



ISSUE 333 WANDONG/HEATHCOTE JUNCTION MONTHLY NEWSLETTER : FEBRUARY 2024 ABN 17 022 858 565

Email—whatsnewswhj@gmail.com 700 copies

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Delivered to Wandong/Heathcote Junction/Wallan/Kilmore/Broadford/Whittlesea & Upper Plenty

Copy online at [www.wandong.vic.au](http://www.wandong.vic.au)



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## 2024 AUSTRALIA DAY BREAKFAST, LOCAL AWARDS AND FLAG RAISING CEREMONY AT WANDONG

The event is now sponsored by the Wandong Heathcote Junction Community Group, the Wandong History Group, the Wandong Wallan Lions Club and the Wandong Public Hall. A hot breakfast was enjoyed by residents and local awards presented by Rob Mitchell, Federal Member for McEwen, to local heroes Trevor Vienet and Kevin Bartlett.



**ABOVE:**  
The flag raising ceremony.  
**RIGHT:**  
Trevor Vienet and Rob Mitchell  
**FAR RIGHT:**  
Kevin Bartlett and Rob Mitchell



## SIGN THE PETITION

The Wandong Heathcote Junction Community Group has long advocated for the large open drain along the west side of the Epping Kilmore Road at the Wandong bushfire memorial car park to be placed underground to enable easier use of the car park. This is the busiest roadside toilet stop in Mitchell Shire but continues to be ignored. Please sign the petition located in Kemps Bakery. The petition will form part of our next submission to the Mitchell Shire budget.

IF YOU MISS AN ISSUE OF "WHAT'S NEWS" go to website <[www.wandong.vic.au/local-news/whats-news](http://www.wandong.vic.au/local-news/whats-news)>

Wandong - Heathcote Junction - why would you live anywhere else. Until March 2024, Allen Hall (editor)  
**NEXT ISSUE DEADLINE: COPY & ADS 3 March 2024 DELIVERY from 14 March 2024**

Printed by Newspaper House, Kilmore

# WANDONG HISTORY GROUP



What a great start to the year, Australia Day supported by the combined groups of Wandong was a lovely day after a lot of rain the night before. The hall grounds were looking magnificent and the crowd that attended the event appreciated the lovely breakfast cooked and served by the volunteers.

It was great to have Rob Mitchell present our community awards, one to Kevin Barlett for all his hard work over many years for the town and the other went to Trever Vienet who has worked hard to ensure the area around the forest is looked after and for his organising of the plaque and services to the memory of those airmen lost on the mountain. The families were so appreciative of having a memorial in the place near where their loved ones died.

The History Group will be kicking into gear for the year again and our first meeting will be planning for the year ahead. We have already had two Bunnings Sausage Sizzles with the Community group, so members have got off to a busy start.

Upcoming events will be on the facebook page and website as well as advertised in What's New's, we are in desperate need of a secretary please contact us if you are interested in joining the committee.



<https://wandongheathcotejunctionhistory.com.au>  
email: [wandonghistorygroup4@gmail.com](mailto:wandonghistorygroup4@gmail.com)

## WANDONG TENNIS CLUB

Email: [wandongtennisclub@hotmail.com](mailto:wandongtennisclub@hotmail.com)  
or text Lisa on 0407 112 880.

Information is posted on our  
Facebook page.

[www.facebook.com/wandongtennis](https://www.facebook.com/wandongtennis)



Our autumn night seasons have both commenced. Good luck to all teams

Our section 2 blue team won the premiership in our recent spring season. Well done to Brad Wolfe Andrew Brooks Sean Dennis Lisa Kelly and Johns Dennis

Coaching is available at the club  
for all ages.

Please contact Karl on 0423 611 317  
or [kv.tennis@hotmail.com](mailto:kv.tennis@hotmail.com)





# What's Happening

## WANDONG OUTSIDE SCHOOL HOURS CARE



Service Phone Number:

**0497 877 771**

Your service coordinator will be available during session times. TheirCare support is available during office hours if required on 1300 072 410

### How to Enrol

Visit TheirCare website: [www.theircare.com.au](http://www.theircare.com.au) and click on 'Book Now' in the top right hand corner to register your child's details.

### Operation Times

Before School Care 6:30am – 8:45am

After School Care 3:30pm – 6:30pm

Pupil Free Day 6:30am – 6:30pm

Holiday Program 6:30am – 6:30pm

## ANNIVERSARY CONGRATULATIONS

14 Feb Chris & Carol Ryan KE  
18 Feb Marj & Allan Knight W  
21 Feb Karen & Alastair McDonald W  
7 Mar Gary & Judy Fairweather WP  
10 Mar Olivia & Clive Allen HJ  
10 Mar Frank & Bette Sartore W  
11 Mar Pat & Lindi Leddin HJ  
13 Mar Irene & Kevin Bartlett W

## GAZEBOS AND CHAIRS FOR HIRE

For your next function why not hire a gazebo and chairs from the Wandong – Heathcote Junction Community Group.

For hire are:  
two 6m X 3m gazebos,  
a 3m X 3m gazebo  
8 wooden trestles  
and 50 outdoor chairs.

Call David on mobile  
0409 164 660  
to arrange hire.

## COMMUNITY WEBSITES

[www.wandong.vic.au](http://www.wandong.vic.au)

[www.upperplenty.com](http://www.upperplenty.com)

## Mitchell Bushwalking Group

The group walks once a fortnight, with some evening walks during the summer months.

Please contact:  
Mary 0428 479 469  
or Wayne 0451 519 734  
or email  
[mitchellwalksgroup@gmail.com](mailto:mitchellwalksgroup@gmail.com)

for more information

## Mitchell Photography Club Inc

Visit our website  
([www.mitchellphoto.org](http://www.mitchellphoto.org))  
and click on "About Us"

meets third Wednesday of  
the month  
(except January) at 7:30pm

Broadford Community Centre

Contact Sarah 0438 847 577  
for more information.



## BIRTHDAY GREETINGS

We wish the following  
people a very happy  
birthday

14 Feb	Les Harrison	W
14 Feb	Ebony May McMahon	W
16 Feb	Guy Batey	W
16 Feb	Caitlin Gough	HJ
16 Feb	Brent Candy	W
16 Feb	Lauren Saw	HV
17 Feb	Breeanna Thomas	B
17 Feb	Rosemary Hobson	HJ
18 Feb	Loren Page	C
20 Feb	Ashleigh Sannwald	HJ
21 Feb	Bianca Villanti	HJ
22 Feb	Jake Saw	HV
22 Feb	Hayley Mumberson	HJ
22 Feb	Eliza Renouf	C
24 Feb	David Bartolo	UP
24 Feb	Steve Kilroy	W
25 Feb	Daniel Hannemann	W
25 Feb	Lyn Thomas	B
27 Feb	Graeme Edwards	HJ
27 Feb	Jennifer Cocks	W
28 Feb	Carol McIntyre	KE
2 Mar	Simon Caeli	W
2 Mar	Heather Limbrick	B
3 Mar	Colin Williams	HJ
4 Mar	Rhiannon Bradshaw	W
4 Mar	Heather Flannery	W
7 Mar	Kim Kyriacou	K
8 Mar	Blake Dennehy	HJ
8 Mar	Marilyn McNaughton	HJ
8 Mar	Tim Abela	HJ
8 Mar	Rodney Stone	HJ
10 Mar	Bree Chisholm	HJ
11 Mar	Steve Albert	HJ
12 Mar	James Stewart	W
12 Mar	Sharna Flannery	W
12 Mar	Jayden Rhead	HJ
13 Mar	Phyllis McCarthy	HJ
13 Mar	Kylie Coad	W
14 Mar	Geoff McMahon	HJ
16 Mar	Lisa Kelly	HJ
16 Mar	Chris Waldie	W
17 Mar	Catherine Humphries	W
17 Mar	Andrew Ryan	KE
17 Mar	Kylie Warburton	HJ
17 Mar	Abigail O'Sullivan	W



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"Whats News" by email  
each month, send your name  
and email details to :  
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# Wandong IGA

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## LOCAL CHURCH NEWS

### Whittlesea Anglican Church

Serving Whittlesea, Upper Plenty.  
& surrounding areas

Christ Church: 9 Wallan Road, Whittlesea.

Vicar: Rev Ruwan Palapathwala 9014 0696

Web Site: [www.christchurchwhittlesea.org](http://www.christchurchwhittlesea.org)

Weddings/Baptisms by appointment

Sunday Services: 10.15am. Incl kids program

#### Services to the Community:

Whittlesea Opportunity Shop 7 Laurel St  
9716 3144 Open M-F 10-4 Sat 9.30-12.30

#### Christ Church Craft Group

Friday 10-2, Church Hall BYO craft - any type  
we love to learn, Jenny 9715 1137

Anglican Care: quality provider aged services

[www.anglicancare.com.au](http://www.anglicancare.com.au)

Jobs at Anglican Care [www.careerjet.com.au](http://www.careerjet.com.au)



### *Wandong District Church*

**29 Wandong Ave,  
Wandong**

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**Services held at 5pm Sundays  
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#### **Enquiries to:**

**Pastor Allan Laurens 5787 1020**

**Or David Moran 5787 1738**

## THE SHACK IS BACK

The Upper Plenty Community Hall

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**is open for hire.**

For more information and  
bookings call Susan or Wayne  
on **0499 907 017**

If not answered leave your name and  
number and we will return the call.

### **SAVE WANDONGS HERITAGE LISTED ST MICHAELS CHURCH**

**Please help by donating your 5  
cents in the collection tins at  
Kemps Bakery (Wandong) and  
Wandong Pharmacy**



# I reckon I saw Jesus Christ in Flinders St last week

In my spare time I work with an organization feeding homeless and needy people on Melbourne streets. I'd like to introduce some of them to you and share the insights and benefits that I have been privileged to have experienced over the years.

Maybe start with Joe, he has slept on a tram-stop half-shelter seat for nine and a half years! Every time we drop a food parcel and ask after his wellbeing he always answers with a thankyou and please tuck his food under the seat. Joe's sleeping bag is often damp but never his attitude. Joe is there no more as they fenced off the whole area (for progress!).

Here's Dave coming along, you've got to meet Dave! You will never complain about your aches and pains again. I said "Dave I'm worried about your weight what do you reckon you weigh?". He said that all depends on how wet I am!

He was all excited, on Monday night he said that while sleeping at the park with a bag over him he felt strangely warmer on his front than his back. A medium size possum had crawled under his bedding for warmth, so Dave said that he shared a bun with his surprise visitor at midnight!

When I search through my Rule Book for inspiration (and believe me I need a lot of that) I found a rather disturbing part that struck a chord with me and left me rather intrigued, Gosh! In Matthew 25 v 37— Then they said Lord when did we see You hungry, thirsty or needing clothing? Then the King said Truly I say to you, as you did it to the least of these my brothers you did it to Me. Wow! I don't need much more prodding than that to keep befriending and serving these marvelous street people.

Over the years I have learnt to get my priorities in order, to understand that life can unexpectedly change (for better or worse) on the street they say 'Hero to Zero' in a week! We believe that by our efforts we are lifting many folk back from an attitude of Zero to feeling like a human being again through our efforts.

Over in the corner at our Flinders Street stop sat 'No Name'. I know that doesn't sound nice but that was his choice and I respect that, he had no proper shoes or socks, (once again by choice). Just out of interest we are a touch short of helpers at this stop as some of our volunteers are too scared to get out of the van because of the rats that frequent this little alcove. (If you think the rats are a problem here! Don't sleep under the bridge at Rebecca Walk further down Flinders!). Back to my mate 'No Name'. To give you some idea of the problems endured by some of our homeless, this guy when he sits down to eat has to hold his food up off the ground to keep the rats at bay! This guy has sandals and a beard (I wonder if?) No couldn't be Him, could it? He is suffering, rejected, and we tend to hide our face from him? We fed him, got a warm blanket and talked with him not because it might have been Him! but because he is a child of God, someone for whom Jesus Christ died, and like all who we deal with, deserves our best attempts to be treated with utmost respect. (Even though most of our volunteers are also feeling wet, tired and cold!)

Sorry I got sidetracked again but I like to share a side of city life that is not always understood. I'll talk more about the food van later, ask me about the little girl outside Myers and the lady with her feet in a warm drain at Fitzroy!

Gotta go! the editor's on my back again. (If it's not one thing it's another!) Do you think he would notice if I told him there were only 400 words? (My limit!)

A.G. (Ed's worry.)



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Meeting at 10.30am every Sunday  
at the Freedom Care Building,  
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— entrance on Willomavin Road

Enquiries to ;  
Pastor Frantz Heinzelmann  
Mobile: 0411 794 188

[www.freedomcarechurch.org.au](http://www.freedomcarechurch.org.au)

All Welcome. Love to see you there



## LOCAL CHURCH NEWS

### ST JOHN'S ANGLICAN CHURCH, WANDONG

WANDONG AVE, WANDONG  
Enquires 9308 2452

Services: 8.30am  
1on 1st & 3rd Sundays  
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**Anyone wishing to join  
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John Perrett 0418 288 024 or  
Ron Hamilton 0481 268 471**

**Operating hours are  
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email: [Kilmoremensshed@gmail.com](mailto:Kilmoremensshed@gmail.com)**

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## The Kilmore & District Hospital



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Aged Care –

Dianella Hostel and  
Caladenia Nursing Home Website:  
[www.kilmoredistricthospital.org.au](http://www.kilmoredistricthospital.org.au)



# GARDEN SCENE WITH GAIL

Happy New Year to everyone and may 2024 be a fantastic year! Hasn't it been a great Summer so far, warm days and soaking rain, such good growing conditions for our plants. But those blessed weeds, oh my goodness, they're popping up everywhere and they grow soooo quick. Attack them now, while the soil is fairly soft, and they are easier to pull out. If your soil is quite hard and is repelling the water that it is receiving, add some gypsum, fine white sand and well-rotted cow manure. It's better to blend with the soil rather than digging or forking in so as not to damage any fibrous roots close to the surface. Top dress with a very generous layer of mulch and keep in mind, deep waterings are more beneficial than lots of shallow waterings. Roses are looking absolutely beautiful now and to keep them that way water every couple of days in the morning, fertilise and prune dead buds regularly. Keep Fuchsias looking their best in the same way however, a really good prune back will provide lots off flowers over a longer time frame and those cuttings can be planted up for new plants. Both hanging and upright Fuchsias are stunning, the mix of colours and forms are really lovely, and they are the type of plants you don't regularly see in nurseries, so visit the Melbourne and International Flower and Garden Show in late March, a real eye opener. Have you tried the Epiphyllum Pacesetter Orchid Cactus (Orchis Cactus)? They are stunning and do really well in hanging baskets more than planting in the ground because they like a light, free draining soil, similar conditions as Fuchsias. Flowers of various colours appear in late Spring into early Summer and there are different forms available. A very different flower to have hanging around! Keep an eye on potted plants and plants undercover, don't forget they can't put their roots out for additional nutrients. If your potted plants are looking a bit tired it may be a good time to refresh the medium that they are living in. Wait for a cool day, water thoroughly and follow up with a solution of seasol. Let that soak in well before you ease the plant out of its current home. Either remove the old potting mix away from the edges and replace with fresh, good quality potting mix and replant back into the same pot or get a bigger pot and allow for more room for the roots to spread enabling more growth of the plant. If you use Terracotta pots, line the inside with a couple of layers of paper to avoid the sun being able to draw any moisture out through the porous pot. Glazed pots don't allow moisture to be drawn out of the pot. Plants under eaves or on the side of a building that doesn't get much rain, eg: the East side, need to be given a bit more attention. If possible, water early in the mornings to avoid powdery mildew on plants due to warm nights and moisture, in particular roses and potted plants, including hanging baskets. If a plant does dry out and wilts (usually hanging baskets and pots) the root system is weakened slightly so if possible, on a cool day, water the plant well, remove it from the soil and lightly prune the root system, pop it into a seasol solution for a short while and then repot. Soaker hoses on lawns and garden beds are more beneficial than an upright sprinkler especially on windy days to avoid water wastage. February is usually a very hot dry month so be vigilant in the garden. Have a fantastic February,



*Gail Mains Kendrick*  
(your local Real Estate Agent)



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# WANDONG NETBALL CLUB

## SEASON 2024



We are excited to announce that our 2024 Season Registrations are now open!

Over the break we have had lots of enquiries from families wanting to secure a place in the 2024 teams.

This year the Club will be registering teams in the following age groups;

- 9 & Under DOB 31-12-2017 to 1-1-2015
- 11 & Under DOB 31-12-2014 to 1-1-2013
- 13 & Under DOB 31-12-2012 to 1-1-2011
- 15 & Under DOB 31-12-2010 to 1-1-2009
- 17 & Under DOB 31-12-2008 to 1-1-2007

To register, download or open the Netball Connect app on your device, Select "Register" select your player or add new, search for our post code, 3758, scroll down to find the Wandong Netball Club, and follow the prompts.

Registration QR Code



The season will start on Saturday the 20<sup>th</sup> of April and will run for 13 weeks, breaking for the Kings B'day weekend and school holidays.

The Under 9's season will culminate with a Round Robin to be played on the 17<sup>th</sup> of August.

All other age groups will play for a spot in the Finals to be played from the 24<sup>th</sup> August with the Grand Final set to be played on the 14<sup>th</sup> of September.

For any general enquiries please email [wandongnetball@gmail.com](mailto:wandongnetball@gmail.com)

## PRESEASON TRAINING

Prior to the commencement of our Winter season, we will be hosting 4 Preseason sessions.

During these sessions potential players will have the opportunity to attend 2 trial trainings and see if Netball is for them. For those who are registered or planning to register, it will give them the chance to get fit and be ready to take the courts with their team.

Preseason will run Wednesdays from the 21<sup>st</sup> Feb to the 13<sup>th</sup> March 4:30-5:30pm.

The 2024 Team announcements will be made at the end of the final preseason training session and team training will commence the following week.

## SUMMER COMP

Best of luck to the 7 Wandong teams that have entered the Summer Comp at Kilmore.

The teams start to play next week, 12<sup>th</sup> of Feb. Come over to the Kilmore courts to watch the teams in action.

Thank you to all the Coaches, Team Managers, Parents and Players who committed to playing through the Spring Summer Season. We hope you have all enjoyed the competition.

## SPONSORS

Vacancies for sponsorship are now open for the Season. Funds donated to Club go towards updating our Equipment, upskilling Coaches and providing players and their families with better facilities at our courts.

Last year our Sponsors helped us install new seating around the courts, attend training sessions held by the Vixens team at the State Netball Centre, where they got to meet superstar Goaler Rahni Sampson, purchase personalised equipment and our older players even had a team building session at Paintball!



We are seeking sponsors who would like to support their growing local club and make a big difference to community sport.

We are seeking Gold, Silver and Bronze sponsors but would love to hear from anyone who would be willing and able to contribute any amount to help us reach our 2024 goal.

If you would like to be a part of our success, or would like more information please contact us via email:

[wandongnetball@gmail.com](mailto:wandongnetball@gmail.com)

# WANDONG NETBALL CLUB

## COACHING ROLES



Ever thought about Coaching your own team? Or supporting a Team as Team Manager?

Expressions of interest are now open for Coaches and Team Managers.

Min requirement: Over 18, current WWC (can be applied for after EOI sent, WWC free online)

Experience a plus, full coaching accreditation and ongoing support available from the Club.

Every team needs a leader. If you have a child playing, or not, if you love Netball, if you used to play and want to be a part of something fun, then this is for you.

For more information please see our facebook page [wandongnetballclub](https://www.facebook.com/wandongnetballclub).

Wandong Netball Club – Train Hard, Play Hard

All enquires [wandongnetball@gmail.com](mailto:wandongnetball@gmail.com)

## Wandong Fire Brigade

Although there was rain in December and January, and we have green grass in some areas, fire restrictions remain in force. There is still the potential for fires through February and March.

It is recommended to check the Fire Danger Rating each day. The electric sign at the front of our fire station lists the rating each day. Fire Danger Ratings tell you how dangerous a fire could be if one started.

### Preparing for the Unpredictable – Building Inclusive Disaster-Resilient Communities

The Safer Together Project is bringing together two key note speakers Anne Leadbeater OAM and Jason McCartney OAM for a presentation at the Wandong Public Hall on Thursday 15<sup>th</sup> February from 6pm – 8pm. Bookings are required.

There will be an opportunity to provide feedback on the draft Community Emergency Management Plans for the towns of Reedy Creek/Tyaak, Wandong/Heathcote Junction, Clonbinane/Waterford Park and Upper Plenty.

A light supper will be provided. For further information, call Safer Together Project Officer - 03 5734 6250.

### Wandong Fire Brigade Juniors

The juniors have taken a break over the Summer and will recommence at the end of the fire season. Here are the words from a couple of the juniors at the end of last year.

*"Something I enjoy about Juniors is when we use the smoke machines because we learn how to communicate without being able to see or hear and have a challenge and have objects all around us. We also had partners where one of us was blindfolded and the other had to guide them around the obstacles." A.*

*"This term we had a visit from the police and tested the handcuffs, squirted water at cones, and bowled hoses into bowling pins. One of the best activities this term was doing search and rescue with the paramedics." E.*



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## LIONS CLUB OF WANDONG - WALLAN INC.

President: Marilyn Moore  
PO Box 225, Wandong, Vic. 3758



What a busy time we have had. Lots of activities and three new members keen to get their names into print. It seems that they have all heard of the high quality of journalism in this report.

What have we achieved? Christmas cake sales were huge and I would like to acknowledge all the businesses that stocked them for us. Mint sales are still going well and Tania keeps the stocks up to date.

Citizenship awards were presented to students at seven local schools. These awards are well received by both students and staff.

The Christmas raffle was a great success. There were nine hampers won by individuals from Kilmore, Wallan and Broadford. Steve Munro did a sterling job putting it all together. All the contents of the raffle boxes were donated by local businesses and we acknowledge and appreciate their contributions. This is the second year that the locals have been so generous.

The food hampers are continuing to be appreciated. There are a lot of people in our community doing it hard. This program has been expanded to other schools as well as Wandong. In addition we have provided relief with both food and fuel. To other needy individuals. Lion Sam Bedi of IGA Wandong initiated this program and does a tremendous amount for the community.

Other contributions were helping St Pats purchase a piano, repairing a bumper for a gentleman who helped stop Wandong IGA from being robbed and a donation to the Lions district disaster fund to help with flood relief in Seymour and other towns.

Almost forgot. We attended Christmas carols in both Kilmore and Wandong and the Australia day breakfast where I cooked the bacon to perfection as you would expect.

Now what have my friends been up to? I of course do nothing wrong, just ask Elizabeth.

At the last business meeting Marie Forbes decided that the knitting group next door was a much better option. She will be fined for this.

New member Sharon has recently retired from being the postie in Kilmore East. Steve is quite pleased. His mail will no longer be scattered all over the ground.

Speaking of Steve, he has been off racing in drag. You can just see him racing down the track in mini skirt and stiletto heels. He didn't win because he broke a heel on the corner. I'm sorry, he now tells me it was drag racing not racing in drag. My story is better. He went to drag racing again last week but came home early because of the weather. His heels kept getting caught in the mud. His partner Tania lost a chook recently. It was very traumatic. The funeral was very moving.

Finally the story of Cliff and Diane. You could write a book about these two. First they could not find their way out of Ballarat. Next Cliff put fuel in his car and drove off without paying. Unfortunately there was a police car at the bowser next to him which chased him up the road. While filling up he took the fuel nozzle out of the car and poured petrol all over his legs and feet. They tried to go wine tasting at a power station and a factory and Diane tried to book a table in a private house. Cliff's sister who was with them has gone home to New Zealand for a quiet rest.

This will do for now. Meanwhile be good like me.

Clyde Riley.

## Upper Plenty Merri Catchments Landcare Group

We provide support for land management issues such as weed, pest and erosion control. Also improving soil and biodiversity by providing advice, support, and grant funding.



The Upper Plenty Merri Catchments Landcare Group is having a Weed Identification session for our area from 7pm on Wednesday 21st February at The Shack in Upper Plenty. It will be a one hour session showing local pasture and environmental weeds. A local speaker will be available for a short presentation. We will have brochures available to take home, ID reference books available to browse and advice on how to control important weeds on your property. We also encourage attendees to bring their own weeds to ID using the resources and expertise we have on hand. All welcome \$2 donation on entry. Tea and coffee provided.

We meet on the third Wednesday of the month at 6.30pm at "The Shack" 1240 Wallan road, Upper Plenty 3756. ALL WELCOME

See our facebook page: Upper Plenty Merri Catchments Landcare Group  
Membership enquiries [membership.upmclg@gmail.com](mailto:membership.upmclg@gmail.com) or Chris Cobern 0413855490

## Launching Into the 2024 School Year:

Smooth transitions are an integral part of supporting a child adjust to and make the most of a new situation. A new teacher and/or a new classroom is an exciting event, not one of fear, concern or apprehension.

Can you remember how you felt at the beginning of each school year? Most of us will have vivid memories of the excitement and apprehension felt on our very first day. Riding what seems to be a rollercoaster of emotions. Beyond excited about the new friendships we would make and sad at the same time about the friends that may no longer be in our class. Curious about where our new classroom would be and strangely apprehensive about our new teacher. Would they smile and be fun? Would they share our interests? Have we met them before? Will they understand how we learn?

Now adults, most of us feel these same feelings when faced with a substantial change. Planning helps everyone handle change more readily. Facing the unknown is the core of discomfort with any change and managing change is a skill that all children need to be supported through. Each child is different, which means reactions can vary. Some children arrive ready and eager, while others can be a little clingy, tearful, or even reluctant to start. If your child might have difficulty adjusting to a new classroom, you could support them by:

- Talk to your child about how they are feeling
- Encourage your child to write a letter to their teacher
- Arrive on time
- Be enthusiastic

## Exciting News

Starting off 2024, we are allocating funds to ensure every classroom has two qualified adults. One classroom teacher and one trained Education Support Staff member.

To complement our Literacy Support Program, we are also expanding to include Maths Intervention beginning in Foundation to Grade 2.

We are also continuing to invest in ICT, ensuring every student has their own up to date laptop supplied by the school, for classroom use when needed.

Key Dates –

### February

Monday 19<sup>th</sup> – School Photo Day

Wednesday 21<sup>st</sup> – Alternate day – Meet the Teacher 2pm – 7pm

Monday 26<sup>th</sup> – Foundation 2025 Touring Wandong 6pm

### March

Monday 4<sup>th</sup> – Foundation start full time and school photo catch up day

Monday 5<sup>th</sup> – School photo catch up day again

Monday 11<sup>th</sup> Labour Day Holiday – No students

Monday 18<sup>th</sup> – Foundation 2025 Touring Wandong 6pm

Tuesday 26<sup>th</sup> – Foundation 2025 Touring Wandong 10am

Wednesday 27<sup>th</sup> – Curriculum Day – No students – If you require care, please book in at [Theircare.com.au](http://Theircare.com.au)

# THE I GET IT, I THINK BIT



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# Lauren Kathage MP

## Labor Member for Yan Yean

For help with State Government issues such as housing, roads, transport or education, please phone my office on **9432 9782**.



📍 3/14 Yan Yean Rd, Diamond Creek VIC 3089

✉ lauren.kathage@parliament.vic.gov.au 📞 03 9432 9782

## HE'S HERE FOR US

**Rob Mitchell MP**  
Member for McEwen

Rob.Mitchell.MP@aph.gov.au | 03 5716 3000

Authorised by R Mitchell ALP, 57-59 High St, Wallan.



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# Our Town's Football Club



## CLUB UPDATE

This month the new committee is working hard behind the scenes to ensure that the upcoming season is filled with fun and success for all involved. Come along and be part of a great family club.

Recent drainage works at L.B Davern are now completed and the ground is looking fantastic. Coaching appointments have been made and all looking forward to another successful year.

## PRE-SEASON TRAINING

U12,U14 and U16 Pre-season training will commence on Tuesday 6<sup>th</sup> of February.

U12's 4.00pm - 5.00pm

U14's 4.30pm – 5.30pm

U16's 5.30 pm – 6.30pm

The coaches are looking forward to seeing you all there.

U9's and U10's Training is scheduled to commence at the end of February.



If you or your business would like to sponsor the club please enquire at the email below

Please email the club for all enquiries: [wandongjfc@gmail.com](mailto:wandongjfc@gmail.com)

For all up-to-date news regarding pre-season, coach allocation etc. Please follow us on Facebook.



Wandong Junior Football Club

We would like to thank our current sponsors, without their generosity our club would not exist.



*Thanks to our main sponsors:*





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## THANK YOU BUNNINGS

In December 2023 Bunnings Craigieburn invited all community groups to a Christmas family fun night.

Over 280 children and adults attended and the Wandong Heathcote Junction Community Group and the Wandong History Group took the opportunity to inform people about Wandong Heathcote Junction and its history, as well as sell tickets for our Christmas raffle.

A big thank you to Bunnings.



## WAYNE CAREY, THE GOAT COMES TO WANDONG

On Sunday 21st January, local property developer Matthew Maugueret and Simonds Homes and O'Briens Real Estate (John Rombotis) held an open day at their subdivision at 3237 Epping Kilmore Road, Wandong. One of the greatest AFL players ever, Wayne Carey (pictured coaching aspiring footballers) and champion jockey Greg Hall represented the Good Blokes Society which contributes 20% donations to Mens Mental Health.







# Stop kidding yourself. If you drink, don't drive.

Thinking about driving after a couple of drinks? Think again.  
If you blow .05 or over, you could face serious penalties,  
including fines, losing your licence, getting an interlock installed  
in your car and having to blow zero for three years.





# THE WANDONG CHRISTMAS CAROLS 2023

**SUNDAY 17TH DECEMBER AT THE WANDONG PUBLIC HALL**

Another successful Wandong community carols attracted over 200 people who were entertained with a free sausage sizzle and fun activities for the kids including a magic show, face painting, free giveaways and Santa Claus (by Wandong CFA). Due to the renovations at the Community Centre, Davern Reserve, the carols were held at the Wandong Public Hall.



**Bendigo Bank**

The event has been free for several years thanks to the generous sponsorship of the Bendigo Community Bank and this year also by the Mitchell Shire Council and the Wandong Heathcote Junction Community Group.











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## Your Doggie Dollars ..... Part 2 - Cut the Costs....

Anne Zelvys IACP-CDT  
Alfoxton Dog Centre

Last month I wrote about the expense of having a dog.... People may shake their heads in disbelief at the potential to spend \$10,000 a year on a pet, but this can be the reality. Some may even re-thinking whether they can afford to get a new dog, and this makes perfect sense. With cost of living increases, we should look at ways to save.... with our dogs, there is definitely ways to save money and here are a few steps.....

1. **Keep Track** - There are apps for your phone to help you record your spending. This will help you avoid the pit fall of spending on the latest Facebook gadget, or the cute dog toy hanging from the supermarket shelf. Many times these prove to be useless or else the dog just destroys in days or even minutes.
2. **Learn about Dog First Aid** - Just like with kids we don't always have to rush for medical attention for every small cut, broken nail or fall. Don't rely on Dr. Google or Facebook, there are good pet first aid courses which are well worth while especially for those who have multiple dogs. Having some general knowledge and a sensible approach to your dogs health and you can save a huge amount of money, time and stress.
3. **Don't get fooled by Advertising....** *Seems that "common sense" has gone out the window and people believe just about any of the cr@p that gets sprouted....* Commercial Pet Companies have taken over the TV shows, Magazines, Radio, Pod Casts, On-line Influencers, Pet Celebrities, Dog Shows. Understand, these endorsements are given because these people are paid to promote these products. Rescue groups happily push products when they receive donations of food; Breeders are given free samples to place in puppy packs; Vet Students and even some of the vet clinics are now being run by Pet Food Manufactures.
4. **Beware the Club Membership....** Pet Supermarkets now have Clubs... You drop in to get a bed for your new dog and they dangle the benefits of discounts to their members. This is to lock you in to regular purchases for food or medical needs. Many of which are un-necessary and may even be unhealthy. These memberships aim to lock you in to a regular ordering system for foods and drugs. Which now means the company now have your data to flood you with text and email to guilt you into being a 'good pet parent'.
5. **A Good Diet....** Same as in humans 80-90% of your dogs immune system is developed in the gut. It can be sooo easy just to fall into the habit of buying a bag of kibble and also being told *"you need a good quality brand...not the cheap stuff.."* But in fact, **ALL kibble is heavily processed full of salts and cheap fillers.** Would you feed your kids McDonalds or KFC for every meal?... I hope NOT..... So.... Why feed your dog heavily processed food?... With some planning you can not only save on feeding but improve your dog's nutrition intake and have a healthier dog for their whole life - this in itself can save you big bucks.

**Compare the Costs of Raw Vs Dry :** I feed a full raw diet which currently costs me **under \$ 5.00 /day.**

I have Australian Shepherds these are a breed very similar to a Border Collie - A working breed that weighs about 22kg and can burns up say 1,000-1300 calories per day which is approx 3 to 4 cups of dry food a day.

So if I fed just dry food (kibble) this would cost the following; *(Note costs calculated as of January 2024)*

'Blackhawk' \$ 5.20/day    'Royal Canin' \$ 8.50/day    'Proplan' \$ 8.96/day    'Hills Science' \$ 9.60/day

**Alfoxton Feeding Plan :** This is a balanced diet for the majority of dog, vary amount for size.

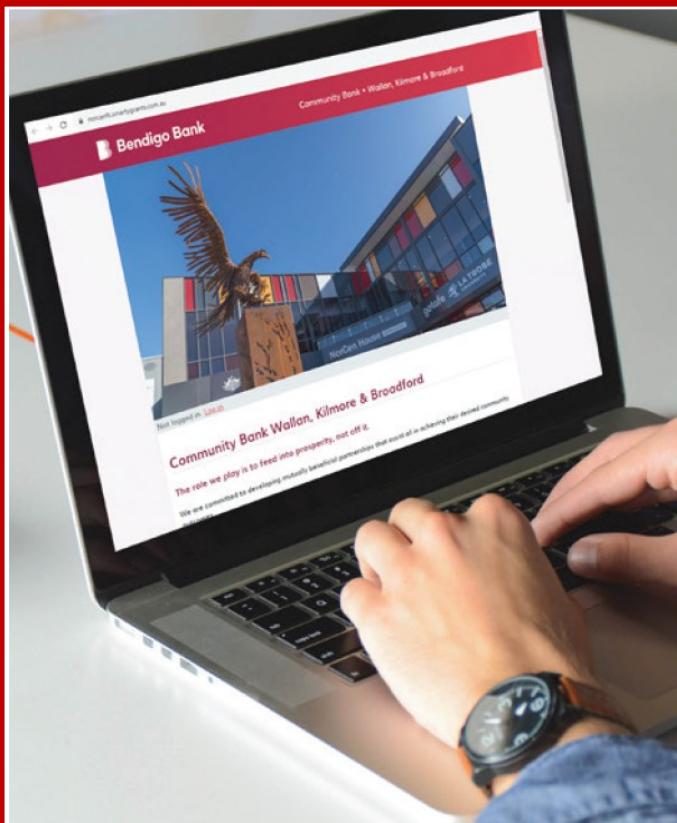
1 teaspoon of greek yoghurt, 100gm of Lennys Muesli, 250gm of raw red meat, half cup of veggie stew and we also throw in family leftovers and a couple of times a week they get some sardines and an egg.

**Recipe Veg Stew:** Just about any veggies/fruit you have, even those that are going a bit sad in the fridge. You can also use the bits of veggie you cut off and throw away, like broccoli stalks or cauliflower leaves, celery base.

Email me if you want more information on how to feed your dog healthy : [anne@alfoxton.com.au](mailto:anne@alfoxton.com.au)







## Introducing the online Community Impact Hub.

Apply online for your next community Grant or Sponsorship

Find all you need to know about applying for a Grant or Sponsorship on the Community Impact Hub.

[norcenfs.smartygrants.com.au](http://norcenfs.smartygrants.com.au)

**Next round closes  
March 29**

Wallan Community Bank - 5783 2422  
Kilmore Community Bank - 5781 0066  
Broadford Community Bank - 5454 1233

**Bendigo Bank**

Community Bank  
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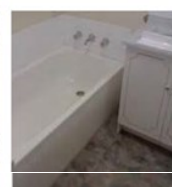
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MICHAEL B HALLEY PUBLICITY OFFICER

**Contacts at the Club**  
Glenda Vincent: Membership 0431 517 008  
Cheryl Manicolo: Secretary 03 9715 1420  
Email [whittleseaprobus@hotmail.com](mailto:whittleseaprobus@hotmail.com)

## Rotating to Probud

The Combined Probud Club of Whittlesea commenced its 2024 Program when Michael Hall the President of Whittlesea Rotary, a local business owner and raconteur was the guest presenter. Mr Hall was able to explain the overarching links between Rotary and Probud.

The Probud Club movement was formed in the United Kingdom in 1965. The Probud movement had its beginnings in two clubs, both created by members of Rotary.

It is widely acknowledged that Probud had its foundation in Welwyn Garden City nearly 60 years ago. It has now spread to many countries throughout the world and has been described by a member in Australia as the best thing England ever exported.

A Probud Club has to be nominated by Rotary and Mr Hall as President of Whittlesea Rotary had no hesitation putting the seal of approval on the Combined Probud Club of Whittlesea when it was formed.

He is also Assistant District Governor of district 9790 that extends north to Jerilderie NSW East to Corryong Vic and encompassing towns to the West but bypassing Echuca.

A Probud club is a local association of retired and semi-retired professional and business people, and others who have had some measure of responsibility in any field of worthy endeavour, who are of character and respected in their communities. Probud is not a "senior citizens" or "lonely hearts" club.

The name is an amalgam of the abbreviation of the words professional and business.

Source - [History | probudonline.org](http://History|probudonline.org)

Mr Hall is the director of Halls Funeral Service a family owned business located in Diamond Creek and Whittlesea. Because of the family mission "have to give back to the community" the company took a position in Rotary. Based on Michael's address they sure give back to the community.

The company offices in Whittlesea provide accommodation for Whittlesea Rotary and a knitting group and beyond that a special support for community members that suffer the death of a child. In the past year they have provided funeral services at cost for twenty-five children under the age of fourteen. Mike explained that his father determined that up to 14 is childhood as it was at that age he had to start work.

Mr Hall related some heart wrenching, yet poignant stories of death and burials particularly about children. In doing so he highlighted how important it is to be sensitive when talking with a bereaved person. The insensitive stories related were thought provoking and best not repeated.

One important death message delivered by Mr Hall was to fill out in advance the details required for your executor and family to obtain a death certificate. A supply of blank forms was left for members to use. It is vital so that a Death Certificate can be obtained.

Whittlesea and other Rotary clubs are self-funded and all is reinvested into the community either in kind or basic support. Some funds come from donations, but the majority from the hard graft of volunteering members. The sources of monies at Whittlesea have been a Christmas raffle, provision of BBQ at events such as the Garden Expo, annual golf day and the sausage sizzle at Bunnings Store.

During the past year the Club has supported the local Men's Shed and provided scholarships to the local schools. These scholarships culminate with a \$3000.00 tertiary fund. The "outsider" supported is Cottage by the Sea [Australian charity for children [www.cottagebythesea.com.au](http://www.cottagebythesea.com.au)] which states its mission is to enhance the lives of more children by providing inspiration, fun and opportunity within a holiday environment.

Members of both Probud and Rotary will get together again on July 16th 2024 at the combined emergency service and service club dinner. This year it will be held at the Agricultural Society rooms due to sell out last year at a smaller venue. [Actually Mr Hall's premises]

*Written by Michael Halley*



**Right: Mr Hall and Probud member Thelma Cardwell**



After a challenging 2023 year we are back in business for 2024. The Reserve has continued to grow and develop and has become a great asset for our community to enjoy and a place to relax and yes our oval is back and ready for preseason training for the Wandong Juniors and training /competition for the Kilmore Cricket Club.

The L.B.Davern Reserve is open to all our community, so please come down and enjoy this great facility, join the various clubs, just walk along the Say G-Day trail, take the kids down to play on the play equipment or just play and exercise on the rejuvenated oval and use the exercise pod on the edge of the Say G-Day trail.

Tennis is back, Cricket, Dog Club, the Horse clubs, the Stadium, preschool.

It's good to see the Reserve returning back to life with our community back in supporting their groups and other activities enjoyed by those who participate.



Year 2024 will see continued developments that will complement our sport groups and community. We are very lucky to have a Reserve that has character and bush ambiance atmosphere that complements our communities.



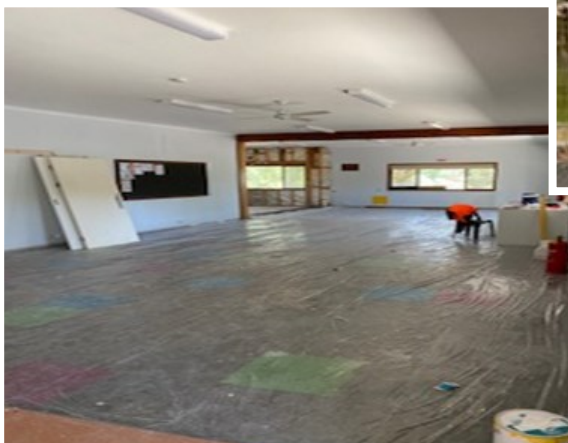
The Australia Day Breaky 2024 down at Community Centre at L.B Reserve unfortunately had to be located to the Old Wandong Hall due to the refurbishment of the Community centre, hopefully it will be back for the 2025 Australia Day Breaky.

## L.B.Davern Reserve Projects update:

### Project 1:Redevelopment of the Community centre.

Revitalise the centre to contemporary standards by reconfiguring and upgrading the internal floor plan, which will create a versatile, multi-purpose centre for shared community use. This project is an \$800.000+ project.

The Redevelopment of the Community centre at the Reserve is well under way with the construction stage with the building now fenced off to the community. Due to the project the Reserve committee will not be taking any bookings for the centre until Mid-2024.







CONTINUED FROM PAGE 24

## Project 2: Drainage improvement at the Oval - COMPLETED.

This successful funding agreement is part of the Country Football Netball Program. State Government will be contributing \$195,000 to the \$260,000 LB Davern Drainage Upgrade project with Council contributing the remaining \$65,000.

The project will see the installation of lateral drainage to eliminate the current ponding/flooding of water in key sections of the oval and a reshape of both goal square areas. This project has now been completed and the oval is back open for the Community.

If anybody in our community would like to share any photos of History of L.B Davern Reserve for us to share on What's News please send to [kooraw@bigpond.com](mailto:kooraw@bigpond.com)

## \$260,000 upgrade for LB Davern Reserve on the way

June 9, 2023

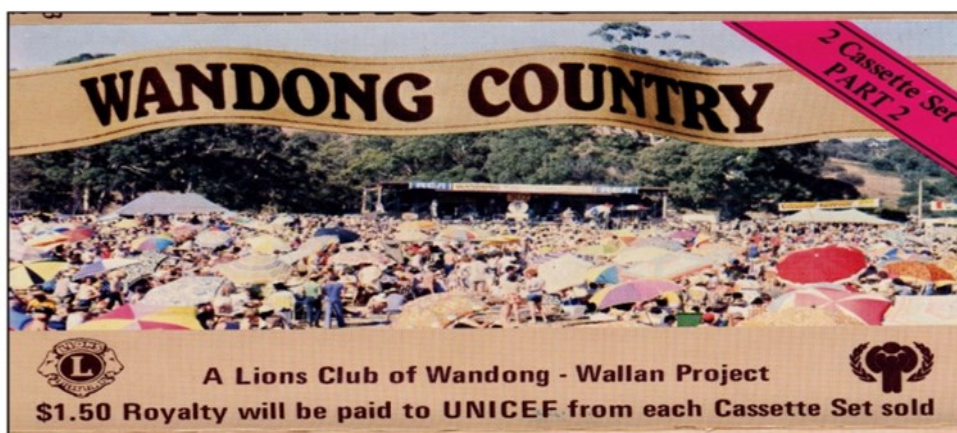


**To our community, we need your help;**  
**We need to catch any persons vandalizing our Reserve!!!!** If Residents notice anything out of the ordinary please contact the police on 000 It is in our community interest that we all keep our Reserve safe for all to use!!

Do you remember the Wandong Country Music Festival down at L.B.Davern Reserve?

### Please Note:

Unfortunately the Community Centre is not open for bookings until the Refurbishments of the Centre is completed April 2024



## LB DAVERN Reserve

*The Proud Home to*



Website: [www.lbdavernreserve.com.au](http://www.lbdavernreserve.com.au)



For all L.B.Davern Reserve Bookings to either:

-Oval Bookings, Stadium bookings and enquiries  
 Mitchell Shire Council  
 Recreation and Open Space unit ph. 5734 6200.

-Community Centre and Sports Pavilion contact:  
 Darlene Gunter  
 Booking Officer for the WHJSCC  
 on 0418 312 762

**Rob Telfer, President,**  
**Davern Reserve Committee**  
 12 Dry Creek Cres,  
 P.O.Box 303,  
 Wandong 3758  
 Mobile 0408 393 250





## Neighbourhood Watch

Let's watch out for each other

### South Mitchell

## Our Home Security Competition

**How Safe is My Place** is an online quiz which can assist the community in determining how safe your place is. It is also a useful to determine what security measures you need to make your place safer.

This month South Mitchell Neighbourhood Watch group are running a Home Security Competition. The prizes which are offer might increase your security, and therefore your peace of mind. Our competition runs between 20 January, 2024 and 08 March, 2024.

The winners will be notified by email (provided on the entry form) and the winner's first name and town of residence will be announced on South Mitchell NHW's website & social media sites after the winners have been notified. Entrants are limited to entrants over 18 years of age and there is a limit of one entry per person and the competition is completely free to enter.

For our Terms & Conditions:

<https://d2te.short.gy/u56N2g>

Enter our Competition:

<https://d2te.short.gy/gN3pLd>

### 1. Take the quiz to find out how safe is your place

This quiz will take you only just a couple of minutes, and is based on self-assessment of your existing security measures and tailor some tips for your home to make it safer. These steps will be simple and actionable for you in order for you to feel safer in your place. Access the quiz at <https://howsafeismyplace.com.au/house/>.

### 2. Digital door lock

A digital door lock is a security measure but is also very convenient. They come in many different sizes and features, with different price tags. The one we have selected for our competition is easy to fit, compact in design, and can be operated with a PIN number, operated with bluetooth or operated with a RFID tag (fob). We have selected a lock with many convenient features, including: a fob for awkward fingers; notifications to your phone when the door is opened and can also be put on 'Do not Disturb' mode for added security.

### 3. Video door bells

Video door bells are a good way you can see, hear and speak to your visitors from anywhere. The pictures can include night vision cameras and you can generally customise them to include the area you need covered and the sensitivity of the cameras. We have selected a Ring Video doorbell (2<sup>nd</sup> generation). It has all the features I just mentioned and is easily fitted. The battery also has lasted us about a month so they are good to operate. It also uses your internet.

### 4. Solar flood lights with sensors

Outdoor LED solar flood lights can be equipped with motion sensors, are adjustable, waterproof and vandal proof (within reason). These flood lights are easily fitted with no need to call the electrician and can be placed in your yard to light up dark places or pathways where required. We have purchased a few of these solar flood lights to offer our community in our competition this month. It will be fitted easily and adjusted to light up any dark area in your yard.

### 5. Other solar sensor lighting

We have also purchased smaller LED solar lights with sensors which are suitable for fences, steps, keyhole locks, etc. These are all easily fitted and are good for the security of your place.

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email: [newsletters.smnhw@gmail.com](mailto:newsletters.smnhw@gmail.com)



PO Box 550, Kilmore 3764  
President: Elaine De Gabrielle  
Secretary: Mark Perrott  
Contact: [info@u3akilmoreanddistrict.com.au](mailto:info@u3akilmoreanddistrict.com.au)

Kilmore and District U3A wishes you all a Happy New Year and we hope you had a great Christmas and are rested and ready to embrace 2024. Classes have resumed for the year from the new JJ Clancy community hub and apart from a couple of teething problems, it is working very well for us. The huge interior space can be split into two rooms, enabling two classes at one to be held at the venue. The carpark is unfortunately still a work in progress, requiring access from Clark St rather than Kelly's Lane and it is rather a challenge for those with mobility issues, however we are hopeful it will be completed soon.

Attendance at registration day, held on 19th January, was encouraging with more registrations still coming in. Several classes have increased participation from last year, most notably the Luncheon Club and the ukulele group. The Luncheon venues are already booked for the coming year and all fall on a Tuesday and it is suggested that bookings are made early to ensure a place will be available. Details will be on the website soon.

The ukulele group have gained some enthusiastic beginners so we are running a beginner class from 1.00pm to 1.30pm followed by the old hands from 1.30 to 3.00pm on Wednesday afternoons. The last Wednesday of the month is a playout at Caledonia rest home at the Kilmore hospital complex and our first gig of the year on 31<sup>st</sup> January went down a treat with twelve ukulele players in attendance, including a new bass ukulele to add to the mix.

There is a new photography class on offer but unfortunately we have lost Art and play reading due to insufficient interest. The first convenors meeting was held on Friday 2<sup>nd</sup> February and feedback was very encouraging with repeat enrolments for Book Club, Creative writing, Yoga, Exercise and the Craft groups. The recorder group could do with a few more members so if anyone wants to dust off their old school recorder and come and join us, please make contact.

U3A is open to people over 50 who are no longer working full time and is a fun and cost effective way to learn new skills, to meet like-minded people and to socialise. Our members are friendly and approachable so if you want to get involved, please check out the website at <https://u3akilmoreanddistrict.com.au/> or contact us at [info@u3akilmoreanddistrict.com.au](mailto:info@u3akilmoreanddistrict.com.au)

Cheers, Amanda Oades

## WANDONG-HEATHCOTE JUNCTION COMMUNITY GROUP

P.O. Box 242, WANDONG 3758 Tel: 0413 832 411



**WEBSITE:** In December the <[www.wandong.vic.au](http://www.wandong.vic.au)> website received 1547 visits and during January it received 1223 visits. If any business or group has noticed any change which needs to be corrected to their entry, please let us know. To add your business or group email: [whatsnewswhj@gmail.com.au](mailto:whatsnewswhj@gmail.com.au)

The WHJCG has for many years implored Mitchell Shire to place the drain between the Bushfire Memorial car park and the Epping Kilmore Road underground, remove the bollards and seal the car park to make it the showpiece it should be as a major entrance to Mitchell Shire. The toilets at this location are the most used in Mitchell Shire but the Council chooses to prioritise lesser deserving projects. We are told numbers of requests hold much weight when deciding projects so we ask the WHJ community to get on board and sign our petition or better still lodge a request to Mitchell Shire.

### OUR USELESS MITCHELL SHIRE

We really are getting tired of Mitchell Shire rejecting our requests for projects and town maintenance. The latest is referring us to VicTrack to remove the tree on the mesh fence in Rail Street. This follows refusing to apply for a grant to install sail shades in the Wandong Bushfire / War Memorial park, referring the replacement of a council asset, the wooden sculpture in the Lions Park, to the WHJCG to apply for grants. Not to mention the continual denial about what should be a number 1 priority for Mitchell Shire. ... the upgrade of the Bushfire / War Memorial car park. It would be interesting to read what pages they quote in the "MSC Rejection Manual".





# SUDOKU

Answers on  
page 30

Place the numbers 1-9 only once in each row, column & 3x3 block

			2				4	6
5	6	2					8	
7							5	
3					9		6	1
	7		3		5		2	
1	9		4					3
	4							2
	5					8	3	4
8	1				2			

## THIS MONTHS QUIZ

Answer appears on Page 30 but no cheating!

1. What is the name of the largest ocean on Earth?
2. In what galaxy is our solar system located?
3. What is the official animal of Scotland?
4. Who wrote "Pride and Prejudice"?
5. What is the capital city of Argentina?
6. In which year did the Titanic sink?
7. What is the name of Mickey Mouse's dog?
8. In computing, what does "CPU" stand for?
9. Which planet has the most gravity?
10. Who played Wolverine?
11. In which US city is Broadway located?
12. Which river runs through the Grand Canyon?
13. John F. Kennedy was assassinated in which city?
14. Where can you find the Petronas Towers?
15. How many eyes does a bee have?

## Kilmore/Wallan RSL Sub Branch

meets the last Thursday night of the  
month and open every Wednesday  
10am -12pm at Kilmore Memorial Hall

Contact Rod Dally 0417 522 835

We have Pension and Welfare Officers  
to help veterans in the area.

## MITCHELL SHIRE COUNCIL



### How to keep up to date with Council online:

- > E-News direct to your inbox, sign up now
- > On our website [www.mitchellshire.vic.gov.au](http://www.mitchellshire.vic.gov.au)

### Not online?

- > Fortnightly Council Ad in the local newspaper
- > Monthly radio shows

Or, contact Mitchell Shire Council on 5734 6200.

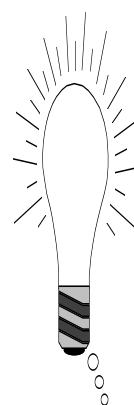
## Justice of the Peace for Victoria

Sue Marstaeller

Mobile: 0438 871 520

*Sue is available to sign documents.  
Phone for appointment.*

## ROB & LEONIE FERRIS ELECTRICAL CONTRACTORS REC 3028



- \*Light & power points
- \*Security systems
- \*Underground Mains
- \*Stove & hot water repairs
- \*New houses & rewires
- \*Safety switches & smoke detectors
- \*Commercial & Industrial
- \*Austel Licensed phone points

Phone 5782 1746  
Mobile 0418 323 838

As a carer, you'll often put the needs of the person you care for before your own needs. Remember it's OK to look after yourself too.

In fact, it's very important that you look after your own mental and physical health. When you are physically and mentally healthy, you can provide better care. You can also keep caring for longer.

It's also important that you look after yourself every day. It can be easy to keep pushing yourself until you can't push yourself anymore. You might become ill or be too stressed to continue care. Taking care of yourself every day and taking regular breaks can stop this from happening.

In this newsletter update we will take a look at some ways to look after your Mental Health.

You can get support through the Carer Gateway phone counselling service by calling 1800 422 737 and Selecting Option 2 to speak to our team. A professional counsellor can talk through your worries and help you to manage stress.

You can also find local services to get counselling at your home or at a private clinic. You may be able to get a [mental health care plan](#), which will pay for up to 10 appointments with mental health services through Medicare.

You can also visit:

- [beyondblue\(link is external\)](#) or call 1300 224 636
- [Lifeline\(link is external\)](#) or call [13 11 14](#)
- [MensLine Australia\(link is external\)](#) or call 1300 789 978

Alternatively support is also available by reaching out to the Carer Gateway online Community Forum which provides a safe, anonymous space to connect with other carers and support each other. The Community Forum can be accessed at <https://forum.carergateway.gov.au/s/>

There are a number of discussion topics in the Community Forum including:

- Self-Care
- Tough Times
- Relationships
- Managing Health
- Good Resources

You can also join a Carer Support group in your community. Groups are usually free and meet in a public place, such as a community hall or hospital. You can join a general support group for all carers. You can also join a group for your situation, such as for:

- young carers
- parents or grandparents
- your language or cultural background
- particular conditions such as Alzheimer's disease

Another option to consider is exploring relaxation and mindfulness techniques which have been shown to help with preventing and managing stress:

- Practise relaxation techniques – meditation or breathing techniques can help with stress or poor sleep. You can learn relaxation techniques from an instructor or course, or apps such as [Smiling Mind\(link is external\)](#) or those available from [ReachOut\(link is external\)](#).
- Practising mindfulness – mindfulness is about focusing on what's going on right now rather than thinking about the past or worrying about the future. This can help you to enjoy day-to-day pleasures and reduce stress.

For more information and support please reach out to the team at the Carer Gateway by calling 1800 422 737 or heading to the website <https://www.carergateway.gov.au/>

Until next time,

Jason



## All Weather Training Facility - Heathcote Jct (Established 1995)

Puppy School - Social Classes  
Adult Classes - Trick Training  
Behaviour Problems



**Workshops**  
Dog Park Etiquette  
Intro to Agility  
Dock Diving  
Cross Country

# Alfoxton Dog Centre

[www.alfoxton.com.au](http://www.alfoxton.com.au)

*Boarding Dogs / Cats - short and long term Farm Stays.  
Dogs have large indoor/outdoor pens. Also big play paddocks  
where your dog has room to get out and burn off their energy.*

*Cats and little Dogs get to hang out in fully enclosed and heated  
Mud Brick Cattery*

Phone: Anne **0402 118929**

**60 Junction Rd, Heathcote Junction, Vic**

Alfoxton is a registered Domestic Animal Business - Mitchell Shire

## FRIENDS OF DISAPPOINTMENT

Are you interested in the history,  
conservation and community of the  
Mount Disappointment State Forest and  
surrounding areas.

Join "Friends of Disappointment" to share  
history, photos and ideas.

[https://www.facebook.com/  
mountdisappointmentclonbinane/](https://www.facebook.com/mountdisappointmentclonbinane/)

## QUIZ ANSWERS (from page 28)

1. Pacific Ocean
2. Milky Way
3. Unicorn
4. Jane Austen
5. Buenos Aires
6. 1912
7. Pluto
8. Central Processing Unit
9. Jupiter
10. Hugh Jackman
11. New York City
12. Colorado River
13. Dallas
14. Kuala Lumpur
15. Five

## Weather Report - December 2023– January 2024 Heathcote Junction/Wandong December 2023

The only reportable events of note were occasional storms which produce significant rainfall. In the first half of month 26 mls was recorded and 50 mls in the second half with 36 mls falling on Christmas Day.

December 2023	-76 mls
Previous year	- 39.5 mls
Average prev 10 years	-45 mls
Total this year	- 674.5 mls
Total prev year	-986.5 mls

## January 2024

Weather conditions during January improved to a degree beyond previous months as we experienced much warmer days. The first half of the month produced extraordinary amounts of rainfall of 126 mls (Just under 2 ½ inches) – 67 mls which fell on the 7<sup>th</sup> January causing major flooding, including the Epping-Kilmore road under the freeway bridge. Many roads outside our area also were affected and caused traffic hazards and dangerous driving conditions.

The upside of the rainfall would have helped fill many house tanks and water storages.

### Stats - Rainfall

January 2024	-	171 mls
Previous year	-	19.5 mls
Average prev 10 years	-	53 mls
Total this year	-	171 mls
Total prev year	-	19.5 mls

**SUKODU  
solution**

9	8	1	2	5	7	3	4	6
5	6	2	9	3	4	1	8	7
7	3	4	1	6	8	2	5	9
3	2	5	8	7	9	4	6	1
4	7	6	3	1	5	9	2	8
1	9	8	4	2	6	5	7	3
6	4	9	5	8	3	7	1	2
2	5	7	6	9	1	8	3	4
8	1	3	7	4	2	6	9	5

# Whittlesea Community Network

92a Church Street Whittlesea 3757  
Ph: 03 9716 3361 Fax: 03 9716 3816  
Email [wchi@whittleseach.com.au](mailto:wchi@whittleseach.com.au)



Happy New Year Everyone! Whittlesea Community House is now open to the public and we are hoping for a big start to the year! We have loads of things planned for you all – here are some things to get you started!

## **Visy Recycling**

Buried in cans and bottles from the festive season? We can help! Over the counter recycling is available Monday, Wednesday and Thursday each week 10am – 3pm and Saturdays from 8am – 4pm. Please note we accept large volumes (100 plus) **ONLY ON WEDNESDAYS.**

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>

## **Community Meals**

**Big Blokes Brunch** has already kicked off 2023 at the Whittlesea Community Activity Centre on Tuesdays! Join the blokes for brunch each week: Tuesdays 11.00am – Noon \$2.00 per person

**Ladies Lunch** -join the ladies who lunch each fortnight at the Whittlesea Community Activity Centre Thursday 15<sup>th</sup> February 11.30am – 1.00pm \$2.00 per person

## **Catering for Community**

As part of our ACFE program for 2024 we are looking for students to join our Catering for Community course. The course is FREE to eligible students and you will learn how to cook for a crowd as we cater for the fortnightly Ladies Lunch. 9.00am – 1.00pm

Thursdays 29<sup>th</sup> February, 14<sup>th</sup> & 28<sup>th</sup> March, 9<sup>th</sup> & 23<sup>rd</sup> May and 8<sup>th</sup> & 13<sup>th</sup> and 27<sup>th</sup> June

## **Employable Me**

This course is perfect for anyone trying to enter the workforce. Set up your resume, tune up your interview skills and learn how to get noticed on employment sites!

Tuesdays from 23<sup>rd</sup> April 10.00am – 1.00pm FREE

**First Aid** (CPR, Provide First Aid & Provide First Aid in an Emergency in an Education & Care Setting)

Online learning + face to face Saturday 17th February \$85/\$150/\$195

## **Op Shop Tours return for 2024**

We will be trekking to Op Shops on a monthly basis in 2024 and you can join us. Different route each month!

Saturday 9<sup>th</sup> March 9am – 4.30pm \$15 per person

Also Saturdays 13<sup>th</sup> April, 11th May and 8<sup>th</sup> June.

Feel free to bring a snack to share on the Bus there will be a lunch stop,

## **Fix It Friday RETURNS!**

Fix it Friday is back in 2024! Sweep your problems into a pile and bring them to our experts for real help that doesn't involve a queue or a call centre!

Meet experts from Whittlesea Community Connections, Social Worker, Expresso Legal, Uniting Financial Counselling, NDIS, Centrelink and Neami National (Mental Health Program), Victoria Police, My Aged Care, No Interest Loan Scheme, Haven Homesafe, Gamblers Help and heaps more!

Call 9716 3361 to register in advance, it's **FREE**

Friday 23<sup>rd</sup> February 10am – 1.00pm

**We can't wait to see all your smiling faces. A more comprehensive list of what is coming up at the House can be found on our website [www.wchi.com.au](http://www.wchi.com.au) or you can pick up a brochure from the House or call to book any of the above on 9716 3361. See you soon!**



## Building Connections: Aged Care Volunteer Visitors Scheme in Action

As we travel through life, staying connected with others is like having a reliable map for the journey. But as we get older, finding our way to meaningful connections becomes trickier. Things like losing loved ones, physical challenges, and shifts in our social circles can make it tough. To tackle this, the Australian Government introduced the Aged Care Volunteer Visitors Scheme (ACVVS) over three decades ago. Formerly known as the Community Visitors Scheme, this service helps older people who might find it hard to make connections on their own. Because at the heart of it, everyone, no matter their age, deserves the warmth of human connection.

Esis Tawfik, CEO of *Ageing with Grace* and appointed by the Department of Health and Aged Care as the ACVVS network member for ACT, NSW & Victoria envisions a community where older people are not only valued but also supported and empowered. Esis emphasises the profound impact of this free service, funded by the Australian Government. Over 140 organisations nationwide play a pivotal role in delivering the Aged Care Volunteer Visitors Scheme, significantly improving the lives of older people.

"I've been involved with ACVVS for close to a decade, witnessing the positive outcomes of countless friendships between volunteers and older people. The feedback echoes stories of improved well-being, sustained independence, enhanced self-esteem, and a deeper connection to community," says Esis. "There are a number of organisations in the Bass Coast Shire and on the Island that provide this service and have capacity to accept referrals and volunteers" continues Esis.

Helen, a dedicated volunteer, has been paired with her older friend Annette for a significant period. Their friendship is a testament to the transformative power of the ACVVS. "I cherish our visits as much as Annette does. She often mentions that my presence is like a breath of fresh air, and the simple act of listening makes her feel truly valued," shares Helen.

Research consistently underscores the benefits of volunteering, pointing to increased happiness, boosted self-esteem, and enhanced physical and mental well-being.

Organisations funded by the Australian Government for ACVVS ensure that all volunteer companions undergo screening and training before being matched with an older person. Pairing is based on shared interests and, whenever possible, similar cultural and social backgrounds.

### Accessing the Service

To benefit from ACVVS, recipients must reside in a government-funded aged care home, receive a home care package, or be approved and waitlisted for these services. Older individuals can access ACVVS at no cost, with referrals accepted from family, friends, health professionals, and aged care providers.

Loneliness affects an estimated 1.5 million older Australians, making it a critical public health concern.

If you know an older person who would benefit from this service or if you're interested in volunteering, reach out to Esis Tawfik at [info@elderlysupports.org.au](mailto:info@elderlysupports.org.au) or 0491 272 471.



For further information about the Aged Care Volunteer Visitors Scheme, visit <https://www.health.gov.au/our-work/aged-care-volunteer-visitors-scheme-acvvs>.

# Kilmore Golf Club Inc.



Welcome back to all readers. KGC hope everyone had a peaceful relaxing time during the Christmas/ New Year break. So far, the weather been kind to us with intermittent rain but the corellas are back and as usual are causing some grief for the volunteers. Management to control them continues on a daily basis. The Club has been able to purchase a new rough cutter and we look forward to having a new greens mower within the next week.

**Sunday March 3<sup>rd</sup>. The 8<sup>th</sup> Annual Kilmore Toyota Par 3 Day.**

**No handicap required with an opportunity to win a new car for a hole in one on selected hole.**

**Plus, win \$1000 on another hole donated by Kingsgate Village.**

**\$200 nearest the pin on all holes**

**\$50 entry. (\$25 under 18) Book via email ([info@kilmoregolfclub.com.au](mailto:info@kilmoregolfclub.com.au)) OR phone 0357821123**

**OR Try Booking. <https://www.trybooking.com/COMIA>**

**Definitely no walk-ups. Entries close 1<sup>st</sup> March 5 pm**

## MAKE A DIFFERENCE - BECOME A VOLUNTEER

If you are young, elderly, retired or working, please consider joining a community group and enjoy the rewards of volunteering. Join one of the community groups operating in Wandong Heathcote Junction.

**Wandong Heathcote Junction Community Group Inc: Call 0413 832 411**

**Wandong Wallan Lions Club: Call 0418 142 172**

**Wandong History Group: Call 0432 120 736**

## WANDONG PUBLIC HALL

If you have an interest in the Hall and it being part of Wandong's Heritage we are looking for new Committee Members or a Community Representative to help with the care, use and it's upkeep now and into the future.

On Sunday 17th December we hosted the 2023 Wandong Community Carols. A great atmosphere with a free BBQ and childrens entertainment until 6pm. Then carols commenced at 6.30pm. It would be great if the carols could be held here annually but we are limited to 90 people in the hall.



We also be hosted the local Australia Day community breakfast and awards on 26th January. We have partnered with the Wandong Heathcote Junction Community Group, the Wandong Wallan Lions Club and the Wandong History Group to finance and operate this event at the hall as a annual event.

Our regular user groups are always keen to have more people come along they are listed below:

- The Craft group attend every Monday, it's an informal group, bring along some lunch, and something to do if you feel like it.. There is always someone on hand to help with crafty questions in the group and this has been our longest running group.
- The Lightwood Flats book club meet monthly - contact is Christine Cram Ph: 0458 238 270
- Wandong Country Knitters also meet monthly, contact is Coralee Souter. Ph: 0479 163 548
- Wandong Heathcote Junction Community Group hold a monthly meeting Ph: 0413 832 411

The hall is available for hire phone Christine for bookings on 0448 604770.

Christine has an answering service so please leave a message if she cannot answer the phone, she will respond promptly.



## Goulburn Valley Water recruiting for new customer panel

7 February 2024

Goulburn Valley Water is calling for customers to provide feedback and help shape future projects and priorities by registering an expression of interest for a new customer panel.

The Customer Accountability Panel will provide a key customer voice to reflect annually on progress across the 2023-28 Price Plan, which sets out GVW's key priorities and projects for the next five years.

GVW Managing Director Steve Capewell said the new panel would be a continuation of the work achieved by customers as part of the previous 2018-23 Price Plan and during consultation and development of the current plan.

"Our customer panels have provided some really important insights and valuable feedback, and we're committed to continuing to have a customer voice as we progress through our current five-year plan," Dr Capewell said.

"We are keen to work with another group of customers who will help us review progress on our commitments, and also contribute their views on future projects over the next couple of years.

"We genuinely want to engage broadly and deeply and so we encourage any customers with an interest in our water future to register their interest in selection on the panel."

The new panel will be drawn from GVW's 54 towns and will include representation from homeowners, tenants, businesses and future customers. It will also include members of the 2018-23 Annual Performance Forum and Customer Carbon Advisory Group to create a balance of fresh insights and prior experience.

The 2023-28 Price Plan is centred on four promises:

- provide reliable water and wastewater services customers can trust
- lead action and partner with communities to grow the region
- care for the environment and adapt to a future impacted by climate variability
- deliver respectful and responsive customer service, balancing affordability, value for money and fairness.

Investment in renewable energy, supporting customers experiencing financial hardship and renewing existing assets and infrastructure to ensure reliable service into the future are three of the major commitments.

For more information or to submit an expression of interest, visit <https://www.gvwater.vic.gov.au/customer-accountability-panel>

The expression of interest deadline is Friday 8 March 2024.



# Preparing for the Unpredictable

Building inclusive disaster resilient communities

It has never been more important to reduce disaster risk and build resilience in our communities. With science telling us that disasters will become more frequent and severe, the urgency of communities being more resilient is clear.

**6pm to 8pm, Thursday 15 February 2024**

Wandong Public Hall, 19 Rail Street, Wandong

**KeyNote Speakers:** Anne Leadbeater OAM and Jason McCartney OAM (Bali Bombings survivor) with opportunity for Q&A

Opportunity for residents to consult with Council's Emergency Management staff and Working Groups on the Vulnerable Eastern Ridgeline Community Emergency Management Plans.

Booking essential. Light supper provided.

Book online using the QR code or call us on 5734 6250.

## Contact us

t. (03) 5734 6250 e. [mitchell@mitchellshire.vic.gov.au](mailto:mitchell@mitchellshire.vic.gov.au)  
[www.mitchellshire.vic.gov.au](http://www.mitchellshire.vic.gov.au)







# Your local team.

## Nutrien Harcourts Kilmore.

It's an ideal time for sellers! The local property market is strong and we have achieved excellent sale results for a range of properties in recent weeks. Nutrien Harcourts Kilmore combine a global network and innovative marketing techniques with our local expertise throughout the **Mitchell Shire**, **Macedon Ranges** and surrounding regions. Speak to us to find out what your property may be worth in the current market and how many buyers we have ready to purchase it today.

Ph: 5782 0400

[kilmore.nutrienharcourts.com.au](http://kilmore.nutrienharcourts.com.au)

**Nutrien Harcourts**