

"What's News" is produced as a non - profit newsletter for the Wandong / Heathcote Junction Community. The opinions expressed in this newsletter are not necessarily those of the editors. Publication of Advertisements should not be taken as endorsements of products. Letters to the editors are always welcome, but will only be considered for publication with authentic names and addresses available for publication. Although every care is taken in preparing "What's News" the editors cannot accept any responsibilities or liabilities for errors or omissions.

IS MITCHELL SHIRE, VICTORIA, AUSTRALIA THE RUBBISH CAPITAL OF THE WORLD?

Rubbish is everywhere and who is responsible - WE ARE. Some rubbish is accidental but the majority is dumped or thrown intentionally from vehicles. AND the responsible authorities appear to be oblivious of the problem as we can see very little done to address the problem. Truck tyre dumps are predominately on VicRoads roads as is the two kilometres of takeaway rubbish beside the Hume freeway after leaving the service stops. The Wandong Heathcote

Junction Community Group spends much time clearing McDonalds and KFC rubbish from the freeway ramps and the Epping Kilmore Road. Recently a truck load of house demolition material (pictured) was dumped on the roadside and thankfully this dangerous situation was cleared after about a week. Similar loads remain beside the freeway between Wandong and Clonbinane. Regular dumps of rubbish occur on the Wandong Broadford Road and O'Gradys Road and responsibility of these is with Mitchell Shire.

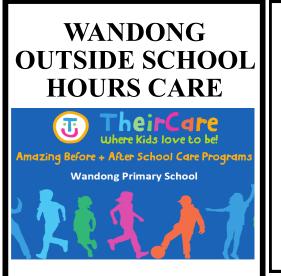
IF YOU SEE ANY ILLEGAL RUBBISHING OF MITCHELL SHIRE PLEASE REPORT IT TO MITCHELL SHIRE (57 346 200) AND/OR THE E.P.A. (1300 372 842).



IF YOU MISS AN ISSUE OF "WHATS NEWS" go to website <www.wandong.vic.au/local-news/whats-news> Wandong - Heathcote Junction - why would you live anywhere else. Until August 2024, Allen Hall (editor) NEXT ISSUE DEADLINE: COPY & ADS 31 August 2024 DELIVERY from 11 September 2024 Printed by Newspaper House, Kilmore



What's Happening



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 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

28 Aug Heather & Rob Chisholm HJ 1 Sep David & Denise Limbrick B 2 Sep Daniel & Robyn Hannemann 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.
<u>COMMUNITY</u> <u>WEBSITES</u> <u>www.wandong.vic.au</u> <u>www.upperplenty.com</u>

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 mitchelkvalksgroup@gmail.com

for more information

Mitchell Photography Club Inc

Visit our website (<u>www.mitchellphoto.org</u>) 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.

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Wandong	birthday Andrew Lawrence Ray Farrugia W Glen Bethell Tayana Marstaeller Glenn Smith Pat Leddin Shane Waldie Vanessa Bartlett Ray Walsh Doreen Coall Donna Baker Nicole Walsh Katelyn Hanson Kerry DeGabrielle Annie Renouf Toby Duncan Bruce Champion Bruce Champion Bruce Champion Bruce Lotherington Troy Lehmann-Kay Rosemary McDonald Tamara Stewart Gloria McLean Kerrie Hall Cristin Renouf Bob Fletcher Ruth Barnes Derryn King Kristen Stone Heather Chisholm Baillie Candy Lisa Hobson Rob Hobson Anne Dale Paul Kurzman Greg Barnes	BIRTHD GREETIN wish the following
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GET "WHATS NEWS" **BY EMAIL** If you would like to receive "Whats News" by email each month, send your name and email details to :

Myki Retailer

whatsnewswhj@gmail.com



ARE WE THERE YET?

Sound familiar? Just an innocent cry from the back seat! Are we there yet? However, it might just be a question we might all ask ourselves. Are we there yet? Maybe the first enquiry should be where are we heading? Wow! That might stop us in our tracks. In this busy world in which we find ourselves it is easy to be swept up in the dash to------ where! Work, sport, home, school, shopping, relo's, holidays, sitting in traffic-jams, discussing how we could run the country better, and don't forget footy! Whew! My rule book says, "Be still and know that I am God"! (See I had to sneak that in somehow!) but it's true we need a shock-absorber in our hectic lives (See I couldn't resist sneaking in my mechanical background either!) I sit on my back verandah sometimes and take the time to be thankful for my life (Even with its difficulties, setbacks, and hecticness).

When I think that I am overloaded I am reminded that Mother Teresa, Fred Hollows and Ghandi still only had 24 hours in their day, same as you and I. That thought helps me to rearrange my priorities, gain more control of my life and to realize how much support is offered in passages from our rule book. Cop this! The Bible says. "Run with patience the race that is set before us looking unto Jesus the author and finisher of our faith". I don't know exactly where to find that, but I promise you it's there alright! (I'm not at good as I used to be at finding things!)

O.K. just where are we heading, should we care? Is it worth pulling over for a reality check to see where has our journey got us so far, has the results been what we expected? Due to changed circumstances is it worth a new assessment of our original aims? Do we feel overloaded? Jesus said "Come unto me all you that labour and feel heavy laden and I will give you rest"

The world is not in good shape and the problems which used to be sort-of-distant from us appear to be getting uncomfortably closer.

A quick glance through the newspapers can be disturbing (even in the back pages the sports-people appear to be very angry at each other!) Maybe an evaluation of our attitude toward life and those around us may be very beneficial, should we ask ourselves although we are 'not there yet' are we heading in the right direction, are we part of the problem or part of the solution!

Back to the rule book (the middle-aged codger is at it again) Psalm 46 says "God is our refuge and strength a very present help in times of trouble. Therefore, we will not fear though the earth gives way and though the mountains be moved into the sea". If you look in the New Testament at Philippians (that's not how I would have spelt it, but I looked it up) I still don't think they're right! Chapter 4 verse 5,1/2 onward! it says, "the Lord is at hand, do not be anxious about anything, with prayer let your worries be known unto God and the peace of God which passes all understanding will guard your hearts and minds through Christ Jesus!" In Matthew Ch 6 v 34, actually! I was going to quote the last verse, but I started reading chapter 7 and got so engrossed and nearly missed the cut-off for this publication. And you know how that upsets ED. I got to go, otherwise, "He who must be pampered" is goner be on the blower! A.G.

P.S. I just promised to ask myself where am I heading?

WANDONG HISTORY GROUP

WHAT'S HAPPENING WITH THE WANDONG HISTORY GROUP THIS MONTH?

During the cooler weather we have slowed down our activities, with one member laid up after a knee operation, and another one having escaped to Queensland for six weeks or so, but the rest of us are starting to put together the display we are

planning for HISTORY WEEK on 26th October. This year we are planning on celebrating 150 years of rail through Wandong. The first scheduled train service passed through as far as Seymour in 1874. As with so much of our history it is going to be a matter of what to leave out rather than have, we have enough to fill the Wandong Hall with an interesting display.

As I said we have one down injured, another one up north and Allen is escaping to Fiji next week but if you have anything to donate, or need an answer to a historic question please give me a call on 0409.164 660 or 5787 1738, we would love to hear from you.

DAVID MORAN Acting President. <u>Wandonghistorygroup4@gmail.com</u> PH 0432120736 .







GARDEN SCENE WITH GAIL

Well, it's our last month of Winter so we need to ensure that we're on top of those jobs in the garden that are really important to set our gardens up for the oncoming warmer months. This month may see the last application of potash on your fruit trees, gardenias, roses, hydrangeas and any other Spring / Summer flowering plants. Potash is fantastic for helping to promote more flowers and it also helps the flowers to stay on the plant, resulting in more flowers and hence, more fruit on our fruit trees. August is a good month to commence fertilising our garden and lawn. A slow-release fertiliser is great, it starts to work when the soil temperature warms up to about 18 degrees, and it can stay active for up to six months, so we can use our time more efficiently. There are other fertilisers that are really good such as Organic Pelletised, Dynamic Lifter, Blood & Bone and it will depend on what you are fertilising as to what fertiliser you choose, these fertilisers can be applied every couple of months. As an example, ferns, vegetables and predominantly leafy plants grown for their foliage respond well to Charlie Carp and/or a fertiliser that is high in Nitrogen, that's where rain is so good, it brings in the Nitrogen. Plants grown for their flowers and/or fruit will thrive with higher levels of Phosphorus and Potassium. Then there are the liquid fertilisers that are an instant hit for the plants, liquid is quickly absorbed into the root system, boosting plants faster. Liquid fertilisers can be applied every couple of weeks, or weekly if you prefer. The application and choice of fertiliser can be governed by growing conditions, such as pots and hanging baskets as opposed to garden beds, underplanting and larger gardens. If you have a selection of plants, such as natives and introduced plants, fruit trees, mature and new plants, you may need to consider the type of fertiliser that you use, as a general rule, natives don't like high levels of phosphorus and fruit trees thrive with fertiliser specifically blended for them. Indeed, there are fertilisers specially made for Camellias, Rhododendrons and Azaleas, Roses, Citrus, potted plants and lawns. There is a great variety of fertilisers out there and it just comes down to what works best for the individual. Daphne's are still looking beautiful and don't they smell so good. Keep the fortnightly liquid fertilising up until they drop flowers and then it's time to prune them. You can take cuttings and using a root hormone gel or their powder, pop the cuttings into a good quality potting mix, possibly a seed raising mix might do the job. Peg layering can work with Daphne as well. Find a low growing branch quite close to the ground, make a cut halfway through the branch at a node and apply rooting gel or powder into the cut. Remove some soil/potting mix directly below that cut and gently place the cut branch down into that hollow and keep it there with a peg, forked branch, tent peg or anything that will keep it down into the soil. Keep it moist but not wet and fingers crossed, over time, it will push down roots, then it can be cut from the main



plant. Pruning of fruit trees and roses should be completed in the first half of this month, they are pushing new buds and growth. Maintain an open centre and prune off unhealthy branches, wayward branches that cross over other branches and any growth coming from around the base of the trunk, these may well be suckers from damaged roots of the plant, close to the surface. Keep in mind that the taller our fruit trees grow the harder it can be to retrieve the fruit from them. You may even want to take cuttings from the fruit trees, kids love to be in the garden so why not let them stick some of the cuttings in for fun. They will bear fruit and funny enough, my best plum tree was grown by a cutting. Bulbs such as Daffodils, Freesia's, Tulips and Jonguils will still be flowering so get the liquid fertiliser on to them for the plant to store once again, for next year's growth and don't forget Violets, tough little plants and great for filling in those awkward areas in our garden.

Happy Planting. Gail Mains Kendrick (Your Local Real Estate Agent)



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. 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 or Chris Cobern 0413855490



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Wandong

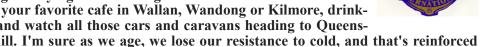
*FOR FIRST THREE MONTHS, CONDITIONS APPLY. PLEASE CALL OR SEE IN STORE FOR DETIALS

LIONS CLUB OF WANDONG - WALLAN INC.

President; Daniel Rossignoli. PO Box 225, Wandong Vic 3758

Hi all

I hope everyone is succeeding in staying warm during this cold winter weather. It's the time of year when you sit in your favorite cafe in Wallan, Wandong or Kilmore, drinking your hot coffee or late, and watch all those cars and caravans heading to Queens-



land to escape the winter chill. I'm sure as we age, we lose our resistance to cold, and that's reinforced children going to school, boys in shorts, and girls in dresses. Makes me shiver. when I see the

Not a lot has happened with the Wandong Wallan Lions Club since the last issue of Whats News came out. I'm hoping we can put the fear of our Club folding behind us, as we have Sam (Wandong IGA) prepared to take on the Presidents position. The rest of the Committee will remain as is, and the proposal of our future president will require members approval, then all the formalities can be squared away at a future meeting. Sam has shown a lot of commitment to the community, and to our Club, so I expect there will be no objections to his appointment as Club President.

Once our committee is officially endorsed, one important aim is to get our Social "get togethers" happening on a more regular basis. It's not always easy to muster the enthusiasm during the cold winter months, but we believe the social interaction is an important ingredient of a successful club, so we need to get them happening. We hope to get back into the BBQ fund raising, and to get our Christmas Raffle happening again this year. These activities combined with our Cake/Pudding sales, and our Mints sales, should see some money coming back to us to put into community projects.

We inspected the Lions Park at Wandong recently, and we'd like to make one of our projects getting it looking pristine again. We are looking at the inclusion of a plaque giving tribute to the 50 years of work put in by WWLC members, and seats nearby for community use. Fifty years of continuous work by volunteers in a rural area is something the Club should be proud of, and a plaque would give credit to those efforts.

Now, about that bloke Cyde. He invites his lovely wife Elizabeth on a tour of three states, ending up as far north as Longreach in Queensland. As they were leaving, Elizabeth walked to the passenger door of the car, whereby Clyde informed her that she was doing the driving. Who's taking who here? On the return journey Clyde contracts a bad case of the flu, and although he claims to be a "silent sufferer', his moaning assured Elizabeth that he was in discomfort. Would I be a conspiracy theorist to think that it was all an act to keep Elizabeth in the driver's role, and Clyde in the passenger's seat? I'll leave you all to think about it. Steve.



PLEASE TAKE YOUR RUBBISH HOME

The Wandong Heathcote Junction Community Group continues to remove rubbish from Wandong streets, the Epping Kilmore Road, the Wandong Hume Freeway ramps, and the Wandong Broadford Road. Much of the rubbish is thrown from vehicles passing through Wandong but there is also rubbish that can only be from our residents. To those people we can only appeal to them to look after our beautiful town and take your rubbish home.

WANDONG-HEATHCOTE JUNCTION COMMUNITY GROUP



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

WEBSITE: In July the <www.wandong.vic.au> website received 1011 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

THE MORONS HAVE STRUCK AGAIN

In past years the WHJCG has removed graffiti from our railway stations and other infrastructure soon after it being attacked and this quick response seems to have worked for several years since with graffiti free stations but this time was broken a few weeks ago when morons decided to tag everything. We were again quick to paint over the majority of the graffiti visible from Rail Street and we have written to Vline regarding a more professional painting job. It is evident that the waiting

sheds and shelters on both Wandong and Heathcote Junction railway stations are in desperate need of revitalization through rust treatment and a total repaint and we have asked V/Line to program this then provide the WHJCG with paint to use in any new graffiti attack. Unfortunately requests to remove the graffiti on the pedestrian bridge have been denied because it would mean unauthorized access to the train operating area but hopefully during ARTC upcoming works when the railway will be suspended there will be a time the graffiti can be removed and preventative measures put in place. YOU REALLY HAVE TO QUESTION THE INTELLIGENCE OF THESE GRAFFITIESTS.

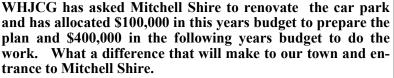
Last month the WHJCG wrote to V/Line regarding the unsightly old wood yard between the Wandong station car park and Wandong Plaza. Weeds including two metre high blackberries dominated the area and we asked that we be permitted to remove the weeds and plant natives to make it available as public space. We have still not received a response but do note contractors were engaged to level all the growth which does help with the appearance of our main street.

We have asked VicRoads what is being done to remove the tyre dumps all over the Shire but no response to date. Hopefully Mitchell Shire Council and the E.P.A. are also pursuing Vicroads.

Shortly after our last clean up along Rail Street, the bean bag lounge (pictured right) was dumped at the mesh fence entrance to the rail reserve. Someone must know its origin and can ask the perpetrators to remove it and dispose of it legally.

Once again the WHJCG has had to ask Mitchell Shire to fill the water holes at the entrance to the Bushfire Memorial Park. This

was done the next working day. The



Wandong Heathcote Junction residents - this is your town and we are sure you have the same wishes as our members. GIVE US A CALL and become a member.







Mitchell Agility Dog Club 20th Birthday Fun Day







We celebrated a major milestone on the 30th June.

Mitchell Agility Dog Club turned 20!!

We held a Club Fun Day to celebrate, inviting everyone, old and new to come along. We welcomed our founders, Graham and Wendy.

The committee worked hard to provide a day full of games including an Egg and Spoon race, Simon Says, Distraction Recall, contact equipment drills and an agility course. This was followed by a fancy dress competition, sausage sizzle and morning tea, where we inspected and devoured a fantastic birthday cake created by Sam.

Despite the Weather throwing a curveball, the humans were rugged up and our dogs had an absolute blast.

This club is as great as it is due to our amazing, friendly members, who ensure that training and events run smoothly.

New members are welcome to attend our regular Sunday morning training sessions at the Allan Ryan Paddock at LB Davern Reserve in Wandong. (North of the stadium).

Please direct initial contact to: mitchellagilitydogclub2016@hotmail.com by Jaz



Thanks to www.42beats.com for attending, and use of these photos. Compiled by Tilly



CLONBINANE C.F.A.

Spring will be here before we know it and now is the time to start cleaning up our properties before summer and the fire season creep up on us.

Now is the time to.

- Cut back over hanging branches (no branches within 10m of buildings)
- Remove shrubs, plants and other flammable materials from the bottom of your trees
- Look for bark and dead branches hanging off your trees
- Keep shrubs and other plants pruned and away from your house
- Don't leave piles of green waste near your home (take it to the tip or, if you can burn off before restrictions come into force)

Before burning off check with CFA or the council about any laws or restrictions that may be in place. If you are allowed to burn, please ensure you follow the following steps.

- Check and monitor weather conditions particularly wind
- Always register your burn on 1800 668 511 or online at firepermits.vic.gov.au

With the absence of rain burn offs can quickly get out of control if not monitored. Please remember to:

- Leave a 3 metre fire break (free of flammable materials) around your burn
- Never leave a burn unattended
- Have sufficient equipment & water available to stop your burn from spreading

And if for any reason your burn off does get out of control

• Call '000' immediately

For more information visit cfa.vic.gov.au













PRETTY SALLY MITRE 10

WE HAVE ALL YOUR HIRE AND LANDSCAPING NEEDS! 96 HIGH STREET, WALLAN, VIC, 3756 PH: (03) 5783 2800



Lauren Kathage MP Labor Member 🕬 Yan Yean

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

Ø 3/14 Yan Yean Rd, Diamond Creek VIC 3089
 Iauren.kathage@parliament.vic.gov.au
 03 9432 9782







PRETTY SALLY MITRE 10

WE HAVE ALL YOUR HIRE AND LANDSCAPING NEEDS! 96 HIGH STREET, WALLAN, VIC, 3756 PH: (03) 5783 2800

Wandong Primary School



School Review

Today is our third day of our four-day school review and I'm in complete awe of all that our community has achieved. The panel who is made up of two 'challenge partners', and a massive thank you must go to a principal colleague, Michael Kent from Watsonia Heights and Robyn Woolley who works within our region. We then have our regional SEIL – Rhonda Cole and our school reviewer, David Mann. The last two days the panel have been involved in what we term 'field work'. The panel were blown away with the how and what we are doing at Wandong, not to mention the outstanding results we are achieving together. I can't express how truly grateful I am for our team that we have around every single learner at Wandong. Again, thank you times a million to all the staff, students and community who have provided such insight and invaluable feedback.

Parent Guardian Opinion Survey

WE WANT OUR FAMILIES TO TELL US WHAT THEY THINK!

Our school is conducting a survey to find out what parents think of our school. The Parent/Caregiver/ Guardian Opinion Survey is an annual survey offered by the Department of Education and Training that is conducted amongst a sample of randomly selected families. It is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behaviour, student engagement and experiences of remote and flexible learning. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

The survey will be conducted online, only takes 20 minutes to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones.

150 families will be invited to participate and this is open Monday 29th. Please ensure you action this asap if you receive this email.

SEW in 1/2H

As part of our NAIDOC week learning, 1/2H watched a video of singer, Christine Anu, being interviewed by some children about what being indigenous means to her. One of the interview questions was 'What is your one wish for the future?' This led to an interesting discussion and thinking around what we want for our futures. It is safe to say the future is in good hands with these creative, curious and compassionate young minds and hearts!



AUGUST 2024 Monday 12th - Friday 16th National Science Week in 2024 Thursday 15th Working Bee - FS, 1/2H & 5/6C 2.30pm - 3.30pm Parents welcome Curriculum Day - No Students - If your child requires care, book in at Friday 16th https://theircare.com.au/ Monday 19th Launch Pad Program For Parents - Special evening for those with a submitted application 6pm - 7pm Monday 19th - 23rd Book Week 2024 - Reading is Magic Foundation Excursion - Animal Land - Consent/Payment due **Tuesday 20th** Celebrating Writing: 8:40am - 9:10am (Classrooms) **Thursday 22nd** Thursday 22nd Book Character Dress Up Parade: 9:30am - 10:00am (Basketball court) Thursday 22nd - Monday 26th Book Fair: 8:30am - 9:00am & 3:30pm - 4:00pm (Library) Stronger, Higher, Faster, Together. WPS Tabloid Olympics Friday 23rd Friday 23rd Grade 5/6 Interschool Sport - Term 3 Tournament - Consent and Payment Due Friday 23rd Billie G's Cookie Dough DRIVE orders closes today Community Connections Yoga Free Event for our School Community 9am -10am **Tuesday 27th** Wednesday 28th **Father's Day Stall** Thursday 29th Father's Day Stall - Catch up day

AUGUST 2024

SEASON 2024 >>>

We are getting closer to the pointy end of our Winter season and we could not be more impressed with our

teams this year. The growth mindset of our Coaches and Players this season has surpassed all expectations.

As we prepare to end one season we enter a new Competition indoors at Craigieburn, with teams in 3 age groups playing in Wandong colours. We are also expecting our Spring comp details to be released in the coming weeks so keep an eye on our socials.

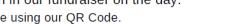
WANDONG

NETBALL CLUB

GOING PINK FOR BCNA >>>

Every year the Wandong Netball Clubs hosts a PINK round to raise funds for the Breast Cancer Network Australia (BCNA)

This year we will be hosting our event on Saturday the 10th of August 9am til 2pm. The whole community is invited to join in our fundraiser on the day. Alternatively, you can donate to the cause using our QR Code.





Scan Me

END OF SEASON PARTY & PRESENTATION



More details to come



A big shout out to our very own G-man Security.

G-Man Security offers reliable security system installation services for retail, commercial, and industrial clients throughout Victoria, Australia. Their state-of-the-art CCTVs, access control, and detection systems will enable you to keep your businesses safe from intruders at any time of the day. Graeme and his family are also members of the 2024 Committee and their hands on support this year has been invaluable. Thank you once again Graeme for your continued support of the Wandong Netball Club. Call Graeme on 0474 808 940

Welcome to the Brunswick Family Dental Surgery who have come on board this year to sponsor our club. Brunswick Family Dental Surgery is one of the largest practices in the inner northern suburbs of Melbourne.

With a total of eight Dentists and four oral hygienists/child therapists, there is always a professional to assist with your treatment.

Their objective is to create the best experience for your Family's dental needs.

Thank you to Annette for everything you do for our Club! Make your appointment by calling 9111 4502.

>>> BUNNINGS BBQ A HUGE SUCCESS

A huge THANK YOU to everyone that contributed to our Bunnings BBQ Fundraiser for 2024.

You have helped us raise a staggering \$2022 for the day.

These funds will be put towards our end of season presentation day. This amount far exceeds our expectations and we could not have achieved this without your support.

OUR VOLUNTEERS

Jo Pascoe, Jodie Carland, Michelle Zugaro, Abbey Tudhope, Carlie Collins, Rochelle Dunham, Adele Sanderson, Jack & Robert Hadisutanto, Genevieve Spiteri, Daniel & Evie Gluhak, Rebecca & Isabelle Leiper

THANK YOU!

And to everyone that dropped in the buy a snag - we love you.



The Hadisutanto Family, Sawyer Family, Smith Family, Hill Family, Robertson Family, Wandong CFA, Bunnings Craigieburn, IGA Wandong & Kemps Bakery



Our Town's Football Club

As the season draws to a close, we would like to thank the hard-working volunteers who make this club so special. The coaches, team managers, committee, canteen helpers and all the other special people who give their time so the kids can play on a weekly basis, we thank you.



UPCOMING GAMES

Round 14 Sunday 4 August St Mary's V Wandong Kings Park Seymour

Finals Final week 1- 11 August Final week 2- 18 August Grand final -25 August



Under 14's coach Ben Helpenstein is hoping to begin a new club tradition with the Warriors Battle Shield. Players are encouraged to give the shield a hit on the way out of the rooms. The shield is symbol that all the kids can get behind and continue our positive club culture from the changerooms out onto the field. Hopefully it brings a little luck come finals time too.

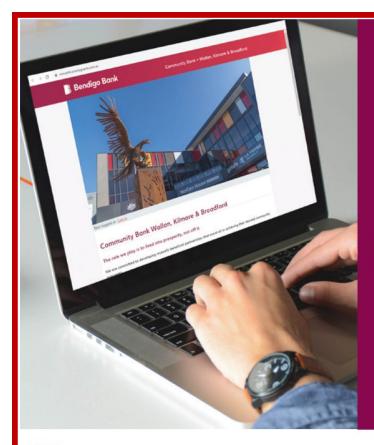
For all up-to-date news please follow us on Facebook

Wandong Junior Football Club

We would like to thank our round sponsors; without their generosity our club would not exist.







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.

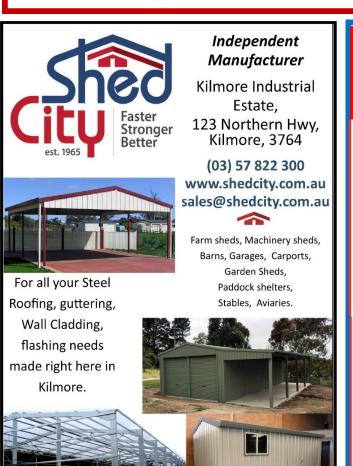
norcenfs.smartygrants.com.au

Next round closes March 29

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

Bendigo Bank

Community Bank Wallan, Kilmore and Broadford



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Upper Plenty Merri Catchments Landcare Group

Our team here at UPMCLG want to give a huge shout out to our volunteers who braved the cold and rain on National Tree Day to come plant some much needed vegetation at our Dry Creek Restoration program. We were all rewarded with some much-needed hot soup and sausage rolls provided by Pete and Jess – and what a way to hit the spot!

Our Dry Creek Restoration Program has been an ongoing project with the help from our friends Isabel, Ryan and Amy from TREC Land Services who we cannot thank enough! We had help from our state member for Yan Yean Lauren Kathage as well as our very own family and friends who spare hands were essential to the day!

We managed to plant roughly 150 trees and shrubs; namely Red Ironbarks, Swamp Gums, Blackwoods, Silver Wattles, Black Sheokes, Silver Banksias, Woolley Tea-Trees, some Hop Bush and 84 Dianellas. The plants and guards were supplied from a grant provided by Planet Ark for National Tree Day and the Charity 15trees.

Our planting area was "made" as a result of the realignment of the Wallan-Whittlesea Road making for wide road reserves. Over the coming years we hope to remove rubbish, all the declared weeds and replace

them with locally native species supporting a range of our local wildlife. However, this work is not possible without our amazing volunteers. Groups like ours always need more volunteers who will be supported with training, equipment and come away with a sense of achievement.

If you feel like you want to get involved, or would like to become a member feel free to contact our secretary Michael at <u>secretary.upmclg@gmail.com</u> or 0412 408 048.

Upcoming Events:

Wednesday 21st August 2024 – UPMCLG Committee Meeting – The Shack (Upper Plenty Mechanics Institute Hall): 6:30pm – 7:30pm

Wednesday 18th September - Tim Curni: Presentation on the history of native fish in Plenty River and Merri Creek Catchments - The Shack (Upper Plenty Mechanics Institute Hall): 7 - 8:30pm (after the UPMCLG meeting).

Keep an eye out for further info on a Waterwatch Day we will be hosting in September, as well as a special fish talk. Stay safe out there – UPMCLG Committee









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 through along the Say G-Day trail, take the kids down to play on the play equipment or just play and exercise on the oval.

Winter has certainly arrived and with the cold, frosty, foggy and wet conditions. We are now in the last month of-winter with the cold wet conditions still to continue so be cautious of the wet trails throughout the reserve and be aware the creek can flood at any time. But don't let the cold and wet weather stop you from coming down to the Reserve to enjoy on all there is to offer.



Our Winter User Groups are approaching end of their season's programs and heading into finals. Congratulations to those teams that have reached finals or entering final programs and good luck in bringing home a Grand finalist Cup - you have done your clubs and community proud.

It is good to see the Reserve full of life with our community supporting their groups and other activities enjoyed by those who participate.

Walking the dogs, kids in the playground, individuals/groups doing their fitness workouts, mums with the kids in the pram, riding bikes, playing football-Kick to kick and Goal shooting practice, passing shots in netball, shooting hoops at the basketball ring, riding the horses, training dogs to behave, Wandong primary doing their sporting activities on the Oval, Wallan basketball in the Stadium

Continued developments at the Reserve will complement our sport groups and community. We are very lucky to have a Reserve that has character and bush ambiance that complements our communities.

L.B.Davern Reserve Projects update: Project 1:Redevelopment of the Community centre.

Wandong Community Centre Revitalisation: In progress

Current updates at this point

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 now complete with some minor works to be completed. The committee has not been handed back the community centre as yet but as the Whats News is released the Community centre will be open. The Reserve committee will resume bookings for the centre Mid-August-2024.







Project 2: Shade Structure @ Courts 5 & 6 and 3 & 4

The L.B.Davern Reserve was successful in the Tidy Towns Fund Grant for the purpose of providing Shelter at Courts 5 & 6.This shelter is double sided and will also provide seating and shelter for courts 3 & 4.

This project was successful through the support of the combination of L.B.Davern Committee, Wandong Netball Club and Wandong Tennis Club.



RIGHT: Sample design of Shelter

Our Community building is a great asset to hold Kids parties, family type events and private functions of all sorts. Please consider when planning a function. You can contact our booking officer Darlene Gunter on 0418 312 762.

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

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!!



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 <u>kooraw@bigpond.com</u>





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



Mitchell Neighbourhood Policing Forum

Victoria Police

are important in your community.

· Drugs and drug related crime.

from the audience throughout the event.

MITCHELL-PSA-INSP-OIC@police.vic.gov.au

To submit a question prior to the forum: MITCHELL NHP questions

Young people

· Family violence

Road policing

your registration.

by sending your details to

or scan the QR code.

The forum will explore topics including

Current crime trends and crime prevention

The Neighbourhood Policing Forum will be run by a

Victoria Police panel and questions will be taken

Refreshments will be offered. If there are any dietary requirements, please include them in

Registration is a must. To attend, please register

Victoria Police Neighbourhood Policing Forums enable local services and the wider community to discuss issues that are important in your community.

We all have local issues, for instance speeding in local streets, graffiti on public structures, or youth crime. These issues might be a concern to you or it might be another issue again.

Either way, here is your chance to learn something about the issues, acquire some prevention strategies or bring up your concerns with the local Victoria Police panel.

The forum will explore topics including:

- Current crime trends
- Crime prevention strategies
- Crimes and young people
- Family Violence
- Road Policing
- Drugs and drug related crime.

The Neighbourhood Policing Forum will be run by a Victoria Police panel and questions will be taken from the audience throughout the event.

- Date 5th September, 2024
- Time 10am 1pm (doors open at 9.45am)
- Location Seymour Racing Club 55 Kobyboyn Rd, Seymour

Use the QR code on the attached image or email MITCHELL-PSA-INSP-OIC@police.vic.gov.au.

Hotlines:	000	Emergency
	131 444	Police Assistance Line
	1800 333 000	Crime Stoppers
Online	Reporting: https://www	v.police.vic.gov.au/palolr

For more information visit: https://sites.google.com/view/south-mitchell-nhw/home www.facebook.com/southmitchell.nhw.inc email: newsletters.smnhw@gmail.com

Mitchell Neighbourhood Policing Forum
The Victoria Police Neighbourhood Policing
Forum welcomes local services and community
members to talk with police about what issues
Date

5th September 2024

10:00am - 1:00pm

Location: Seymour Racing Club 55 Kobyboyn Road Seymour



Scan here to register your attendance

Got a question for police?

Scan the QR code to submit prior to the forum



POLICING . PEOPLE . PARTNERSHIPS

22

Make change at the new CDS Vic North Reverse Vending Machine

Victoria's Container Deposit Scheme, rewarding the Wandong community.



Claim your refund

Glass, Plastic, Cans, Cart

Glass, Plastic, Cans. Cart

Wandong residents and visitors can now cash in their eligible drink containers, with the installation of another CDS Vic Reverse Vending Machine (RVM) refund point ready for the community.

Since CDS Vic commenced on 1 November 2023, Victorians have returned over 680 million containers across Victoria.

The CDS Vic North Zone RVM at the Wandong Centre, 3307A Epping-Kilmore Road, Wandong will help Victorians return even more containers close to where they live.

The community can bring their eligible drink containers to the CDS Vic Wandong Centre Reverse Vending Machine and receive a refund of 10 cents per container. The refund can be redeemed as a cash voucher refundable at Coles Supermarket, via an electronic funds transfer, or as a donation to a charity.

Visy is the Zone Operator for the CDS Vic North Zone and will establish over 230 refund points across the Loddon, Mallee, and Hume regions and the inner north and eastern suburbs of Melbourne.

"We're expanding our network of refund points in the Mitchell Shire Council to make recycling easy and rewarding for

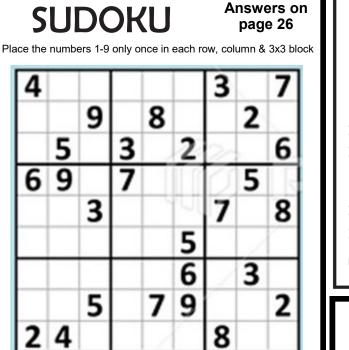
all." said Tim O'Donnell, Visy General Manager, Container Deposit Scheme.

The community can find their nearest refund point, and access their electronic refunds, through the CDS Vic North app for iOS or Android.

To find out more about Victoria's Container Deposit Scheme visit www.cdsvic.org.au







THIS MONTHS QUIZ

Answer appears on Page 26 but no cheating!

- 1. What is the most photographed road in Australia?
- 2. What year was Flinders Street station built?
- 3. Where is Hollywood?
- 4. What is the biggest train station in the world?
- 5. Where is the dog on the tucker box?
- 6. Who played Captain Jack Sparrow?
- 7. What rare Aussie coin sells for \$60,000?
- 8. Who sold Alaska to the United States?
- 9. What was the original name of Australia?
- 10. What did BMW make before cars?
- 11. What is the old name for Thailand?
- 12. How many red balls in snooker?
- 13. What is the name of the Flintstones pet dinosaur?
- 14. What's the most popular street name in Australia?
- 15. Who wrote "Great Expectations"?

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

Not online?

- > Fortnightly Council Ad in the local newspaper
- > Monthy 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.**

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

Happy 40th Birthday U3A!

Next month marks the 40th anniversary of U3A in Australia. Starting originally in Melbourne, it coincides with the Victorian senior's festival, a programme giving an opportunity for older Victorians to participate in free and low cost activities state wide throughout October. To celebrate the anniversary, Kilmore and District U3A will be hosting a morning tea together with the Wallan Branch on Friday October 4th from 10.00am at the JJ Clancy community hub. There will be a performance from the ukulele group followed by a trivia contest based on U3A courses. Refreshments will be available and members are encouraged to bring a plate to share.

There are many ukulele groups at various U3A's around the state due to the increasing popularity of the user friendly little instrument and Kilmore is no exception. There will be a mass U3A ukulele workshop held at Fed Square on October 6th to kick off senior's week, open to all members and guided by a leading ukulele master to perform a rendition of an iconic Australian classic hit. The final version will be performed en masse at 3pm and public transport will be free to all seniors' card holders. For more information contact Sally @ Seniors Festival on 0457 189 803.

The luncheon group continues to be very popular and it pays to book early. The most recent outings were to MacNamara's Irish pub in Kilmore and a repeat visit to the Donnybrook Hotel. Both are very good value for money and were well attended. For more information visit the website.

The gardening group recently enjoyed a wonderful afternoon inside at J J Clancy pavilion to escape the cold outside. Thanks to the hard work of one of the long standing members, they enjoyed a photographic presentation of the garden group going right back to 2003. There were so many great gardens and it was nice to remember the people who owned them, some of whom are no longer with us.

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. We are a friendly and approachable bunch and if you already belong to another U3A branch, you can join as an associate member for only \$5.00.

Check out the website at <u>https://u3akilmoreanddistrict.com.au/</u> or contact us at <u>info@u3akilmoreanddistrict.com.au</u>

Cheers, Amanda Oades

Hello readers,

As I did last edition, I'd like to give you some further information on more of our activities at Wallan U3A.



University of the Third Age

Wallan Neighbourhood House

42-47 Bentnick Street Wallan

Every Tuesday morning a number of our members play a Chinese tile game called Mahjong, however we play the western version, which if any of you have played cards before will pick up quite easily and even if you haven't, we are all able to help you. Most of us starting out were complete beginners and over time have become confident players. Competition is now quite spirited and to go home with at least one hand won is something we all strive for.

Once a month on a Friday we have our culinary experts Sharon and Josephine demonstrate the art of preparing easy but tasty recipes from their own extensive repertoires. We love the feast at the end of the session and if we're really lucky get to take home any leftovers to be enjoyed next day.

Talking about food, gosh I'm getting peckish now, our monthly lunch in July was at the Highlands Hotel where we enjoyed a delicious all you can eat buffet. The cuisine was so varied with a mouth watering array of meats, vegetables and salads. The desserts were to die for.!! Nobody did!!

One more thing before I sign off, if you're interested in writing your life story or researching your family history, Wendy is our go to person, she is very knowledgeable and has a way with words that I envy.

Please don't be shy, if you're looking for fun activities ,would like to meet new people and make new friendships , explore new challenges give Wallan U3A a try.

Check out our timetable on the website, https://u3awallan.org.au

That's all folks

Bye for now

John Lanphier



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

OUIZ ANSWERS (from page 24) SUKODU **Great Ocean Road** 1. solution 2. 3. Los Angeles 4. Grand Central, New York 5. Gundagai, NSW 6. **Johnny Depp** 7. 1930 penny 8. Russia for 7.2 million in 1866 9. **New Holland** 10. **Aircraft engines** 11. Siam 12. Fifteen 13. Dino 14. George Street (521) q 15. **Charles Dickens**

' Dogs Dealing With Stress '…

Stress In Our Lives...

People will often go to extreme lengths to avoid stressful situations, but the reality is that stress is a big part of our lives and really impossible to avoid.

Consider how Kids start kindergarten, then primary and high school, then there are exams, applying for a job, moving house, death in the family, even Co-Vid Restrictions.... There are all stressful situations, which for many put us out of our comfort



zone. The reality is, if you cannot deal with stress this opens the door to becoming tense, anxious and scared.

Dogs are also prone to developing stress and which for the animal can be even worse as dogs easily pick up on the emotional signals from their human guardians. **Stressed anxious owner, then stressed anxious dog.**

Embrace Stress ...

It is important to understand that stress is NOT a bad thing, in fact, stress is all part of learning to deal with life. When we raise dogs (or kids) we need to help them cope with many different things in many different situations and the stress that this creates is part of what helps build to build resilience.

As dogs (kids) are pushed out of their comfort zone they need to develop new behaviours to cope with the unknown, this in turn will build **self confidence** and this provides options to explore for the next unknown.

Build Self Confidence....

The key word in this title is 'SELF' otherwise confidence can easily be lost. If the dog only feels confident at home or in the company of their human, then this it is **NOT self confidence**. In these situations we often see dogs become 'reactive' to new situations and then the likely *reaction* is often "Flight or Fight". Hence the dog will try to run and hide (Flight), or even show aggression by barking and snapping trying to scare the unknown object away (Fight).

Build Self Control...

Again the key word here is 'SELF' as owners we cannot always control our dog nor can we control the world around us. There are always situations that will create problems and we need to develop coping mechanisms. The dog has to understand to **stop and assess** situations - not react. They need to explore different options to see what works and our job is to keep our emotions in check then guide the dog to make good choices.

Scenario : You walk your dog on the lead down the road... you see a dog off leash coming towards you.

Option 1: You panic a little and think "what if the dog is aggressive" - you tighten the lead on your dog and hold him close - your dog has seen the other dog so is excited/anxious, but realises that you are scared too so he gets scared (after all if mum thinks that this is scary then so should dog!) - your dog starts barking and bouncing around and tension runs high. Dog coming towards you is also becoming more tense with all the energy being thrown around - This makes for a likely bad scenario !

Option 2 : You keep your emotions in check... you might feel a bit worried but just stop and try not to show your dog any fear - you keep the lead loose and if your dog barks or jumps you tell him off (don't make him sit - just to chill somewhat) - random dog gets closer, but as your dog is relaxing then the other dog doesn't have bad energy to feed off - you might even be able to growl at the dog so he looks at you and then moves away. Or he might seem friendly and come to sniff your dog and everyone tries to stay calm and then move on - This then becomes a great learning experience !

I often see dogs who are termed as aggressive or reactive by they owners but really they are just dogs who are confused and unable to cope with life. Instead owner and dog need to practice dealing with stress with experience the dog can become curious - then something new is just something different.



To create a happy and healthy dog keep your emotions in shed and build:

Self Confidence and Self Control - In Balance.

By Anne Zelvys IACP-CDT (© Original property not to be reproduced without the written permission of the author)

Whittlesea Community Network

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



Hello! Strap on your gumboots, get out of the house and join us for some fun! Our Semester 2 Brochure is out so grab a copy from us or keep your eyes out for one around town. You will also find it on our website www.wchi.com.au where you can book online or call us on 9716 3361.

Save the Date

<u>Uke Muster returns</u> Get ready to strum along, perform and learn heaps.

Saturday 12th October – register now ITS FREE <u>https://www.socialplanet.com.au/activity/view?id=23984</u> <u>Paint and Sip</u> is coming back to the House in September! Keep Saturday 7th September (1pm – 4pm). Get ready to produce a masterpiece, sip beverages and demolish a cheeseboard! \$30 per person. Money raised will go to the Food Relief Program at the House.

Visy Recycling

Over the counter recycling is available Monday, Wednesday and Thursday each week 10am – 3pm and Saturdays from 8am – 4pm. Please note that we are not open on Public Holidays.

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 meet at the Whittlesea Community Activity Centre on Tuesdays! Join the blokes for brunch each week: Tuesdays 11.00am – Noon \$2.00 per person

<u>Ladies Lunch</u> -join the ladies who lunch each fortnight at the Whittlesea Community Activity Centre. Thursday 22^{nd} August 11.30am – 1.00pm \$2.00 per person.

<u>First Aid</u> (CPR, Provide First Aid & Provide First Aid in an Emergency in an Education & Care Setting) Online learning + face to face Saturday 17th August \$85/\$150/\$195

Boat Licence

Our next Boast Licence

Saturday 14th September 9.00am – 1.00pm \$150 per person Students from 12 years are eligible, PWC issued to >16 years

Op Shop Tours

We are trekking to Op Shops all over Melbourne twice a month in 2024 and you can join us. Different route each month! These trips sell out fast so grab a friend and join the fun:

Saturday 7th & 14th September9am – 4.30pm \$20 per person

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

Metal Detecting

Our Semester 2 session. Saturday 16th November \$10 per person

Mental Health First Aid Returns!

Just like regular first aid, mental health first aid is the assistance given in a crisis. This course will ensure you can identify a crisis or the potential for one and be in a position to provide support to a person until professional help is provided. Perfect for anyone working, volunteering or who has contact regularly with family or friends who are vulnerable

Two Day course – Wednesdays 4th & 11th September 9.00am – 5.00pm \$220/\$120 concession.

White Card

Are you planning to work in industry? Need a White Card? Don't travel all over town to get it you can do it in your own backyard! Friday 16th August 9am – 4pm \$150 per person.

Fix It Friday RETURNS!

Fix it Friday is returns this month! 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 23rd August 10am – 1.00pm.

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 dog and cat food during office hours.

Kilmore Golf Club Inc.

The weather has had a negative impact on the number of members playing in competitions. Added to this, are the wet conditions which prohibited the use of carts for two weeks.

However, we did manage to award two Monthly Medals - Helen Clancy and Troy Montgomery.

We have had mixed events, novelty events and Par 3 competitions

Work has continued on the short course but hampered at times by the wet conditions which has also delayed the spreading of gravel on the paths.

The golf shop is not always tended so if players wish to hire carts please contact the club via phone 57821123 or 0437712973 a day before. Carts will not be hired after 12.30 pm.

For walking players use the Honesty box to make payments \$25 weekdays & \$30 weekends. Alternatively, payment can be made by direct debit (instructions in the box)

The function room is available for hire for community groups by emailing info@kilmoregolfclub.com.au or ph.: 57821123 and leaving a message.

THE SHACK IS BACK The Upper Plenty Community Hall "THE SHACK"

is open for hire. For 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.

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/

WANDONG PUBLIC HALL

The Wandong Public Hall built in 1902 is a very special place in our community. It has hosted many engagements weddings, receptions, Art Shows, Australia Day Celebrations, birthdays anniversary parties and many other events and even the occasional funeral service.

Our regular user groups are always keen to have more people joining them and they are listed below..

The Graft Group meet every Monday, it's an informal group, bring along some lunch and an activity. There is always someone to help with crafty questions.

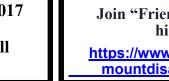
The Lightwood Flats Book Club meet monthly - contact is Christine Cram Wandong Country Knitters meet monthly- contact is Coralee Souter Wandong Heathcote Junction Community Group meet monthly Rock N Roll Dance Sunday Arvo meet monthly Dance Workshop Belly Dancing -14 September Inquiries / bookings

We are always in need of new members from the community who would like to assist in the care of the hall and it's upkeep or even running a group so that it will be there in our community into the future.

To hire the hall please contact Christine for bookings or other information on 0448 604 770. Please leave a message or text for Christine to follow up.



Ph: 0458 238 270 Ph: 0479 163 548 Ph: 0413 832 411 Text 0408 548 524 misha@polepro.go







Support for Young Carers

Approximately 1 in 10 carers are under the age of 25, however many don't identify themselves as a young carer. This may be because family members, teachers and other service providers may not be familiar with the signs of being a young carer.

If you are aged 25 or under and care for someone, you may be a young carer.

Being a young carer can have a number of different challenges.

- You might find it hard to find the services and help you need to look after the person you care for.
- You might find it hard to do well at, or get to, school when you look after someone else.
- You might find it hard to make or keep friends, or to go out and socialize or have the time to do things that interest you.

Young carers often take on a range of different responsibilities, such as:

- shopping, cooking, cleaning, washing and household chores .
- specific care tasks such as assisting with mobility, grooming, bathing, toileting •
- support and monitoring of the family members needs
- managing financial issues property maintenance, paying bills, banking .
- care for other siblings in the family .
- liaising with service providers and health care professionals e.g. making appointments, discussing . treatments and medications
- interpreting for family members where English is a second language, and looking after siblings who have a disability if a parent is unable to look after them because of their own health issues.

All young carers should be able to enjoy life and to reach their potential. Help for young carers is available through the Carer Gateway. Our dedicated young carer worker is ready to help.

For more information visit the Carer Gateway website www.carergateway.gov.au or call 1800 422 737

Until next time, Jason

WANDONG TENNIS CLUB

Email: wandongtennisclub@hotmail.com or text Lisa on 0407 112 880.

Information is posted on our Facebook page.

www.facebook.com/wandongtennis

Spring night tennis competition starting this month Tuesday night doubles starts 13/8 and Thursday night singles starts 15/8 Teams have been done. Your captains will be in touch soon. Saturday winter competition is almost finished. All our teams will be

competing on finals. Good luck to them all.

Fees are now overdue. If you haven't paid please pay ASAP

Coaching is available at the club

Please contact Karl on 0423 611 317 or kv.tennis@hotmail.com



andond

Snuffle mats for sale

The Snuffle Mat, is great mental stimulation for your pet. It can be used to reduce anxiety, slow down a fast eater or simply as a fun reward for your fur baby. Not only good for dogs, but cats and guinea pigs all love a snuffle mat. My mats come in three sizes and are double knotted and thick, every mat hand made here in Wandong.

Email: wandongite@hotmail.com

Ph 0432 120 736



THE COMBINED PROBUS CLUB OF WHITTLESEA INC. REGISTERED # A0041714F Established 2001 MEDIA INFORMATION MICHAEL B HALLEY PUBLICITY OFFICER Contacts at the Club Glenda Vincent: Membership 0431 517 008 Cheryl Manicolo: President 03 9715 1420 Email <u>whittleseaprobus@hotmail.com</u>

Irrespective! Who or When?

The phrase "Christmas in July" has been around in Australia since the early 1980s, and many think it came from a group of Irish tourists who saw the snowfall in the Blue Mountain region of New South Wales. They apparently were reminded of Christmases spent back home and started to feel homesick.

Historically, it is believed that the first celebration of Christmas in July took place 91 years ago on July 25, 1933 at an all-girls summer camp in Brevard Ohio USA. But in reality it is just another excuse to join with family and friends and share food and conviviality.

Irrespective of the who or when it came to pass, thirty four members of the Combined Probus Club of Whittlesea journeyed the thirty odd kilometres to <u>Kilmore Trackside</u> restaurant to partake in their version of Christmas in July. Outside the weather was "Irish Christmassy" as the temperature fluctuated trying to meet the forecast top of eight degrees.

Inside the higher temperature of the building was enhanced by the warmth of the staff who served the two course set menu meals. The fare was turkey or pork followed by Christmas pudding or Pavlova. Extending on that, the menu read in partà "Rolled turkey breast mignon with cauliflower mornay, steamed green vegetables and cranberry jus". The Pavlova was served with seasonal fruits, Coulis, whipped cream and passionfruit pulp.

Rita Miller whose committee responsibility is to arrange a monthly Dine-out, as usual had everything ready as planned and was able to quickly settle down to enjoy the company. Getting the Dine-out organised is somewhat difficult task and is often likened to "herding cats".

The bookings for the venue and the attendee list have to be done a month in advance, but registrants often enter an apology at the last minute. Today one had an unplanned hospital visit with a sick daughter!

The Dine-out is held as a luncheon on the third Friday of the month. On Friday 16th August the venue will

be Xiang Garden Chinese at home in Whittlesea. Visitors are welcome and can initially make contact via the email whittleseaprobus@hotmail.com.

The club welcomes any inquiry and a first attendance as a visitor often opens the door to a long association. [Glenda Vincent is Membership Officer 0431 517 008]

Written by Michael Halley (Publicity Officer)

Photos -

- Rita Miller on the left
- L-R Rita Miller, Teresa Carlin, Michael Halley
- General assembly
- L-R Marie Mack, Marje Gilson, Rae Cordell, Cheryl Parke





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