Flying Doctor Service Oceans to Outback Challenge! We're proud to support the RFDS and the vital healthcare they provide to people across rural and remote Australia. Give us a toot if you see us getting in the km's. Show your support and help us reach our goal if you can, join our walking team via the link!

RFDS
OCEANS to
OUTBACK



JOIN US

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Year
Free!

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Membership

Family
Membership

Corporate
Membership

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MARKET
EST. 2011

10AM - 2PM

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STALL!



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JUL 26 AUG 23 SEP 27 OCT 25 NOV 22
DEC 20

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OUR SEPTEMBER GATES
RAISED MONEY FOR



ASSISTING WITH THE
NEPAL DISASTER

Our Heritage

The Ways Down

In this day and age, the residents of the Kinglake district have a choice of roads to take them down to the lowlands in the direction of Melbourne – via Whittlesea, via St Andrews and on through Kangaroo Ground and Eltham, or via Yarra Glen and on through Lilydale.

But it was not always so. When the first settlers came to make their homes here, there was only one track to follow up the mountain from Whittlesea. Bullock wagons carting goods and supplies used that track to take them on to Yea.

In 1860, the gold prospectors who came up the mountain from St Andrews (then called Queenstown) had to find their way through the bush but, after gold was discovered in the Mountain Creek in 1861, the Mountain Rush goldfield was established, a post office was set up in May 1862 and mail was brought up on horseback from Queenstown once each week on a narrow bridle track around the slopes of that section of the Great Dividing Range.

In 1869, there was a meeting in the St Andrews Hotel at Queenstown to discuss the proposal for a road to be put through Queenstown over the mountain along the route of the bridle track to the goldfield at Alexandra. At that time, it was 75 miles from Melbourne through Whittlesea to Alexandra and a road over the mountains would reduce the distance to 61 miles.

However, apparently the proposal did not find favour with the Government of the



Road to St Andrews 1925

day as, in 1878, a deputation of settlers from Kinglake and Queenstown met with the Minister for Public Works to request funding for the construction of a road from Queenstown to Yea 'over the high range of hills'.

The Minister agreed to recommend that £200 be assigned to the project and, by 1882, newspaper reports stated that there was now 'a very good road from Queenstown to Kinglake, 11 or 12 miles in length with a cutting of 5 miles to the top of the mountain – a truly skilful piece of work'. The road continued on through Kinglake to Yea and by 1898, there were reports of cyclists from Melbourne, having come up to Kinglake through Whittlesea, then 'travelling from Kinglake to Queenstown 9 miles on a well-made road around the mountain, the slope of the edge dropping down hundreds of feet and no fences'.

This is the present road from Kinglake to St Andrews which is now sealed with bitumen and has guard rails in some

sections and the bank on some corners cut away for better vision of oncoming traffic – a considerable improvement on the 1898 version.

Even when Kinglake students of Eltham High School travelled this road to and from school every day from 1947 to 1966, and Hurstbridge High School students likewise after that, it was a rather daunting prospect and, if there was snow on the mountain, the bus drivers would refuse to take the buses down.

But this road became, and remains, an alternative route to the city for the people of Kinglake and part of what became, and perhaps still is, a 'round trip' (Melbourne-Whittlesea-Kinglake-St Andrews-Melbourne) for city Sunday drivers getting out into the country for the day.

(Information from newspaper reports including *The Australasian* 1 January 1898.)

Deidre Hawkins
Kinglake Historical Society
kinglakehistoricalsociety@gmail.com

AGM Notice

**Kinglake Historical Society Inc.
Annual General Meeting**

**Wednesday 21 October
6.30pm**

Kinglake Heritage Centre,
Kinglake West

Kinglake Heritage Centre

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

What's On in October

A community hub for all



MEDITATION

Bec Cassar has been working in the wellness industry for well over 20 years. Bec brings a warm, authentic and nurturing vibe to all the workshops she facilitates.

Bec loves to create a safe and welcoming space for both newbies and sage meditations.

Join Bec as she guides you through a full body relaxation and then a gentle guided meditation.

This course is for all abilities whether your trying meditation for the first time or a sage meditation.



Date: Thursday 15 October - 5 November



Time: 10.00am - 11.00am



Cost: \$60 per 4 week course.

PILATES

Mat Pilates for 50+. A gentler, but effective class for bodies that have noticed they just don't work like they used to.



Date and Time:

- Tuesdays 5.30pm - 6.30pm
- Wednesday 6.30pm - 7.30pm (Beginners)



Cost: \$150.00 per term



Chair Pilates for Seniors. Exercise is not just for the young. Regain confidence as you improve your strength, mobility, range of movement and balance.



Date and Time: Fridays 11.00am - 12.00pm (over 70's)



Cost: \$120.00 per term.

Worried About Your Memory?

This interactive information session provides an overview of:

- Understanding the brain and how memory works.
- Common memory changes and the difference between normal ageing and dementia.
- Factors that can affect memory.
- Looking after your brain and maintaining brain health.
- Practical tips to support memory.
- When to seek help.
- Where to access support and services.



Date: Thursday, 8 October



Time: 2.00 - 3.30pm



Cost: FREE

TAI CHI

Tai Chi is an ancient Chinese "moving meditation" that combines slow, gentle, flowing movements with deep breathing and mindfulness to improve physical and mental health.



Tuesdays 10.00am -11.00am



Cost: \$150.00 or Concession rate \$100.00



LINE DANCING

Absolute beginners class. No experience needed—just a friendly, relaxed group and it's the perfect way to get active, learn something new, and have a whole lot of fun! Whether you've never line danced before or you're looking to brush up on the basics, this friendly 6-week course will have you boot scootin' in no time!



Date: Monday's 5 October - 16 November



Time: 7.00pm - 8.00pm



Where: Kinglake West Hall



COST: \$90

GROW YOUR GARDEN SKILLS!

Want to grow a healthier, more productive garden? Join our 6-week hands-on gardening course and learn practical skills from an experienced and qualified horticulturist.

From soil preparation and companion planting to seasonal planting, mulching, fertilisers, pests and diseases, you'll gain knowledge you can put straight into practice.



Date: Saturday's 3 October - 21 November



Time: 10.30am - 12.30pm



COST: \$20



5786 1301



www.krn.h.org



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Inner Wheel Club of Kinglake Ranges

The nodding heads of yellow happiness are popping up in gardens and fields.

Bees are awakening to the promise of nectar to come. Magpies are dancing courtships in the tall gums and setting their nests for fledglings.

A gentle breath is warming the soil for the magical, Joyous abundance of spring colours. The Inner Wheel Club of Kinglake Ranges members have also been happily busy.

On the Saturday before the August Kinglake Rotary Market our club members picked, then picked more daffodils, which were then bunched up by the ladies while enjoying together a shared sweet afternoon tea.

These daffodils were kindly donated by our club member Deb Burns, On the day of the market the bunches of yellow happiness were then for sale, with some hand made Daffodil bags kindly donated by club member Lynn Coon's mother, Margaret. During the week Flour Flower Bakery and local Food Works also sold more of the Daffodils.

A huge thank you to Deb, Margaret, Flour Flower Bakery, FoodWorks and to every one who purchased a bunch of happiness. All sales of these items resulted in an awesome \$1500 donation to the Cancer Council Victoria.

Recently Murrindindi Council invited our club to support and organise the light supper following the movie Tina to support R U OK Day. The movie was very uplifting ,with sweet treats for supper.

Club member, Mon Burton, also recently opened her house for a 'Mosaics Day' This event organised for wellness, friendship and shared happiness has been a great success . Mosaics taking on the form of birdhouses made on a bright sunny day in Kinglake will now be part of our gardens.



A big thank you to Mon Burton and Pam Dobbie for organising this special club event.

Be sure to look for our flag when you visit the Kinglake Rotary Market, which is held on the 4th Sunday of the month. Our club members will be cooking up a storm to feed the market patrons. All proceeds are donated back into our community and local charities. Be sure to come over for a tasty sausage and a chat about what Inner Wheel is about and why we are so dedicated.

Our club Members are a group of women volunteers who are passionate about serving our community and enjoy a bonus friendship.

Meetings are held on the first Tuesday of the month at St Peters Church, Kinglake. Always a chair available for a new friend and member.

For more inquiries: Email: iiw.au.kinglakeranges@gmail.com.au
Also see us on Facebook. Or check out the Inner Wheel Australia website. Also listed on the Murrindindi service web page.



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What's on at Kinglake Library

October 2026

1 October | 11.00 - 12.00 pm
School Holidays - Kids in the Kitchen

Create and enjoy mini pizzas

2 October | 10.30 - 12.00 pm
School Holidays - Kids Movie
Popcorn provided

21 October | 3.00 - 4.00 pm
Author Talk - C.H. King
Local author of the gripping medical thriller Cold Blood

26 October | 4.00 - 5.00 pm
Page Turners
Join with other readers to discuss and share your latest read in a relaxed and friendly environment

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Regular programs
(during school terms)

Mondays

Digital Literacy 11.00 am

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



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➤ How we can support you

- ✓ Accessing **services** and community support
- ✓ Help with **applications** and **paperwork**
- ✓ Information about **services** and **funding**
- ✓ And more

➤ Upcoming visit dates (10am – 4pm)

25th Aug | 29th Sep | 27th Oct | 24th Nov
15th Dec | 19th Jan (Future Dates TBA)

➤ Where to find us

Kinglake Library –
Murrindindi Shire Office
Main Street, Kinglake



This project is supported by the FRRR



TO BOOK CALL: (03) 9435 8282
- or just drop in on the day -
www.dvcsupport.org.au



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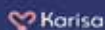
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MONDAY - FRIDAY 9AM - 5:30PM
SATURDAY 9AM - 12:30PM

Transitions and Transformations

Change... it is said, is the only universal constant. Our lives and our bodies are always in a state of flux, changing with the seasons, and over our lives we are faced with those that are sometimes clear and obvious and others that are subtle. However, there is often little written and spoken about how these affect our lives and how we see ourselves.

Springtime gives us clear signals of change as we emerge from the cold of winter, and as the warmth of the sun battles back and forth with the cold and wind, we see all around us the clear signs of emergence. From the surge of growth of plants and flowers, the excitement of the birds as they ready their nests for a new season of chicks.

Personally, we all face sometimes more dramatic transitions that can leave us confused and confronted. Adjusting to these changes we may feel like we don't 'know ourselves' anymore.

The onset of puberty brings physical changes that can be very challenging as we look for ideas outside of ourselves about who might become. We try different looks; patterns of behaviour seem to burst out of no-where and wonder why so little seems to make sense.

Parenthood also brings significant transitions. With the birth of a child, emerges two parents that bring new challenges about who we were and who we want to be for our child. We become not only responsible for ourselves, but for another emerging little human.

Perimenopause, menopause and andropause all bring physical and emotional shifts that again alter our perception of our reality. We need to look not only at what we eat more closely, how we exercise and notice areas of our body that we may have neglected and look for ways to remedy these things. In these areas classical texts offer sage advice. "Take kindly the counsel of the



years, gradually surrendering things of youth" says Desiderata, while the Tao gives clear direction of eating wholesome foods, keeping warm and appreciating the rhythms of nature and the love of friends and family.

All of these changes give us opportunities. The chance to pause, review and reset and letting go of what no longer seems appropriate to the person you are becoming. Learning new ways of being in your body, appreciating all it does for you and how you can broaden your horizons by learning a new skill. Getting involved in community and charity can nourish us in so many ways.

This October I will be hosting a retreat right here in Kinglake at the fabulous Cheeky Fox to delve deeper into all the manifestations of transformations and transitions we go through.

Early next year we will also hold a one-day retreat to hone in on some fundamental aspects of how we can keep adapting to the fast-changing world. Each day it

seems there is some new 'update', a new existential 'threat' to what we knew of this world we live in.

It's so important to remember to give ourselves time, space, freedom and real rest to keep us from potential burn out. Look for ways that fill your cup. Nourish your body and soul. I'll leave you with final words from the sublime Desiderata; "Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore, be at peace with God, whatever you conceive them to be. And whatever your labours and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy." Max Ehrmann 1927.

Dr Angela Palmer

New Name, Same Services For Local Medical Centre

When the Kinglake medical centre changed its name from Nexus to Omnia Community Health, it may have caused confusion for some.

But, Omnia CEO, David Wild, wants to assure the community and surrounding areas that the services available have remained the same, with the same medical staff available.

Mr Wild said Omnia had undergone a merger change, but the emphasis had been on not reducing services.

At the Kinglake facility, there is a GP available Monday to Friday; a dietician, exercise physiologist; pathology services; and podiatry services 1 or 2 days a week.

Omnia is also providing Direct Care Services (previously called Home Care

Packages) in Yea and Alexandra, that delivers aged care in-home support.

Mr Wild said that as further funding became available Omnia would aim to introduce further services.

Omnia also has medical clinics in Wallan and Broadford.

For bookings and details on Omnia services please call 1300 773 352.

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TRANSITIONS & TRANSFORMATIONS

*Celebrating every stage
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From Menarche to Menopause



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Quiet spaces to unwind, journal and integrate



SOMATIC DANCE THERAPY

Move your body, release what's stored



CHEEKY FOX HOMESTEAD
IN KINGLAKE RANGES

A peaceful bushland setting to rest and restore



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What are the risks of head injuries?

Concussion has become an important topic of conversation within our sporting community over the last few months.

It has prompted many people to ask important questions: What is concussion? What are the risks of head injuries and concussion? And can anything be done to reduce those risks? While these discussions can be confronting, advances in research over recent years have greatly improved our understanding of how concussion should be recognised, assessed and managed.

A concussion is a mild traumatic brain injury caused by forces transmitted to the brain following a direct blow to the head or impact elsewhere on the body that causes the head to move rapidly.

Concussion injuries are often accidental in nature, meaning that even with the best preparation, they cannot always be avoided.

Following a concussion, most people recover well when it is recognised promptly and managed appropriately. Premature return to sport before the brain has recovered may increase the risk of sustaining another injury and can prolong the recovery process. It may also delay an athlete's safe return to school, work and sport.

One of the biggest changes in concussion management in recent years is the move away from prolonged strict rest. Current evidence recommends a short period of relative rest during the first 24-48 hours.

During this time, individuals should seek assessment from a healthcare professional trained in concussion management. Anyone with a suspected concussion should be immediately removed from play and should not return on the same day.

Using information gathered during a comprehensive assessment, these professionals can develop an individualised management plan and guide a gradual return to daily activities, school, work and sport.

Management should be individualised, as every concussion is different and symptoms can affect multiple body systems, including balance, vision, the neck and the vestibular system.



Innova Osteopathy

Although concussion research has advanced substantially in recent years, no strategy has been shown to completely eliminate the risk of concussion in contact and collision sports. This is why appropriate assessment and management plans are so important.

Another important development in concussion care is the increasing use of pre-season baseline testing. A baseline assessment measures an athlete's normal cognitive function, balance, reaction time and other key areas before a concussion occurs. If an athlete later sustains a concussion, clinicians can compare their post-injury performance with their own pre-injury baseline. This provides a more accurate picture of recovery and supports more informed return-to-play decisions.

At Innova Osteopathy, we provide pre-season baseline testing and comprehensive post-concussion assessments for athletes of all levels, helping individuals and sporting clubs access evidence-based concussion care from the time of injury through to recovery.

The key message is reassuring: most people recover well from concussion.

The greatest opportunity to improve outcomes lies not in trying to eliminate every concussion—which is impossible in many sports—but in recognising the injury early, accessing appropriate assessment, and following an individualised, evidence-based management plan.

If concussion is suspected, the safest approach is simple: remove the player from play, seek assessment, and don't return to sport until cleared by a healthcare professional experienced in concussion management.

For more information about baseline testing, concussion assessments, or personalised recovery plans, visit www.innovaosteopathy.com.au or contact us on 0458 112 608.

Dr Nikola White, BHSc / BAppSc (Osteopathy)



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Functional Strength Training

By Luke Mc Murray – Physiotherapist
-BPHYSIO, BAPPSC, APAM, CCMI-CCP,
KLT-TRAINED

Understanding functional strength training

Functional strength training focuses on exercises that replicate the movements we perform in everyday life. These exercises can focus on upper limb movements such as pushing, pulling, reaching and lifting, lower limb movements such as squatting, stepping, balancing and lunging or a combination of both. Rather than isolating individual muscles, these exercises train the body to move as a coordinated system, improving strength, stability, flexibility, and control.

Functional strength training & rehabilitation

When recovering from an injury, it's not just about reducing pain—it's about restoring the strength, movement, and confidence needed to return to the activities you enjoy. That's where functional strength training can play an important role within a rehabilitation program.

As part of a physiotherapy rehabilitation program, functional strength training helps rebuild movement patterns that

may have been affected by injury, surgery, or prolonged inactivity. By progressively strengthening the muscles that support your joints and improving balance and coordination, patients can regain function safely and participate in activities of daily living with reduced limitations.

Functional strength training is equally valuable for injury prevention. Weakness, poor movement mechanics, and muscle imbalances are common contributors to many injuries. A targeted strengthening program can identify and address these issues before they become problematic.

Who Can Benefit?

Functional strength training can be adapted for people of all ages and activity levels, making it an excellent option for a wide range of clients, including:

- People recovering from injury or surgery, including shoulder, knee, ankle, hip, or spinal injuries.
- Athletes and recreational sports participants looking to improve performance, reduce injury risk, and a safe return to sport.
- Workers returning to physically demanding jobs who need to rebuild strength, endurance, and confidence for



lifting, carrying, and repetitive tasks.

• Older adults wanting to improve balance, maintain independence, reduce falls risk, and stay active.

• People living with chronic pain or long-term musculoskeletal conditions, where improving strength and movement quality can help reduce pain and improve function.

• Anyone wanting to improve their general health and fitness by building strength that translates into everyday activities such as gardening, playing with children or grandchildren, hiking, or simply moving with greater ease.

Booking an Appointment: If you would like to make an appointment to find out how a personalised functional strength training program can support your long-term health and wellbeing, contact us on 03 9716 2250 or visit our website www.whittleseaphysiotherapy.com.au to book your consultation with one of our experienced physiotherapists.

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disease, arthritis and
osteoporosis



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✉ ndis@omniach.org.au



This advertisement for Whittlesea Physiotherapy and Clinical Pilates features a list of therapists' names and qualifications at the top, including Samantha Heyfron, Adam White, Tanvi Tiwari, Luke McMurray, Maighan Cann, and Casey Trevenna. Below this is the clinic's logo, which includes a stylized blue figure. The address "73 Church Street, Whittlesea Victoria 3757" and contact information "03 9716 2250" and "Fax: 03 9716 2275" are provided, along with the email "info@whittleseaphysiotherapy.com.au".

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Innova Osteopathy

Dr Nikola White BHSce / BAppSc (Osteopathy)

Call for Urgent Review of Respite Care

Commonwealth-funded respite services have not been comprehensively reviewed for 30 years, but nearly 60% of carers are struggling to find support services in their local area.

Dementia Australia and Carers Australia are calling for Federal investment in an independent national review of respite care services, warning that carers are struggling to access the support they need, particularly for people living with dementia.

Their joint position statement highlights findings from the 2025 Carer Wellbeing Survey, which found that six in 10 carers reported difficulty finding high-quality respite; nearly 60 per cent reported difficulty in finding available services in their local area; and more than half had difficulty affording respite services and experienced long wait times to access respite.

Dementia Australia Chief Executive Officer, Professor Tanya Buchanan, says respite care is essential to supporting carers and helping people living with dementia to remain in their homes and communities for longer.

An estimated 446,500 Australians are living with dementia, many of who are cared for at home by unpaid carers who repeatedly

report that they cannot access affordable, high-quality respite when they need it the most.

"Respite is not a luxury. It is a critical support that helps carers manage the physical and emotional impacts of caring, and especially for younger carers, the financial impact.

"When respite is unavailable, inaccessible or unsuitable, carers are more likely to experience burnout and reach crisis points. This increases the risk of unplanned hospitalisation or premature entry into residential aged care for the person receiving care, placing additional strain on individuals, families and the health and aged care systems", Professor Buchanan said.

Carers Australia Chief Executive Officer, Joanna Cave, said respite is beneficial for carers, those they care for and the extended family.

"We know respite is a circuit breaker for unpaid carers, it is an essential service. An independent review of respite care is essential to provide evidence needed to inform and improve respite policy and programs, and better support carers and those they care for".

Dementia Australia and Carers Australia's joint statement can be viewed at dementia.org.au



WHITTLESEA COMMUNITY HOUSE

P: 9716 3361 W: www.wchi.com.au E: wchi@whittleseach.com.au

SAVE THE DATE

We have some exciting free events coming up in October so now is a great time to pop them on your calendar:

Whittlesea Community House AGM – Thursday 15 October 11.30am

Meet the Ombudsman Event – Friday 16 October 11.30am at the Community Activity Centre. Come along and meet the various Ombudsmen and find out what they do and how you can get assistance when companies or government departments don't do the right thing

Mobility Scooter Information Session – Friday 16 October 1.30pm at the Community Activity Centre. Thinking about getting a mobility scooter? Don't do anything until you speak to the experts!

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 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 Boxes are \$20 each 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 September 8 and 22 11.30am – 1.00pm Gold Coin Donation

FREE TAX HELP appointments are still available on selected Fridays through to the end of 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

Boat Licence Get on the water safely. Students from 12 years are eligible (you must be 16+ for PWC endorsement) 17 October 9.00am – 1.00pm \$150 per person

Fix it Friday – Friday 23rd October

Fix it Friday returns. 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, 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 LANDCARE

SPRING

Kinglake district is the traditional land of the Taungurung and Wurundjeri people of the Kulin Nation and September/October is Poorneet (or Tadpole) season when the weather warms up while rain continues. Myrnong (Yam daisies) flower and tadpoles develop on wetlands.

COMING UP

The 54 Bird Nest Boxes built at our successful workshop at KRNH in September are to be installed in the Longwood fire affected areas (more details elsewhere in this MM).

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

ACTIVITIES JUST GONE OR CONTINUING

The Nest Box Building Workshop in September was very successful with 54 nest boxes being built by the 28 participants and particular thanks to project initiator/organiser Kathryn and wood worker in chief Colin (see photos).

Three Kinglake schools participated in the Upper Goulburn Landcare Network Kids Teaching Kids Conference at Yea Wetlands in September. The programme brings together schools from across the shire to participate in environmental activities and share the projects they have been working on throughout the year. See our website for further details.

King Parrot Pest Animal Cooperative (KPPAC) fauna monitoring project of UGLN is to reduce the impact of foxes and feral cats on biodiversity and stock/agriculture assets in the King Parrot Creek catchment. The project has been funded by the



Victorian State Governments Partnerships against Pests program. Next planned workshop is how to train your dog in detection of, for example, pest animals.

Also, 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 MSC and others to complete an updated post fire landscape restoration booklet.

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

As Kinglake Landcare reconvenes for spring, it is time to consider renewing your membership or joining Landcare. Kinglake Landcare Group is a community group operating as an auspice group under the Kinglake Ranges Neighbourhood House (KRNH). Membership is \$11 annually and this helps with the support we get from the house and public liability insurance. Current members have been sent renewal details. New members please contact Secretary Tim Connell 0408 599 485 or visit our website kinglakelandcare.org

Roger Cook, President

Next meeting: 7.30pm Monday 19th October upstairs at Kinglake Memorial Reserve Hall. A spring welcome to all.

Next events: KLG/Bendigo Bank Bird Box Installation Day TBA kathryndickie2@gmail.com



October can be a tricky month for gardeners. Mid spring weather can bring frosts and strong winds. Gardeners can minimise these uncertainties with planting later in the month or next month.

Mulching is invaluable in not only preventing soils drying out and soils becoming hydrophobic, but also helping soil micronutrients reach higher levels which allows for less use of fertilisers. Mulch enriches the soil and plant health.

We are not far from summer and some maintenance with mowers and irrigation can be carried out before it is needed later. Lawn mowers need to be checked and this can be done with simply giving them a trial run.

Irrigation is another key need when the weather dries out later. Checking hose fittings and hoses for wear and tear now means that when they have to be used later, it won't involve last minute rushes to sort out any problems. Checking bore pumps too for any problems will also mean that when your equipment is needed for regular use, everything is up and running well for you.

Weeds - their resistance to conditions like drought, impoverished soils, and mineral deficiencies allows them to outgrow garden crops. However, their resistance can be of benefit to gardeners. Weeds are high in nutritional value and they can put back what they have taken out.

The best way, which I have been using for a long time, is to smother the weeds with cardboard. Unless the weed is Oxalis or other bulb type weed, the cardboard allows the weeds to break down and return the nutrient back to where it should go - the soil.

In the vegie growing area, put the cardboard on top of the weeds and cover with cane mulch. In about 3 months time, you can use a dibber to make a hole easily through the cardboard as it will have almost broken down.

You can then plant in your seedlings without any need to weed. When weeds are dug out and the soil turned over, this act of cultivating stimulates the seed bank to germinate and the weed cycle is

repeated. There is truth in the old saying, one year's weeds, seven year's weeding.

The cardboard can also be placed in garden beds around plants. Take care to not put the cardboard right up to the trunk or stems as rot can happen and this can result in bacterial cankers to develop. This is significant for all citrus trees too.

Usually the cardboard comes with tape so removing the sticky tape is helpful. Also leaving the cardboard in the rain is good as it has two functions - one is that wet cardboard is easy to rip up to fit certain sizes and the other is that using wet or damp cardboard on dry soil is better for breaking down compared to dry cardboard on dry soil which would take much longer.

In areas where no plants are growing and weed suppression is needed, you can use 3 to 4 layers for long term suppression. If you have access to newspapers, then use the whole newspaper as the thickness will help keep weeds under control.



Planting vegies:

As October can have unpredictable weather, if previous years are a guide, frosts and wind can be a disaster to planting vegies this month up here, so the best advice I can give is, if in doubt, plant later.

Vegie seedlings not affected by frost are beetroot, peas, silverbeet, onions, spring onions, chives and kale.

Vegie seedlings affected by frost are beans, corn, cucumber, capsicum, tomatoes, chillies, pumpkins and zucchini.

If you have an area that has frost protection then seedlings can be safely planted. For most gardeners planting seed in punnets is the best option for later planting either at the end of this month or in November. These vegies will continue



through the summer months followed by succession planting.

Planting from seed will involve the following stages

1. Using small punnets, fill with seed raising mix and plant accordingly the vegies you want. Use a spray filled with water only to fine mist the seed and new seedlings. Make sure to label your punnets, especially if you are sowing a variety of tomatoes because they all look the same and when it comes to planting out, it will be difficult to identify what is what. The other matter to attend to is protecting your seed from vermin. I have had heartbreaking times when seed was ready to sprout only to discover the next day the punnets were in ruins because rats had got in. Beans, pumpkins, corn, and the other large seeds are very attractive to these pests. Lettuces and other leafy vegies can be eaten at their base. To say this is soul destroying is an understatement.

2. When the seeds have sprouted you will find that this is the two leaf stage known as a cotyledon. This is the first stage of the plant and this is a good time to transplant the cotyledons into their small pots. The plant at this stage has a good supply of nutrients from their seed and it is ready for potting up so it can access new nutrients to grow on. In removing the cotyledon, it is critically important to only hold the plant gently by the two leaves. Holding the stem which is very fragile, could easily result in damaging the plant and killing it. The seedling can be removed using a chopstick or knitting needle to jiggle it gently out of the punnet. When planting into the small pot, the seedling can be placed deeper with the plant remaining up to 1 cm from the base of the soil. You will still need to use the spray mist for the potted up seedlings but add some ➤

seaweed to the water. This needs to be very diluted so that if your sprayer is 1 litre, add only half a teaspoon of seaweed for now.

3. When the plants have put on more growth and roots and the weather is favourable, they can be transplanted into the beds. If you have tomatoes ready, make sure you place half a banana into a deeper hole to give the tomato plant room for it to also be half buried. Doing this for tomatoes allows them the best way to take in potassium and as the banana breaks down, the warmth helps the roots' development. The fine hairs on the stem of the tomato will become

additional roots so the plant is stronger overall. After planting, fill a watering can with 10mls seaweed to water in the new seedlings.

Pests

Aphids, scale, mealy bugs, spider mite, caterpillars and citrus leaf miner can be problematic. Thankfully there are good oils to control them. White Oil, known as Horticultural Oil, suffocates them. Neem Oil works differently by interfering with the insect's digestion, growth and ability to reproduce. Both oils are environmentally friendly and effective. Do not use oils on soft or hairy leaves as it will

damage the plant.

Snails and earwigs will be another problem. There are a range of methods to deal with snails but if you want to use bait, make sure it is iron based. This is seen to be safer for animals and when the bait breaks down, it adds iron into the soil which is beneficial. Earwigs can be trapped using scrunched up damp newspaper in a pot. Lay the pot on its side and give it a few days. You will find a few earwigs that can be disposed of. Chooks love them. Keep repeating this over the seasons to control earwigs.

Enjoy the rewards of your gardening, Alex

ENVIRONMENT MATTERS

Green flowers

With the arrival of spring, we are immersed in pops of colour of different types of blooms mostly in hues of red, orange, yellow, pink and purple. However, another hue that creates a presence is green.

While relatively unique and constituting less than 10% of plant species on a global scale, green flowers symbolise renewal and evoke a sense of calm. Some popular types are hydrangeas, chrysanthemums, euphorbia, gladioli, hellebores, Bells of Ireland and boat orchids.

Chlorophyll, mostly associated with photosynthesis activity in plants and leaf colour, is the pigment responsible for the natural production of green petal cells of flowers and is found in specialised structures known as chloroplasts.

In many cases, flowers that are intense in colour have petals that comprise of chromoplasts. They possess pigments such as carotenoids that create yellow, orange and in some cases, red-coloured flowers or anthocyanins that produce



Euphorbia 'Mediterranean Spurge'
Photo courtesy of Priya Mohandoss

red, blue and purple-coloured blooms. These chromoplasts have the capacity to cover up and substitute any small amounts of chlorophyll substance that are present. Yet, in the case of green flowers, chloroplasts are still held within the flower

structure and as a result, chlorophyll is able to be observed.

In comparison to the production of other flower colours, instead of creating another form of pigment, during the developmental stage, green flowers are left in a default state. Therefore instead of being concealed with other pigments, the presence of chlorophyll remains behind. Furthermore, depending on the strength of chlorophyll, the hues can vary across the spectrum from deep greens to light greenish-yellows.

Unlike intense-coloured flowers that use visual approaches for pollination, green flowers tend to blend in with foliage and consequently become rather inconspicuous for insects such as bees, butterflies and moths to notice. Instead, they apply non-visual signals, such as potent scents, wind current transfer or water transmission.

So when you next happen to chance upon green flowers, be sure to notice all that they bring to the tapestry of the landscape or garden.

Priya Mohandoss



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FOLLOW ME  

Managing sick chickens during the h5n1 outbreak

Last month we discussed ways of reducing the risks of your chickens becoming infected with the H5N1 strain of avian influenza virus, which has recently arrived in Australia. This month we will discuss what to do if one of your chickens becomes unwell.

Please note that all poultry are highly susceptible to this virus, not just chickens, and this information is relevant for ducks, geese, guinea fowl, quail, peacocks and similar species.

The signs of avian influenza to look out for are:

- sick bird signs – including lethargy, depression and ruffled feathers. You may notice your chickens stop eating or cease to lay eggs.
- Neurological signs – these have been common in the wild birds infected in Australia so far and include uncoordinated movement, weakness, a twisted neck and an inability to stay upright.
- Respiratory signs – difficulty breathing, sneezing, discharge from the beak and nose. You may also see blue discolouration of the comb and wattles
- a swollen head
- diarrhoea
- sudden death

The signs of avian influenza are not specific and similar symptoms can be due to other common causes – for example, Marek's Disease can cause paralysis and there are many conditions that can lead to breathing problems in chickens.

If your chicken becomes unwell it will be impossible to tell just from looking at them whether they have avian influenza or not. If they are displaying any of the signs listed above the first thing to do would be to isolate the sick bird by moving them into your quarantine area.

This should be at least 10 metres from the rest of your flock and preferably with a solid barrier in between. Confine the healthy members of your flock in their enclosed area (if you have not already done so) and do not take them off your property (for example to a market or show) until the sick bird recovers or the cause of illness is determined.

If you are managing a sick chicken and avian influenza has not been ruled out, it is important to adopt the 'precautionary principle'.



While the H5N1 strain does not infect people readily, if it does so it can result in very serious illness or even death.

For this reason it is recommended to practice good hygiene and to wear personal protective equipment (PPE) when handling or looking after any sick chickens. Any person with a compromised immune system should avoid handling sick birds - this includes the elderly, young children, anyone undergoing chemotherapy and people with known immune deficiency.

The recommended PPE is disposable gloves (preferably using double gloving), a respirator mask (P2, N95 or equivalent standard), eye protection (goggles or face shield), disposable protective gown and shoe covers or washable shoes (rubber gumboots). PPE needs to be put on (donned) and taken off (doffed) in a specific order to prevent cross contamination. More information on the correct donning and doffing of PPE can be found at the Department of Health website:

<https://www.health.vic.gov.au/covid-19/how-to-put-on-don-and-take-off-doff-your-ppe>

Any equipment that has been used when managing a sick bird needs to be either disposed of or thoroughly cleaned then disinfected with an appropriate disinfectant (animal safe products such as F10, Virkon, Safe4 or Viraclean are recommended). If disposing of equipment or bedding, double bag and spray the outside of the bag with disinfectant before placing in general waste.

The main danger to people occurs with being in contact with sick birds while eating eggs or chicken meat is considered to be lower risk. To reduce this risk further, throw out any damaged or heavily soiled eggs. Wipe eggs clean of any debris using a cloth and store in the fridge rather than at room temperature. Fully cook chicken meat and eggs (no runny yolks) and use separate utensils to handle raw and cooked product.

If you have multiple birds in your flock die or become unwell with symptoms of avian influenza, you should call the Emergency Animal Disease Hotline at 1800 675 888 and follow the advice given.

The vet clinic is also able to investigate illness in your chickens – just make sure to ring ahead to arrange an appointment as there are now special protocols in place for bird consultations. Please do not bring birds inside the vet clinic (unless you have been instructed over the phone to do so).

At Mountain Ranges Vet Clinic we have set up a dedicated area to examine chickens and other birds – we will give you further instructions when you call. If you are bringing dead birds in for testing they should be double bagged with the outer bag sprayed with disinfectant.

Government laboratories are running the testing for H5N1, with results usually returned within a week.

The situation surrounding the H5N1 outbreak is dynamic which means the advice given to chicken owners is likely to be updated as the situation changes. For the latest news and recommendations check out the Agriculture Victoria website:

<https://agriculture.vic.gov.au/biosecurity/animal-diseases/poultry-diseases/H5N1-avian-influenza-H5-bird-flu>

Unfortunately experiences overseas have shown that it is not just birds that can be infected by this strain of avian influenza. Next month we will discuss how your other pets may be affected and what you can do to keep them safe.

Mountain Ranges Vet Clinic

Middle Kinglake Primary School

It is hard to believe that we are heading into the final term of 2026! Term 3 was eventful and we were looking forward to a holiday once they rolled around.

The sporting focus for term 3 was Athletics. We held our House Athletics with students participating in track and field events at school. It was amazing to see the positive sportsmanship and encouragement demonstrated by all students. The House Sports were a great opportunity for students to practise the events and develop their skills. A strong team of 14 then headed off to compete at District Aths.

Again great sportsmanship and encouragement as students competed against other schools. Four students went on to represent our school and District at Divisional Aths. Such a terrific result for our school. Congratulations to all.

Book Week excitement at MKPS. We had a dress up day and a Book Fair. It was terrific to see the effort that went into the dress ups for Book Week. Everyone was eager to share their characters during our morning parade. We also held a Scholastic Book Fair, a great opportunity for families to purchase books. We were very grateful for the support the Book Fair received, allowing



Division Aths team

over \$600 worth of books to be selected for classrooms and the library.

The important male figures in our lives were celebrated at a special Father's Day afternoon tea. Dads, granddads and uncles came to school; enjoying a coffee, completing activities in the classroom and a delicious afternoon tea snack. It was lovely to see so many privilege the time and be here to celebrate.

Kids Teaching Kids is a popular event that we look forward to each year. After researching and preparing since May, our KTK team travelled to Yea Wetlands early in September to present their Light Pollution topic to another school. The day was an informative mixture of listening, learning and hands on activities. We're already thinking ahead to next year's topic.



Book Week dress up



Kids Teaching Kids

As the year counts down we are excited about Prep transition, Woodleigh's visit, Grade 3-6 camp, Colour Run and much more. Bring on the nicer weather and term 4.

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.



Father's Day

Meagan Callander, Principal

Kinglake West Primary School



National Weeks & Special Days

Term 3 is the term of the 'National' weeks. We have celebrated National Science Week and National Book Week with the theme of 'A symphony of Stories'. These events showcased a genuine celebration of learning and community.

For National Science week students dressed up as bugs, animals, astronauts, scientists – crazy and your regular kind – aliens and solar systems! Everyone looked spectacular and our community's creativity was at its peak. In the afternoon parents were invited to join their children for some science trivia run by our House Captains, who did a fantastic job leading the event. Students also attended Quantum Excursions as part of their STEM curriculum across the course of the term.

Book Week was equally as spectacular and impressive. Students were hinting at their costumes and characters for weeks leading up to the day, and the colour and chatter were the makings of another great day. Our staff took an interesting approach and came as pages from the dictionary, choosing words that describe them or that will be heard a lot in their classrooms.

Hoop time & Athletics

Our 3/4 and 5/6 students each attended Hoop Time this term, a basketball competition excursion they enjoy each year. This is a great opportunity for students to try a sport they might then choose to play outside of school, to play a sport they love with friends from school, to develop teamwork skills and, many kids would also say to buy a treat from the canteens onsite! We have a number of teams heading through to the next stage of Hoop Time and wish them luck.

We have also had many

students from year 3-6 attend district athletics and 27 students then went on to represent KWPS in Divisional Athletics events too. Well done to everyone on putting their best foot forward and trying their best.

Where are they now?



Name: Kathy Brown

Years Attended KWPS: 1988-1994

My Most Memorable Primary School Moment: Interschool Sports - Netball of course!

What Am I Doing Now?: I'm living back in Kinglake West with my husband and 3 sons, after 17 years away from the area. I run my Myotherapy business from home and am always involved in something else in the community too! I've continued to play netball for Kinglake and last Friday we won the grand final. Go Lakers!

A Message for Current KWPS Students: There is something special about growing up in the Kinglake area. I didn't know it when I was a kid here, but now love that my kids are doing the same. Get outside and enjoy our wonderful surrounds and make the most of it.

Fun Fact About Me: We lived on Elcho Island for 18 months, an aboriginal island off the top of Arnhem Land. A great experience!

Enrolments for 2027 are open. To take a look at our wonderful school, please contact the office to book a tour. (03) 5786 5262
Kinglake.west.ps@education.vic.gov.au

Kinglake Primary School



BOOK WEEK 2026 AT KINGLAKE PRIMARY SCHOOL

What a wonderful Book Week celebration we've had at Kinglake Primary School.

Our school came alive with books, characters, creativity and plenty of fun as students and staff dressed up as some of their favourite book characters.

From adorable ducklings to much-loved storybook heroes, there were some fantastic costumes on display.

It was wonderful to see everyone getting involved and celebrating the joy of reading and storytelling together. A huge thank you to our students, families and staff for their creativity and enthusiasm in making Book Week such a special event.

Father's Day

What a wonderful afternoon we had celebrating Father's Day with our students, their dads and the special father figures in their lives.

Our afternoon was filled with plenty of smiles, laughter and quality time together. Families enjoyed a delicious BBQ, some refreshing soft drinks, and lots of fun games with their children.

It was fantastic to see everyone getting involved, having fun and enjoying the opportunity to spend time together. Days like these are a wonderful reminder of what makes our school community so special — coming together, making memories and celebrating the important people in our children's lives.

A huge thank you to all of the dads and father figures who took the time out of their busy schedules to join us. Your presence meant so much to your children, and we loved having you here to share in the fun.



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Toolangi Primary School



Basketball and Hooptime



Early this term, the students were excited to welcome Brody to our PE lessons, to provide a four week unit of Basketball. With a new focus in each session, students practiced ball handling, dribbling, throwing, catching and shooting. They all had a great time joining forces to take Brody on during some impromptu games at the end of lunch times, too. For the seniors it all culminated in the Hooptime Tournament. Our 'Ballers' put up a valiant effort, winning one of five tightly fought games, coming away with winning smiles and stories to share.

Science Week



Science Week snuck up on us this year, but that didn't bother us mad professors as we donned our lab coats and set up some fun experiments for the students. With volcanoes exploding out of sandy mountains and flowers changing colour before our eyes, to the effect of heat and cold on water and the magic of floating whiteboard markers; the children learned about chemical reactions, the transpiration pull of plants as they soak up fluids and the speed of water molecules at different temperatures. It was fun to watch the surprise and wonder on their

faces, to hear their theories and enjoy their wonder throughout the day.

Book Week

We had a fantastic Book Week filled with creativity, fun and a love of reading. Students came dressed as a wide range of



book characters. Just to name a few, we saw Pig the Pug, Silky from The Faraway Tree, Ned Kelly, Cherry Blossom Unicorn, and even three Spider-Men swinging their way around the school. One of the highlights was Farmer Jenny, who brought her pet duck to school!

Some students also brought food inspired by books, adding to the excitement of the day. Students enjoyed a range of activities, including a Where's Wally Hunt, book making, bookmark making, and storytelling and drawing.

A big thank you to our families for supporting the day with such creative costumes and book-inspired food. It was a wonderful celebration of books, imagination, and the joy of reading.

Kinglake Rotary Youth Challenge



Maddie and Olle are progressing well through the various sections of the Challenge, which is being completed over terms three and four. So far, they have taken part in activities such as volunteering to help set up and assist with the Kinglake monthly market, helping with the Toolangi Community House open day and helping organise games on Friday afternoons for the other students. This week they enjoyed a visit to the TarraWarra Museum of Art where they viewed the current exhibition and spent some time drawing and creating original art pieces. They track their progress weekly in their diary's and reflect on activities they have enjoyed, what they

are challenged by and what they have learned. It is great to see how willing they are to help out, try new things and meet new people and we look forward to seeing them complete the challenge over the coming weeks.

Music in Schools



We have been very fortunate to participate in the Australian Youth Orchestra's Music in Me program through the Victorian Government's Music in Schools initiative. The program supports schools to strengthen music education by providing professional learning, mentoring and funding to develop music programs and resources. Through this funding, we have added ukuleles, acoustic guitars, an electronic drum kit, and a bass guitar to our collection, as well as repairing some of our existing instruments. Rose has also attended professional learning and has been working with mentor Rachel Blake, who has visited our school three times, with one more visit planned for the final week of Term 3. We were also delighted to welcome Bernie Heard, Director of Music in Me at the Australian Youth Orchestra, who visited Toolangi as part of a feature article about how the program is helping schools build and strengthen their music programs. This funding has also allowed us to maintain, expand and make even greater use of our resources while continuing to provide our students with wonderful opportunities to learn and enjoy music.

Strathewen Primary School

As we prepare to wrap up another busy term, the staff at Strathewen Primary School have reflected on all of the amazing experiences in which our students have participated, enjoyed and grown.

The weather may have been cold, but that hasn't stopped the children playing cricket together, playing in cubby land and practising for district athletics, all while our school buildings and grounds continue to undergo improvements for the upcoming bushfire season and beyond. We also welcomed our new teacher, Miss Shannon, to the Junior Classroom while Diane Phillips takes much-deserved long service leave.

Our Junior School Council, which comprises all our 17 students, had its first meeting of the term to elect its new President, Jacob. The JSC has met weekly to discuss matters such as fundraising opportunities, suggested learning experiences, works the students believe should be done around the grounds to improve their outdoor experience, among a range of topics. We take Student Voice and Agency very seriously at Strathewen and invite and encourage all students to have a say in matters that concern them. Some of the fun 'days' the JSC has organised this term include a Commonwealth Games dress up, pyjama day, baked potato lunch, frog in a pond and footy colours and meat pie/sausage roll day for the end of term. I can't wait to see what the JSC comes up with for Term 4.

Our sports focus this term was judo and calling it a popular choice would be an understatement. We had the privilege of welcoming Ash from Judo Australia each Monday to impart his knowledge and wisdom with both our Junior and Senior Classes. They came to understand that judo means gentle (ju) way (do). This is fundamental to the way the sport must be practised and so while judo was lots of fun for the children, there was an important message as well.

Our Years 4-6 students have participated in a range of activities under the guidance and instruction of the Arthur's Creek and Strathewen CFA, including a leadership camp at Anglesea and an education program to learn about being fire ready. Some of the focuses have included understanding how fire starts, both indoors and outdoors, and how weather conditions impact fire intensity and movement. The students worked in small groups to write and create informative short videos for the community that



will be posted on the Arthur's Creek and Strathewen Facebook page. Keep a lookout for those videos for handy tips on staying safe this summer.

Book Week was an absolute highlight of the term, with a calendar of events to celebrate the 2026 theme Symphony of Stories. The week kicked off with a book doof, where students created cosy little cubbies in their classrooms, with cushions and blankets, then spent time reading their favourite books while relaxing music played in the background. What a hit that was – more book doofs may follow. We made the Truchbull's chocolate cake from Roald Dahl's classic story Matilda, as well Mr and Mrs Twits' famous 'worm spaghetti', complete with sour worms... we read and reviewed the Children's Book Council shortlisted books, created book art and of course finished the week with a fabulous dress up day. The costumes and creativity

were incredibly impressive, with each child highlighting their favourite book character in their own unique way.

There is much more to come in Term 4, including some wonderful end of year celebrations.

We always welcome prospective families to visit us and would love to take you on a tour of our beautiful school, with its expansive grounds, tennis/basketball court, playgrounds, and of course our wonderful cubby land, where our children love to play together across all ages, engaging with imaginative play activities. We are so proud of all that we offer our students and community here at Strathewen. Please call the school on 9714 8278 or email us at Strathewen.ps@education.vic.gov.au to arrange a day and time - we would love to meet you!

Jane McLeod, Acting Principal

Kinglake Junior Football

On Sunday 13 September we held our Presentation Day at the Kinglake Pub. It was a fantastic turnout as we celebrated the achievements of our players. We would like to thank Matt Mogan who provided the entertainment for the day.

We are very proud to announce the winners as follows:

UNDER 9s

Best & Fairest – Toby Bee
Runners Up Best & Fairest – Tommy Mansfield
Most Courageous – Hayden Haizer
Coaches Award – Isaac G
Most Opposition Medals – Charlie Crumpen & Lucas Reyes

UNDER 10s

Best & Fairest (tied) – William G & Chris Reglis
Most Courageous – Lenny Attard
Most Determined – Carter Ryland
Most Improved – Flynn Korttinen

UNDER 12s

Best & Fairest – Jake Blackburn
Runners Up Best & Fairest – Lachlan G
Most Courageous – Beau Ferguson
Most Determined – Benedict Bailey
Most Improved – Jackson Haynes

UNDER 14s

Best & Fairest – Dusty Ferguson
Runners Up Best & Fairest – Marcus Medved
Third Best & Fairest – Harry Heal
Most Courageous – Jack Bumpstead
Most Improved – Benjamin Spargo & Mason Abboushi
Leadership Award – Campbell Manks

UNDER 16s

Best & Fairest – Lochaden Graham
Runners Up Best & Fairest – Jackson Halaliku
Most Courageous – William Ritchie
Coaches Award – Lorik Buljkbashi
Most Improved – River Duke
Dedication Awards – Hayden Hybinett & Lucas Bruzzese
Determination Awards – Luca Potter-Smith, Zac Dawson & Robert Crumpen

We would also like to congratulate two of our Lakers on their recent achievements at the NFNL Best & Fairest Evening.

Firstly, a huge congratulations to Lachlan from our U12s team, who placed 3rd in the U12 Division 3 category. This is a fantastic achievement, and we couldn't be prouder of you, Lachlan!

We would also like to recognise Harry Heal, who finished in the top 5 in the U14 Division 2 category. Harry has enjoyed an outstanding season, and this result is a wonderful reflection of his hard work and dedication.

As we head into the off-season, we'd like to thank all our players, families, volunteers and supporters for another fantastic year at Kinglake JFC.

Our Annual General Meeting will be held on 26 October, and all are welcome to attend.

Keep an eye on our socials for updates on pre-season training for the 2027 season, along with all the latest club news and announcements.



For those who aren't on social media, you can stay up to date via our website:

www.kinglakejfc.org.au

If you have a child who would love to join the Lakers in 2027, or you're a parent who can offer your time, skills or experience and would like to get involved with our committee, we'd love to hear from you!

Whether you're interested in playing, volunteering or helping behind the scenes, there's a place for everyone in our club.

For any enquiries, please get in touch via the contact details below.



Go Lakers!
F: @Kinglakejuniorfootballclub W: www.kinglakejfc.org.au
E: kinglakejfc@gmail.com W: www.kinglakejfc.org.au
Auskick enquiries: Rebecca - 0423 629 241

Church Services

CHURCH KINGLAKE

St Peter's Memorial Church

Chr Bald Spur/Whittlesea-Kinglake Rds, Kinglake

Sunday service: 10:30am

Instagram @church.kinglake

W: www.churchkinglake.org

E: michelle@churchkinglake.org

ANGLICAN CHURCH

St Peter's Memorial Church:

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

St Peters Memorial Church

Sunday service: 8.30 am

Minister: Rev'd Dr Walter Firth 0439 447 395

(03) 9716 2042

Christ Church, Whittlesea

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

Sunday service: 10.30am Communion

Minister: Rev'd Dr Walter Firth 0439447395

03 9716 2042

Walter.firth@gmail.com

Weddings and baptisms by appointment

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2-20 Fir Street Whittlesea

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Email: merndawhittlesea@cam.org.au

Website: www.christthelightparish.org.au

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Sunday School: Adele 9715 1198, Diane 5783 1658

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Kinglake SES

It has been a quieter period with Requests for Assistance (RFAs) only being 10. These were split by 5 Road accidents, 4 Trees down and 1 Assist police.

The worrying trend for all the Road accident events was they all appear to be speed related.

We are all aware that in our community, fog, wet roads and yes deterioration of the roads are all issues we have to deal with daily, so we implore all drivers to think very carefully about decisions you make when behind the wheel.

The unit is on call 24hrs per day 7 days a week, 365 days a year.

PLEASE REMEMBER IF YOU NEED OUR ASSISTANCE DIAL 132 500

IF IT IS AN EMERGENCY DIAL 000

Over the last few months there have been a few changes in the Leadership roles of the unit, and after a period of 7 years as a Unit Officer with roles of section leader for Rescue and also part of the Unit Duty Officers rotation, Erwin Zuber has decided to step back and allow other members the opportunity to take on these roles.

We would like to thank Erwin for his time in these roles and look forward to still being able to utilise his knowledge as an active member of the team in the future.

We would like to congratulate Greg Bourne who has taken on the role of Section Leader for Rescue. This role



includes making sure the Rescue Truck and all the gear is well maintained and always ready when needed.

Also congratulations to Alex Klammer who has agreed to take on the vacant Unit Duty Officer rotation role. This means that he will be the point of contact for the unit for any RFA's that we receive and also a link to the wider Vicses. We have a total of 4 members who take it in turn to perform this function.

The last role is the new role of Section Leader responsible for PPE & Safety Gear. Congratulations to Joanne (Jo) Jordan. Jo will ensure that all members have the necessary safety gear when attending RFA's.

At the time this is written we would like to send our best wishes to Keith who is laid up in hospital, and we hope to see you up

and about shortly.

Again thank you to all of our community members who drop off bottles and cans, this definitely helps raise funds for our unit, Keith and Greg H work hard into taking these down to the Whittlesea Neighbourhood House to be sent off for recycling.

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.

Prepare Now For Bushfire Season

Victorians are being warned to expect an earlier, significant and extended fire season in the coming months.

In spite of cooler and wetter conditions that have been in evidence recently, a warmer and drier winter in many areas has prompted fire authorities to urge property owners to prepare now.

The Australian and New Zealand Fire and Emergency Services Council develops the outlooks with support from the Bureau of Meteorology (BoM) and state and territory fire and land managers.

Emergency services continue to monitor conditions for changes in fire risk in the affected areas.

Preparedness activities are already underway across the emergency management sector. These include statewide briefings to help incident management personnel prepare

for emerging risks and respond to emergencies.

Victorians should take this time to:

- prepare their property
- make a fire plan and practise it.
- It's important to understand your local risks and know where to get updates.
- Check Fire Danger Ratings on the VicEmergency website.
- Download the VicEmergency App and create a watch zone.
- Listen to emergency broadcasters such as ABC radio.

Forest Fire Management Victoria (FFMVIC) works year-round with emergency management partners to reduce bushfire risk and protect communities and the environment.

This work includes fuel management programs, preparedness activities and maintaining the capability to respond rapidly to bushfires when they occur.

Throughout spring, crews have continued to monitor conditions and carry out important fuel management and preparedness works across Victoria's parks and forests to help reduce risk ahead of summer.

FFMVIC says it is well prepared for the season ahead with more than 1,800 frontline personnel supported by specialist emergency management staff, a large fleet of firefighting vehicles and heavy machinery, and a world-class aerial firefighting fleet.

Victorians who live, work or visit areas at risk of bushfires can also take practical steps to prepare, including having a Bushfire Plan, downloading the VicEmergency app and keeping up to date with Fire Danger Ratings.

Victorians can help by taking extra care with campfires and always know and follow the rules when visiting parks and state forests.

Landowners Encouraged to Register Their Burn-offs Online

As warmer and drier weather arrives, fire authorities are expecting an upsurge in burning off activities, but are urging residents and landholders to register them online.

Emergency authorities are seeing more than 62% of burn-off registrations in the state coming through by phone.

This can lead to longer wait times for residents seeking to notify their burn-offs, as Triple Zero Victoria call takers focus on higher priority calls.

Triple Zero Victoria's Chief Operations Officer, Paul Santamaria says that when everyone does their bit and registers a burn-off online it reduces unnecessary calls and helps Triple Zero Emergency call takers to remain available to focus on emergencies and high priority calls.

"If you are planning to burn-off more than two hours from now, registering online will always be the fastest and simplest option".

If for any reason you need to start your burn-off immediately (within two hours), you can still register by calling 1800 668 511.

CFA Chief Officer, Jason Heffernan, said to avoid unnecessary callouts for emergency services this spring, residents are urged to register their burn-off activities on the Fire Permits Victoria website.

"By registering your burn-off online, it allows CFA, emergency services and the public to understand that the fire is not an emergency", he said.

"Receiving notification allows us to manage the fire risk effectively and avoid placing unnecessary strain on local brigades and Triple Zero (000) call takers.

"So far this year CFA crews have responded to more than 200 escaped burn-offs - so we ask landowners to have enough people and water on hand to monitor, contain and extinguish their burn-off safely at all times and only burn off when conditions are favourable".

The website allows you to notify emergency services of your burn-off, and also check and apply for a permit, if necessary.

For more information about burning off safely, visit www.cfa.vic.gov.au/burnoff.

Before burning off, make sure you:

- Check and Follow regulations or laws by your local council.
- Notify your neighbours if the burn will generate fire and smoke.
- Check the weather forecast for the day of the activity and a few days afterward.
- Postpone your activity if high fire risk conditions develop.
- Establish a gap in vegetation or fire break of no less than three metres cleared of all flammable material.
- Have enough people to monitor, contain and extinguish the burn safely and effectively. Never leave a burn-off unattended.



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 paeverington@bigpond.com PH 0409 663 943

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

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- Mini firetrucks races
-Squirting water
-Live fire demo

October 2026



Could you be Kinglake Ward's next Councillor?

The Victorian Electoral Commission (VEC) will soon open nominations for the Kinglake Ward by-election. If you're passionate about the Kinglake community and interested in helping shape the future of Murrindindi Shire, now is the time to consider standing for Council.

A candidate information session will be held on Wednesday 14 October, with nominations opening on Monday 19 October and closing on Tuesday 27 October.

For more information about becoming a candidate or the election process, visit the VEC website or call 131 832.

To learn more about council elections in Murrindindi, visit our website at murrindindi.vic.gov.au/councilelections

Flood study seeks local knowledge

From 5 October, Council is inviting residents from Flowerdale, Strath Creek, Glenburn, Yea, Molesworth, Thornton and surrounding communities to help shape future flood mitigation planning.

Community feedback and local knowledge will help improve understanding of flood risks and identify opportunities to strengthen preparedness and reduce future impacts.

Feedback closes on Sunday 1 November 2026.

Learn more, share your feedback or register interest in joining a Community Advisory Group from 5 October at murrindindi.vic.gov.au/floodstudy

Cr Sandice McAulay recognised for leadership

Councillor Sandice McAulay has been recognised for her outstanding contribution to civic leadership and the community at the 2026 Mary Rogers Awards. Read the full story at murrindindi.vic.gov.au/maryrogersawards

Free Green Waste in October

Council is offering free green waste disposal from Thursday 1 to Saturday 31 October at our Resource Recovery Centres in the lead-up to the fire season. Normal processing charges will apply outside this period.

Learn more at murrindindi.vic.gov.au/rrc

Fire season inspections commence in October

Council's Fire Prevention Officers are inspecting properties across Murrindindi to help identify fire hazards that may be a risk to people, homes and the environment.

Inspections play an important role in reducing the risk of fire starting and spreading across the Shire. Officers will work with landowners to identify potential hazards and provide information to help manage fire risk. Where necessary, Fire Prevention Notices may be issued requiring works to be completed.

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

30 years of connection: Murrindindi and YPRL

Murrindindi Shire Council and Yarra Plenty Regional Library (YPRL) recently celebrated 30 years of partnership, marking three decades of working together to deliver library services for local communities.

Since 1996, the partnership has connected Murrindindi residents to extensive collections, shared technology, digital resources and specialist expertise, while maintaining the local character of our libraries in Alexandra, Kinglake and Yea.

The milestone was celebrated at Alexandra Library with Councillors, staff and YPRL representatives reflecting on past achievements and future opportunities.

Read the full story at murrindindi.vic.gov.au/ypri30

How Council prepares for emergencies

Council works year-round to help reduce risk and support community safety through activities such as fire prevention inspections, roadside vegetation management, emergency planning, and coordination with emergency services and other partners. We also monitor weather conditions and emergency warnings to help inform Council operations during high-risk periods.

While risk can never be eliminated entirely, preparing together helps build a safer, more resilient community.

You can find out more about how Council prepares at murrindindi.vic.gov.au/howcouncilprepares

Get in touch

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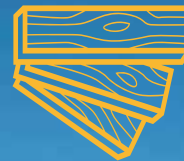
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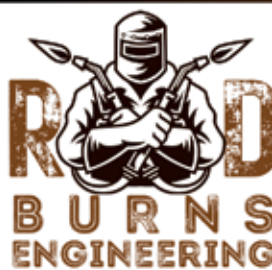
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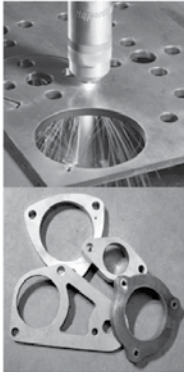
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ACCOUNTANTS

ML Accounting Solutions 0438 778 303

AGED CARE

healthAbility 0414 272 411

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Ray Appliance Repair & Service 0432 981 161

AUTOMOTIVE (CAR / MOTORCYCLE)

Kinglake Exhaust Centre - Harry 0417 363 762

Kinglake Ranges Service & Repair 0418 515 506

Parkers Auto Plus 9716 2010

BANKS

Bendigo Bank – Hurstbridge (03) 9718 0431

BIN HIRE

Barbers Bin Hire 9714 8511 or 0409 677 687

BUILDERS

Leonard Interiors 0418 335 475

Mattador Building & Construction 0400 357 408

CAFES, BAKERY, FOOD & RESTAURANTS/CATERING

Cappa Rossi's Cafe 5786 1783

Flowerdale Hotel 03 5780 1230

Kinglake Fish N Chippery 5786 1828

Kinglake Pub 5786 1230

Songbird Cafe & Larder 5786 1275

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All About Leisure 0417 364 549

CARPENTRY

Fix It Bonza 0414 085 247

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Fleetwood Concreting 0418 534 973

Wheeler & Sons Construction 0421 435 766

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Bulldozer Hire 0473 525 695

JR Earthworks Damien 0418 506 130

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Kinglake Electrical Services Jason 0448 810 715

ENGINEERING, DESIGN & WELDING

R & D Burns Engineering 0428 300 357

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NS Finance & Mortgages – Nicole 0412 169 035

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Action Firewood 0448 583 861

Spark It Up Firewood 0408 239 631

Whittlesea H Hardware (03) 9716 2226

FUNERAL HOMES

Halls Funeral Services 9438 5416

GARDEN SERVICES & SUPPLIES

Morgan's Fuel Reduction 0419 895 464

Pheasant Creek Gas and Property Maintenance
0401 870 158

GAS SUPPLIES

Kinglake Gas Barry 5786 2197

Pheasant Creek Gas and Property Maintenance
0401 870 158

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Ann Friedel Publishing 0418 556 107

HAIRDRESSER

L D Hair Studio 0404 092 927

HARDWARE

Simply Timber & Roofing 03 5743 0000

Whittlesea H Hardware (03) 9716 2226

HEALTH & WELLBEING

Chinese Medicine – Dr Angela Palmer 5786 1889

Innova Osteopathy 0458 112 608

Whittlesea Physiotherapy 9716 2250

IT SERVICES

DEV3 (03) 9123 4215

LANDSCAPING

Wheeler & Sons Construction 0421 435 766

MEDICAL SERVICES

Omnia Community Health 03 5421 1666

Whittlesea Medical Imaging 9716 0278

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Sarah 0419 116 217

Karisa Support Services 0493 254 930

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John Kyme Painter & Decorator 0418 564 851

On Time Painting Australia 0402 771 175

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Home Pest Services 0488 004 882

PHARMACY

Kinglake Community Pharmacy 5786 1109

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NCC Plastering 0435 842 859

PDL Plastering 0417 558 727 or 5786 5591

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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

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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>

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THE RANGES NEWS
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COMMUNITY & EMERGENCY CONTACT NUMBERS

EMERGENCY SERVICES

For life-threatening emergencies or urgent police, fire, and ambulance services in Kinglake, **call 000 immediately**

For non-life-threatening storm and flood assistance, contact the State Emergency Service (SES) on **132 500**, or use the VicEmergency Hotline at **1800 226 226** for major incident updates.

Immediate Emergency Services

• Police, Fire, and Ambulance:	000
(106 for text/speech impairment)	
• State Emergency Service (SES):	132 500
• VicEmergency Hotline:	1800 226 226
• Burn-off Notifications:	1800 668 511

Local Information & Support

- Murrindindi Shire Council: Check the Murrindindi Shire Council Safety Portal for local municipal recovery and emergency updates.
- Emergency Broadcasters: Tune in to UGFM (Kinglake Ranges FM 94.5) or ABC Radio (774 AM) for local emergency warnings and safety updates.

Crisis and Health Support

• Nurse-on-Call / Healthdirect:	1800 022 222
• Lifeline:	13 11 14
• Poisons Information Centre:	13 11 26
• Omnia Community Health	1300 773 352
• Help for Wildlife:	0477 555 611

CRISIS NUMBERS

• Lifeline	13 11 14
• Beyond Blue	1300 22 46 36

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
Operations Emergencies*	(03) 5772 0333
(eg collapsed bridge or trees over road)	

Community Safety Emergencies*	(03) 5772 0333
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*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 <https://www.murrindindi.vic.gov.au/Home>

ALCOHOL AND DRUG SERVICES

health.vic.gov.au

DirectLine	1800 888 236
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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

Consumer Affairs – Tenancy advice	1300 558 181
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AGED AND DISABILITY SERVICES

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
Interchange-for children with disabilities	5735 4600
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
Family Day Care – Murrindindi Shire	1800 633 792
Specialist Children's Services	1800 783 783
Familycare	1800 663 107 or 5735 4600

FAMILY VIOLENCE

Womens Domestic Violence Crisis Service	
	9322 3555 or 1800 015 188
Whittlesea Family Violence Unit,	
Mill Park Police	9407 3333

COUNSELLING SERVICES

Be Well In The Ranges –	KRNH 5786 1301
Yea Community Health	5736 0400
Men & Relationships Program	1800 663 107
Relationships Australia	1300 364 277
Victims Support Agency	1300 362 739
Victims of Crime Helpline	1800 819 817

HEALTH SERVICES

Omnia Community Health Kinglake	1300 773 352
Yea Medical Centre	5736 0444
Yea & District Memorial Hospital	5736 0400
Whittlesea Medical Imaging	9716 0278

COMMUNITY SUPPORT RESOURCES

Kinglake Ranges Neighbourhood House	5786 1301
Flowerdale Neighbourhood House	0490 941 247
Toolangi Neighborhood House	5962 9060
Whittlesea Community House	9716 3361

Community Groups

Kinglake CWA	0408 729 580
Kinglake Ranges Men's Shed	0402 523 488
email: kinglake-shed@outlook.com	
Rotary Club of Kinglake Ranges	
info: info@RotaryClubKinglakeRanges.com.au	
Kinglake Historical Society	0414 255 893
Inner Wheel Club 11w.au.kinglakeranges@gmail.com	
Kinglake Riders Club	ccdemby@hotmail.com

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

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

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.murrindindi.vic.gov.au for current charges

Help Us Update Our Community Directory

At *Mountain Monthly* we are updating our Community & Emergency Contact Numbers.

These important numbers and email addresses change over time.

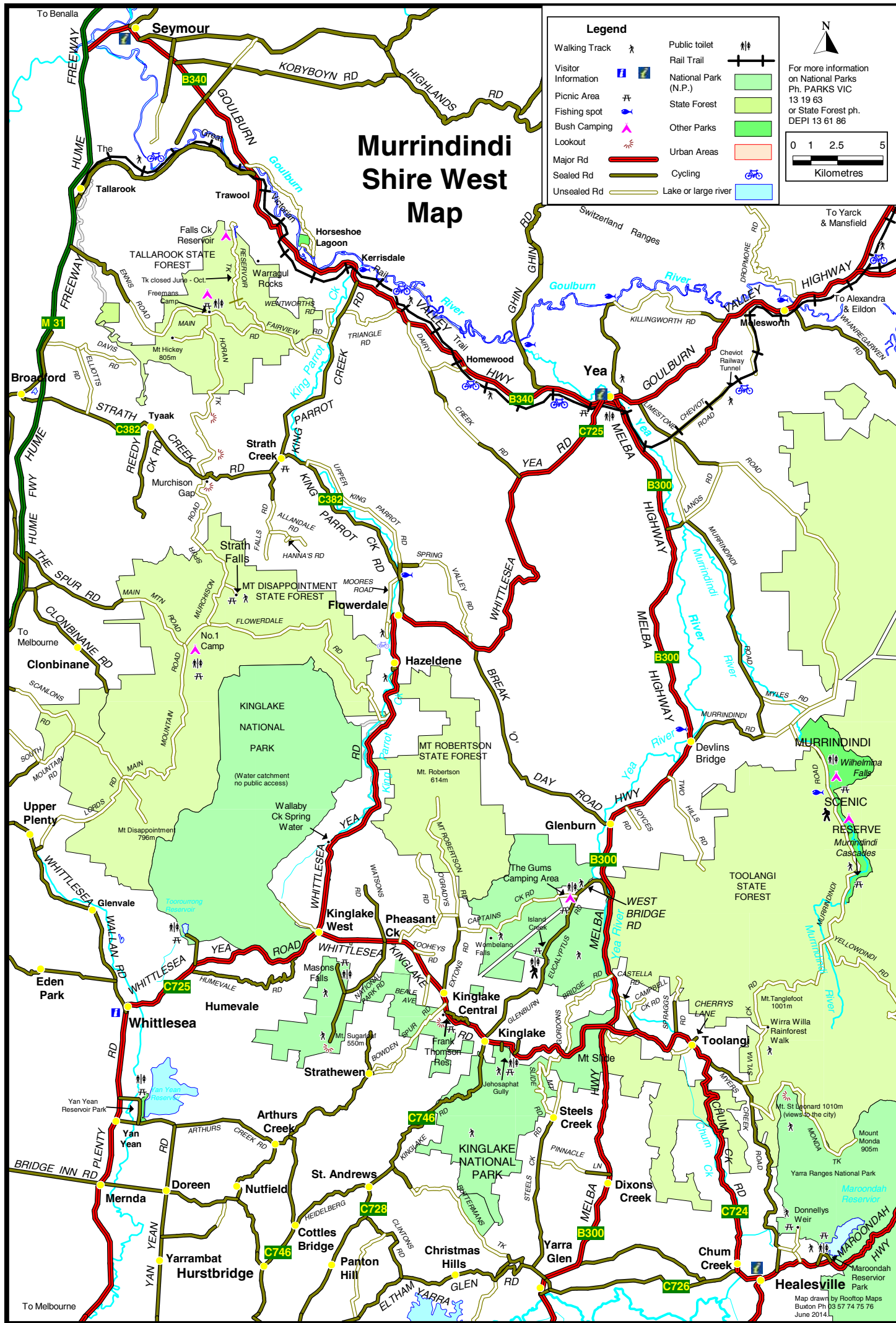
New services and groups are also put in place.

This updated directory will take time to consolidate, but in order to provide our readers with the best at-a-glance guide, we urge you to check contact details are current and correct for your group.

You may wish to add your community group to the listings.

Please note that these are not business listings that fall within our Local Business Directory.

Email any changes or requests for inclusion to janedoconnor485@gmail.com



Murrindindi Shire Council Kinglake Ward by-election

My council, my vote



You must be enrolled to vote

A by-election for Kinglake Ward in Murrindindi Shire Council will be held in **December**. To be able to vote in the by-election, you must be enrolled by the close of roll at **4 pm** on **Wednesday 23 September 2026**. Two categories of voters can be enrolled to vote in the Murrindindi Shire Council, Kinglake Ward by-election: state-enrolled voters and council-enrolled voters.

State-enrolled voters

Am I enrolled to vote?

You are automatically enrolled for this by-election if:

- you will be 18 years of age or over on **Saturday 5 December 2026** and
- you live in Kinglake Ward and
- you are on the state electoral roll for your current address.

You need to enrol if:

- you are an Australian citizen aged 18 or over on **Saturday 5 December 2026** and
- you live in Kinglake Ward and you are not on the state electoral roll or
- you have lived at your current residential address in Kinglake Ward for at least a month and have not yet updated your enrolment details, including any changes to your postal address.

How do I enrol?

You can enrol online at vec.vic.gov.au. You can also download an enrolment form from the website.

All enrolment applications must be received by the Victorian Electoral Commission by the close of roll at **4 pm** on **Wednesday 23 September 2026**.

How can I check my state enrolment?

You can check your enrolment details online at vec.vic.gov.au or call **131 832**.

Council-enrolled voters

Am I enrolled to vote?

To be a council-enrolled voter, you must be:

- a property owner, occupier or represent a corporation
- 18 years of age or over on **Saturday 5 December 2026** and
- not a state-enrolled voter within Murrindindi Shire.

You are automatically enrolled for this by-election if you were enrolled as either an owner ratepayer, occupier ratepayer, or director or company secretary of a corporation for Kinglake Ward at the 2024 local government general election.

If your circumstances have changed since the 2024 local government general election and you are no longer either an owner ratepayer, occupier ratepayer, or director or company secretary of a corporation of that property, you will not be automatically enrolled for this by-election.

Who else can enrol and vote?

You may also apply to enrol if:

- you have purchased a rateable property in Kinglake Ward since the 2024 local government general election but you are not a resident of Murrindindi Shire or
- you are not an Australian citizen and you live in, and pay rates for, a property in Kinglake Ward or
- you pay rates on a property you occupy in Kinglake Ward and have no other voting entitlement within Murrindindi Shire, for example you are a shop tenant and pay rates to Murrindindi Shire Council for your tenancy, and you have no other voting entitlement within Murrindindi Shire or
- you are a director or company secretary of a corporation in Kinglake Ward that pays rates to Murrindindi Shire Council, and you have no other voting entitlement within the Murrindindi Shire.

How do I apply to be a council-enrolled voter?

If you meet any of the above-mentioned criteria and want to enrol, contact Murrindindi Shire Council on **03 5772 0333** for a council enrolment form. The council must receive enrolment forms by the close of roll at **4 pm** on **Wednesday 23 September 2026**.

How can I check if I am council-enrolled?

You can check your enrolment details by contacting the council on **03 5772 0333**.

Thinking about standing for election?

To nominate as a candidate for Murrindindi Shire Council, you must:

- be an Australian citizen and enrolled on the voters roll for Murrindindi Shire Council and
- be eligible to become a councillor should you be elected and
- have completed the mandatory candidate training before lodging your nomination with the election manager.

For further information, visit vec.vic.gov.au

Enrolment closes 4 pm on Wednesday 23 September 2026

State-enrolled voters can register for free VoterAlert SMS and email reminders at vec.vic.gov.au

For enquiries in languages other than English:

العربية (Arabic) 9209 0100 • ܐܪܡܝܐ (Assyrian) 9209 0160 • မြန်မာစာ (Burmese) 9209 0161 • 简体中文 (Mandarin) 9209 0106 • 廣東話 (Cantonese) 9209 0101 • Hrvatski (Croatian) 9209 0102 • ڊري (Dari) 9209 0193 • Thucṇjāṇ (Dinka) 9209 0119 • Ελληνικά (Greek) 9209 0103 • ىگرجآ (Hazaragi) 9209 0162 • Italiano (Italian) 9209 0104 • ខ្មែរ (Khmer) 9209 0192 • 한국어 (Korean) 9209 0194 • македонски (Macedonian) 9209 0105 • नेपाली (Nepali) 9209 0163 • ىسراف (Persian) 9209 0195 • ไทย (Thai) 9209 0164 • Türkçe (Turkish) 9209 0110 • وڊرا (Urdu) 9209 0165 • Tiếng Việt (Vietnamese) 9209 0111 • All other non-English languages 9209 0112

vec.vic.gov.au | **131 832** @electionsvic Authorised by S. Bluemmel, Electoral Commissioner, 530 Collins Street, Melbourne, Victoria.



Integrity

Real Estate Yarra Valley



48 Deviation Road, Kinglake
4 3 6 82,483 sqm
\$1,350,000 - \$1,400,000



155 Wallaby Way, Pheasant Creek
3 2 4 20,016 sqm
\$1,100,000 - \$1,200,000



679 Denereaz Drive, Pheasant Creek
6 3 3 24,376 sqm
Expression of Interest



2 Tommy Hut Road, Kinglake West
5 3 8 5 acres
\$1,800,000 - \$1,950,000



integrity_real_estate



info@integrityrealestate.com.au



Shop 1/2 Kinglake-Glenburn Road, Kinglake

William Verhagen

0437 371 969

william@integrityrealestate.com.au

