

# THE NEW WOODEND STAR



Circulation of 3340 throughout  
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North Woodend, Hanging Rock, Carlsruhe, Cobaw.

**AN INITIATIVE OF THE ROTARY CLUB OF WOODEND**

February 2012

A Monthly Community Periodical

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Volume Sixteen No 1

## Woodend on track for fitness!

After nearly two years of planning, the Rotary Club of Woodend has received the green light to start work on a community walking and jogging track at the town's old racecourse site.

With help from the community Rotary will install an exercise track of almost 2km featuring exercise stations along the tree-lined route.

The club made the plans after long held concerns about the fitness and health of the community, particularly among young people.

Realising no specific location had been designated as an exercise track in the area, the club approached Macedon Ranges Shire Council with the plan in early 2010.

Meetings were held with Department of Sustainability & Environment, Western Water, MRSC and Rotary to select a suitable site within the racecourse precinct.

DSE outlined areas of significant grassland which needed to be protected as part of such a project and eventually a compromise was reached.

As a water pipeline traverses the selected area, Western Water became involved in the negotiations and will allow a section of the proposed track to be laid over the existing



Rotary's Brendan Watter reviewing plans for the fitness track

pipeline.

The proposal will be constructed in three stages: The first stage will comprise a 1.1km portion of the existing path starting near the Buffalo Stadium and following the course of the defunct racetrack.

Stage two will form a circuit cutting across the central grassland area.

The third stage will involve building exercise equipment at various points around the circuit.

When completed the exercise track will become a major feature in Woodend, complementing the Children's Park as an attraction for local and visiting families.

Rotary Woodend wishes to thank Macedon Ranges Council for their ongoing help throughout the planning process .

The club also appreciates the support of Woodend's local sporting clubs and Landcare and hope that local residents and businesses will assist Rotary with financial assistance and fund raising to make this exciting project a reality!

Submitted by Brendan Watters, Rotary Club of Woodend

## Sustainable living solutions

Our times are defined by the Global Financial Crisis, global warming and rising food and energy prices. We are becoming aware of our waste of energy and other resources.

So what do we do? Well, come to the Macedon Ranges Sustainable Living Festival (SLF) on Saturday 11th of February from 10 am to 4 pm at the Woodend Neighbourhood House and rear community garden and discover solutions and how easy they are.

Climate change has made wild fire an ever present risk throughout Victoria especially in the Macedon Ranges. This means we must adapt to the conditions to be safe. The CFA will be at the festival to explain ways to prepare your property and develop necessary strategies such as a fire plan.

With food prices soaring and 'food miles' being an important environmental issue people are turning more and more to growing their own vegetables. Rob Brunton, coordinator of the festival says:

"The garden and chickens are very popular at the festival. The permaculture garden will be open and there will be garden tours to show what you too can achieve at home."

On a broader scale there are opportunities for



communities to set up small wind farms that can provide some or all of the energy required by those communities to take pressure off the grid. Hepburn Wind will be present to show how their award winning project which generates power for at least 2,300 homes is progressing.

There will be many exhibits and demonstrations of fire safety equipment, bicycle maintenance, organic food stalls, massage and meditation and much more.

The 'Wash against Waste' Trailer is used for washing

*continued on page 2*



## New Members

### The Rotary Club of Woodend

Put something back into this great community and be part of a worldwide organisation that helps build goodwill and peace allowing ordinary people to achieve extraordinary things and bring about exceptional change in the world.

Contact Brendan 5422 6442

## The New Woodend Star

An initiative of the Rotary Club of Woodend Inc.  
The Bank, 75 High Street, Woodend, Vic. 3442  
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Committee: Barry Napthine, Ivor Johnson, Claudia Green, Brendan Watters, Alexia Downie, Sue Macklin & Jane Watters

### Closing date for inclusion of articles or advertising for each issue is the 15th of the month prior to publication Information for Advertisers

All rates include GST & are priced per month.

Prices for advertising 2012

Business card (55mm x 90mm) .....	\$52 inc GST
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Advertisers: please note - it is in your interest to book and pay for a year in advance, as a 10% discount applies to any full year pre-paid booking. Any existing pre-paid ads will revert to the new rate on completion of the pre-paid period.

Advertising bookings to be made with Alexia Downie on 5427 3092 or sales@collierooffice.com.au. Accounts queries can be made to Sue on 5427 4089 during office hours or nws@johnsonwoodend.com.au Mail should be directed to: New Woodend Star, C/- The Bank, 75 High Street, Woodend 3442.

#### Woodend Star Publication Dates for 2012

March	Feb 27 <sup>th</sup>	August	July 30 <sup>th</sup>
April	April 2 <sup>nd</sup>	September	September 3 <sup>rd</sup>
May	April 30 <sup>th</sup>	October	October 1 <sup>st</sup>
June	May 28 <sup>th</sup>	November	October 29 <sup>th</sup>
July	July 2 <sup>nd</sup>	December	December 3 <sup>rd</sup>

Changes to advertisements, new advertisements or cancellations must all be made by email or in writing. All advertisements will be placed and charged for until notified otherwise.

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Do you live outside the New Woodend Star distribution area? Be sure to receive your copy every month by subscribing. A yearly subscription of 11 issues is just \$34.50. Post to New Woodend Star, C/- The Bank, 75 High Street, Woodend 3442.

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Enclosed: Cheque/Money Order for \$34.50

Continued from page 1

and reusing dishes and cutlery. Using quality cutlery and crockery enhances the tasty, fresh food on offer and reduces the amount of rubbish going into landfill.

Braemar College will once again participate with students doing valuable community work at the festival. Woodend Scouts and other young people will also be participating.

A food stall hosted by MRSRG will provide healthy, delicious vegetarian food for you to sample and buy. Food provided will be prepared by Mr Veg members, an MRSRG group formed to promote healthy, vegetarian food.

The young people from Woodend and surrounds will be providing the musical entertainment and there will be supervised activities with a sustainable theme for the very young and a special program for youth.

The cost to attend is \$5 for a single ticket. Under 18's and those with a V Line ticket for 11th of February 2012 will get in free.



Ralf Thesing, president, says: "Come and join us for a fun day and learn valuable skills and knowledge to navigate the future."

Go to [www.mrsgonline.org.au](http://www.mrsgonline.org.au) or [www.slf.org.au](http://www.slf.org.au) for further information.

Submitted by Robert Brunton  
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Nea Gyorffy, 54 232 088



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## Woodend Business & Traders Meet and Greet

Please consider this an open invitation to all business operators and traders to meet one another in an informal setting. Come socialise & network with your business neighbours, hear information regarding the services that BATA (Business and Traders Association) could provide, project initiatives and how we can all be part of developing business opportunities.

The BATA will deliver a visionary plan for the next 12 months. By joining together as a collaborative group, we will be working to support the economic and community development of Woodend and the surrounding areas, to enable your business to grow in a proactive environment and to form a strong alliance to present our town to government bodies.

Please join us for refreshments on the 15th February at Woodend Neighbourhood Centre, 47 Forest Street, from 6.00pm.

We look forward to seeing you there, please RSVP by 10th February to Stuart Bonnington: 0407 862 745, Karen Cousens: 0417 747 200 or woodendtraders@gmail.com

Submitted by Karen Cousens

## Family magic and a walk with a little white ball

Two events being organised by teams participating in the 2012 Lancefield-Macedon Ranges Relay for Life promise great enjoyment for a worthwhile cause.

Magician Anthony De Masi, better known by Channel Nine viewers as Magic Tony, is bringing his hilarious show, 'Spaghetti Spaghetti', to Woodend. His performance in Romsey in 2010 was very well received.

Children and adults around the world love his character Luigi Zucchini's Italian charm, charismatic style and lovable animal friends.

The family magic show will be held on Friday, February 17th at St Ambrose Hall, Templeton Street, Woodend. Show time is 7pm, with tickets available pre-booked or at the door for \$10 each. (NB: Seating is limited so bookings recommended.) Proceeds will be donated to the Cancer Council Victoria by The Ones That Got Away team. Contact Nadine on 54271571 or 0439 399 838.

The Romsey Birdies are again running a Charity Golf Day at their home club on Sunday, February 19th to boost their fundraising tally.

Entry is \$80 per team or \$20 each, which includes a traditional barbecue lunch.

The day will feature a 4-player Ambrose competition over 12 holes, with novelty and fun events. Players are welcome from 9.30am for a 10am hit off. Entries close on February 10th and will be accepted on the day if the field permits. To register ring Beryl on 5429 5411 or Jan 0402 905 982.

Submitted by Nadie Hartnett -

\* Nadie Hartnett is a freelance writer and the Lancefield/Macedon Ranges Relay for Life publicity & promotions coordinator.

## What's New



New Canningvale quality queen size sheets. Smooth, breathable, 100% Egyptian cotton. Orders taken for other sizes and colours.

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## Woodend Rainfall Report 2011

Each month we add the rainfall details and the year to date total. Our rainfall report shows, 2005, 2006 2007 2008 2009 and 2010 comparisons. Please note that your own rainfall readings may not exactly match these.

	2006	2007	2008	2009	2010	2011	
January	49.8	83.5	17.1	0.08*	54*	227.5	Jan
February	53.1	27.4	22.1	2.5*	71.5*	115.0	Feb
March	20.6	35.7	25.4	42.5*	121*	35	Mar
April	46.4	20.2	20.4	51*	45	63.5	April
May	58.8	95.7	43.7	30.5*	39	73.5	May
June	36.0	105.1	88.7	66.5*	98.5	69	June
July	91.6	83.3	112.5	76.5*	87.5	82.5	July
August	30.8	34.8	52.2	107.5*	148.5	56	Aug
Sept	50.6	49.8	42.0*	88.5*	97	98.5	Sept
Oct	5.2	12.1	13.0*	46*	154.5	86	Oct
Nov	13.0	91.0	67.2	99*	193	82	Nov
Dec	31.0	101.2	96.0*	60*	93	120	Dec
<b>YTD:</b>	<b>486.9</b>	<b>739.8</b>	<b>600.3</b>	<b>670.5</b>	<b>1202.5</b>	<b>1119.5</b>	<b>YTD</b>

For the year of 2011 there was rainfall of

**1119.5mm**

1 inch = 25.4 mm therefore the total year 2011 is 44.07 inches

Statistical trivia: This brings the average rainfall for the last 9 years to 795mm compared to the average since 1890 which is 810mm,

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## Mark the date!

*Woodend Winter Arts Festival 8 – 11 June 2012*

*Queen's Birthday Long Weekend*

Now in its 8th year the Woodend Winter Arts Festival will again host a series of the world's best names in music and a packed literary and visual arts program.

With more than 30 events there is something to suit all tastes – including free events and events for children.

Thousands of festival visitors will experience solo performances, chamber recitals and small orchestral concerts in beautiful settings in and around Woodend and the Macedon Ranges. This year's musical program will include leading names of Australian jazz, guitar and piano and performances of Vivaldi, Schubert and Haydn.

The literary program will include some of Australia's most interesting and provocative authors and commentators – including a pub 'yarn' event, while the visual arts will include pottery, book illustration and a leading Australia comic and graphic artist.

The full Festival program will be available from 26th March, when bookings open.

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

Submitted by Alicia Patterson for WWAF

## Woodend Youth Space

On Wednesday 15th of February at 4:00pm the Woodend Youth Space will have its first meeting after the school holidays. This group is for young people aged 12 (year 7) to 20 who get together once a week for a few hours to do a variety of activities and events.

We have had music events, jumping castles, movies and much more. Afternoon tea is provided and all activities are supervised. Please call Kathy on 0429 570 407 or check our web site on [www.mrys.info](http://www.mrys.info) for more information.

Submitted by Kathy Dent, Youth Development Unit, MRSC



*Light painting at Woodend Youth Space*

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## Thank you to advertisers

The committee of the New Woodend Star wishes to thank all our advertisers for supporting us during the past year.

Each year net proceeds after costs from advertising in the paper are donated to The Rotary Club of Woodend. These funds are then used to support only local community projects within the Macedon Ranges area. In this way New Woodend Star customers can be assured that advertising in our monthly newspaper not only assists their own businesses but provides very important financial support towards vital needs within the local community.

Examples of recent local projects to which Rotary has donated funds include:

- Woodend Children's Park
- Annual Halloween Children's Party
- Proposed Rotary Exercise Track
- Australia Day Celebration
- Woodend SES
- Careers Night for Students
- Woodend CFA
- Macedon Ranges Wildlife Network
- Local Student Scholarships & Courses
- Woodend Youth Music Collective
- Woodend Scouts
- Woodend Business Association
- Macedon Ranges Heritage Society
- Woodend Defibrillator

A happy and prosperous New Year to you all!

Submitted by Brendan Watters, Rotary Club of Woodend



Woodend SES receiving funds from the Rotary Club



Just some of the many Rotarians who volunteer their time on a Saturday morning to hand fold The New Woodend Star for delivery

### Have you considered joining The Rotary Club of Woodend?

Put something back into this great community and be part of a worldwide organisation that helps build goodwill and peace allowing ordinary people to achieve extraordinary things and bring about exceptional change in the world.

Phone Brendan 5422 6442 for further information

## Red Cross

The next meeting of the Woodend Unit of Red Cross will be held on Thursday 2nd of February at 1.30pm. We meet at 39 High Street and new members will be made very welcome.

Submitted by M.Hocking



## Can you give me a home?

Maisy is a lovely friendly 1 year old girl who loves to play. Maisy has grown up in a household of cats and kittens and is good with dogs too. Maisy can be shy to begin with but it doesn't take long for her purring to start. Her adoption fee is \$180 which includes being desexed, vaccinated, microchipped, wormed and litter trained. Do you have a forever home for Maisy? See Maisy on [www.petshaven.com.au](http://www.petshaven.com.au) or visit her in person at 6/130 High Street Woodend, next door to Collier Office & Business Assist

Submitted by Fiona DeSilver for Pets Haven

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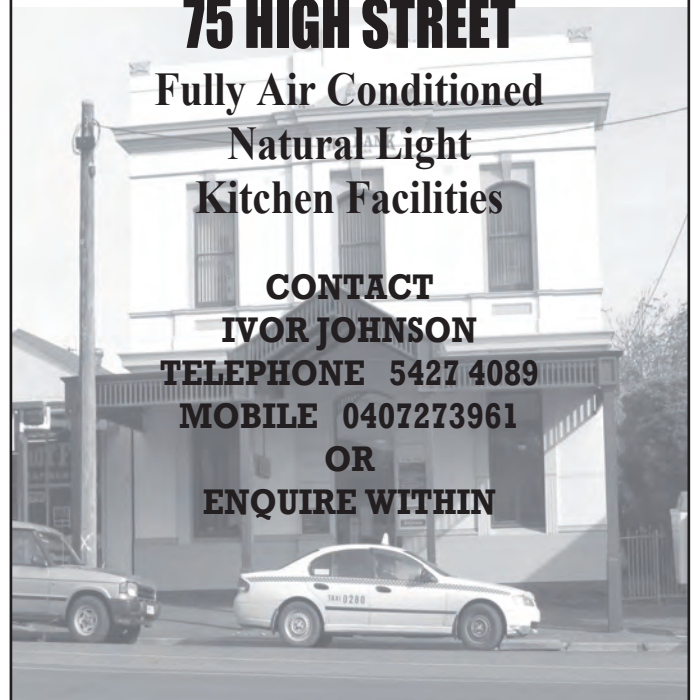
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White House Nursery is a new, boutique, rare plant nursery, in Fern Hill, owned and operated by Peter Harris and Jess Exiner.

Peter has been involved in horticulture for over 32 years, working with the Melbourne City Council, the Fitzroy Gardens and the Fitzroy Conservatory, the Chandler Nurseries, and in his own tube stock nursery, which became one of the largest in Victoria.

Through out his work-life, Peter has been collecting and growing rare plants in the knowledge that one day he would open his own rare plant nursery.

Jess has been involved in property and garden restoration, which includes his last project at 'Mawarra', the Edna Walling garden in Sherbrooke.

Jess & Peter moved to Fern Hill in August 2010 and started to build their nursery. The plants available have been collected over the past 30 years. Travels to China and South Africa on various occasions have assisted the collection.

Peter has always had a great love for Nerines. Nerines flower in the garden when everything else is fading, generally between February and May. When Peter had the opportunity to purchase one of the largest collections of Nerines in the world, he jumped at the chance. This collection is now at their nursery in Fern Hill and the varieties are being bulked up for sale.

At present, Peter has released 65 varieties for sale from the collection. They can be viewed at the nursery or online at their website; [www.whitehousenursery.com.au](http://www.whitehousenursery.com.au)

Visit the nursery at 412 James Lane Fern Hill Thursday to Sunday 10.00am - 4.00pm, Or by appointment. Mail Order - Bus Tours - Gate Sales.

Submitted by Jess Exiner

## Back to School at Woodend Library!

Woodend Library has an array of early literacy materials to help children learn to read and develop their reading skills, and a varied collection of non-fiction materials suitable for use in school projects.

To help your child with spelling, reading fluency and comprehension your library card gives you access to 'A World of Literacy' through the Intrepica database via our website at Online for Kids. New to Goldfields Libraries is Sunshine Online, which includes 'Funways' and 'Learning Space 1 2 3'. 'Funways' makes early learning in reading and maths fun and interactive for all pre-schoolers. 'Learning Space 1 2 3' provides animated and interactive learning in literacy and maths for primary school aged children.

For secondary school students, Woodend Library's collection might just have the gem you're looking for! For homework help, and to give your work an added edge, check out our online resources and databases via the Online Library from our homepage: [www.ncgrl.vic.gov.au](http://www.ncgrl.vic.gov.au).

Remember 2012 is the National Year of Reading! The National Year of Reading is about Australians becoming a nation of readers. We want to encourage children to become keen readers and find new sources of inspiration.

The Year of Reading will be launched on the 14th of February. We will be supporting this initiative throughout the year with programs and events. Check out the national website [www.love2read.org.au](http://www.love2read.org.au) and keep in touch with Woodend Library to see what's happening locally.

Woodend Library, corner Forest and High Streets, phone: 5427 2074. [www.ncgrl.vic.gov.au](http://www.ncgrl.vic.gov.au)

Submitted by Susie Prestney and Lulu Cockram, Woodend Library Managers



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*Nerines are a South African native bulb. In winter, the plant produces 4 – 6 strap-shaped leaves about 20cm long and 1cm wide. These leaves die down in late spring and the bulb lies dormant throughout the summer. Flowers start to appear in late February and continue till June, depending on variety.*

# 1st Woodend plans to invade Queensland in 2013!

The question remains... is one year enough time for Maryborough Queensland, to prepare for invasion by 1st Wooded Scouts and Leaders?

1st Woodend is planning a great year of activities and camps in the lead-up and preparation of our Scouts for the 23rd Australian Jamboree (AJ 2013) to be held in Maryborough, Queensland. 13,000 Scouts and their Leaders from all over Australia and overseas will arrive in Maryborough Showgrounds and Equestrian Park to attend the *Dream It Live It* at AJ2013 in the beautiful Fraser Coast Region.

On average a Jamboree will consume more than 80 tonnes of food, hire more than 120 buses a day to take close to 4,000 Scouts and Leaders off-site to the local attractions. AJ2013 will be a mini city in Maryborough as it will have its own mall, radio station, newspaper, medical centre, it's very own security as well as loads of onsite and offsite activities.

Activities on offer will include rock climbing, abseiling, laser tag, nerf zone, horizontal bungee, giant water slide, junkyard wars, blowervac soccer, spray painting, trapeze, clown school, stilts, trampolines, wood turning, welding, archery and mud volleyball, just to name a few!

If you are interested in attending AJ 2013 and are not yet a member of Scouts, and you are between 11 and 15 years old, call Sarah Campbell (1st Woodend Scout Group) to discuss how you could take part. 1st Woodend Scouts meet between 7.30 and 9.30pm on Friday evenings at 1st Woodend Scout Hall in Forest Street Woodend. If you are interested in finding out more about Joys, Cubs, Scouts, Venturers or Rovers please call Sarah on 5427 3788 or 0428 134 712.

Submitted by Leisa Macartney

# Indigenous History – Woodend

The Macedon Ranges has a strong indigenous association, with evidence to suggest that Aboriginal people have lived in the area for at least 26,000 years.

Tribal clans, mainly the Woiwurrung and Dja Dja Wurung, roamed along the grassy waterways of this region to hunt, fish and gather food across territory defined by tribal language, and bounded by geographical features such as mountain ridges, creeks or rivers.

The Woiwurrung (or Wurundjeri) people lived in the lands in and around the Yarra River and Maribyrnong watershed, which extended northwards to include the Macedon Ranges and the current towns of Gisborne, Macedon, Woodend, Heskett, Romsey, Riddells Creek and Lancefield.

The Dja Dja Wurung language group covered a very large area of central Victoria. It is thought that the lands around the present towns of Kyneton and Malmsbury were home to the Galgal Gundidj clan.

Both the Wurundjeri and Dja Dja Wurung communities are active today, with the Wurundjeri Council and Wurundjeri Elders working throughout the community to manage and care for their land.

Although not obvious or easily located, indications of the indigenous occupation of the Macedon Ranges can be found in the form of scarred trees, rock scatters, shell middens, quarries, grinding stones, ceremonial grounds and ochre pits.

Mount William, north of Lancefield, is one of the most important cultural sites of the Wurundjeri people, with highly-prized greenstone being extensively quarried for use as axe tools. Mount William was recently added to the National Heritage List in recognition of its national significance.

from [www.visitmacedonranges.com/macedon](http://www.visitmacedonranges.com/macedon)



**Living Word**  
Christian Church

Weekly Sunday Service Times: **10am** @ 7 Mitchell Court Romsey  
6pm @ Woodend Community Centre Woodend

Church Office:  
7 Mitchell Court Romsey Vic 3434; Postal Address: P.O.  
Box 164 Romsey Vic 3434 Ph 5429 6327;  
Email: [livingword@iprimus.com.au](mailto:livingword@iprimus.com.au); Web: [www.livingwordcc.com.au](http://www.livingwordcc.com.au)  
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## Woodend Senior Citizens

Thank you to everyone who supported our Christmas hamper raffles, the winners were 1st P. Salwat, 2nd Hazel, 3rd Pat Ryan, 4th Robyn Clarke, 5th Tess.

Come join in our activities: Tuesday 7th February at 10.15am watch DVD film 'Mamma Mia' and on 21st 'Pretty Woman'. Every Tuesday at 1.30pm Button Bingo – Win A Gift. Fridays: Carpet Bowls at 10.30am and Cards at 1.30pm.

General meeting and trading table with a speaker from the Ambulance Service on Friday 3rd February 2012 at 10.30am followed by BYO lunch and 1.30pm fun afternoon and cards.

Bus trip Monday 13th February to Geelong for a luncheon cruise on Corio Bay, please book by 3rd February.

New members welcome

Submitted by A. Warnock president 5427 1644

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## Woodend Playgroup Enrolments

Woodend playgroup located in Forest Street is now taking new enrolments for 2012. We are a self funded organisation run by volunteers that offers a venue where parents and children can meet on a weekly basis. We have great indoor and outdoor facilities catering for children aged 0-5. Playgroup is taking enrolments for 2012 on Friday February 3rd 10am – 12 midday.

We welcome new members. If you would like to meet new people in your community or have just moved into the area playgroup could be just the place for you. Our sessions run every day of the week, and groups cater for children of similar age. For enrolments and enquiries, please call Emma on 5427 1867 or 0447 621 855.

If you have any ideas or suggestions for Woodend Playgroup and would like to be part of our 2012 Committee we would love to hear from you. Our AGM is scheduled for Monday 20th February @ 7.30pm located at Forest Street Woodend. Look forward to seeing you there.

Submitted by Kerri (Woodend Playgroup)



Youngsters enjoying story time at Woodend Playgroup

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# 25th Annual Picnic at Hanging Rock

*Macedon Ranges & District Motor Club*

Join us on Sunday 12th February 2012 for the 25th Annual Picnic at Hanging Rock, a show designed for classic vehicles.

Entry fees are \$20 per car/truck, \$5 for motorcycles and pedestrians (children free), and \$5 a head for adults on buses.

This is an event not to be missed by all motoring enthusiasts.

Entry conditions apply for all vehicles entering into the designated display areas - general parking for all vehicles not 25 years or older.

Display area access from 7:30 am, general parking areas from 8am.

Submitted by Macedon Ranges & District Motor Club



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## WOODEND CEMETERY TRUST

The Woodend Cemetery Trust is seeking expressions of interest from suitably qualified members of the community who would be interested in serving on the trust.

Cemetery trust members are appointed by the Governor in Council and are responsible to the Minister for Health for the proper and efficient management of public cemeteries under the control of the trust.

The appointment to The Woodend Cemetery Trust is honorary and will be for a term of up to 5 years. Current and previous cemetery trust members may apply for reappointment as part of a competitive selection process.

To register your interest, please contact Mr Keith Garlick in writing to The Secretary, Woodend Cemetery Trust, P O Box 179 WOODEND VIC 3442 or by telephone on 5427 2838 or by email to: [admin@bfos.com.au](mailto:admin@bfos.com.au) within two weeks of the date of this advertisement.

## Woodend Auxiliary Kyneton District Health Service

As usual, our auxiliary had wonderful support from the community for our Christmas Raffle in December 2012. We raised well over \$800, which like all our fundraising, will go directly to the benefit of patients. The lucky winners were:

- 1st Prize – Margaret from Woodend
- 2nd Prize – Joanne from Gisborne
- 3rd Prize – Alison, from Community Health

Hao, the proprietor of Woodend Post Office, donated a cuddly, jingly toy, which was included in the main basket of goodies.

The Auxiliary's first meeting for the year will be held at 20 Sullivans Road on February 9th, at 1.30 p.m.

Of interest for many parents-to-be is the news that the KDHS will be holding a Maternity Expo during March. Details are not yet finalized, but the event will be widely publicised as soon as possible. This event will enable you to find out all you need to know about services available in the community for expectant and new parents.

Submitted by Jo Clancy



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## Macedon Ranges Film Society

The third season of the Macedon Ranges Film Society (MRFS) gets under way at Woodend Community Centre on Wednesday February 8th with Billy Wilder's immortal comedy, *Some Like It Hot*. This was originally scheduled for our season finale for 2011 but that was the night when that incredible storm took out the power lines. Remember that?

In our first two years the society has grown to a membership of fifty five and, now, in our new location of the Woodend Community Centre we have the capacity to welcome up to about fifty or so more. So if you love the experience of seeing good movies on a big screen but find the trudge into Melbourne and back too stressful, you can now enjoy a stress-free night out at the movies locally every month by joining the MRFS.

We meet every second Wednesday every month from February to November. Doors open at 7.00 p.m. Membership costs \$60 for the season, which works out to only \$6 per session. After the movie, members stay to enjoy a chat and some refreshments.

The season's programme is a mix of old and new, of drama, action, crime and comedy and of Hollywood and Art-house - something for everyone.

The programme for the 2012 season kicks off with:

- February 8th: *Some Like it Hot* - America, 1959
- March 14th: *Hair* - America/Germany co-production, 1979
- April 11: *Heavenly Creatures* -NZ/Ger. co-production, 1994
- May 9: *The Princess Bride* - America, 1987
- June 13: *Goodbye Lenin* - Germany, 2003

Membership and General Enquiries: Victoria Wells, President, and/or Lorraine Rutherford, Secretary.  
mrfilmsoc@gmail.com or phone 5427 2323

Submitted by Bernie Green

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## Woodend Landcare in 2012

As usual, our greatest challenge this year will be protecting our previous plantings from weed invasion. If we don't keep at it, we will lose the battle and only the tree species will survive. The smaller species will be smothered by blackberries and other woody weeds.

This year we hope to fight the weeds on two fronts. Our worthy "Thursday Crew" will continue to do battle every week with the worst of the woody weeds. If anyone wants to work with a really friendly group on a regular basis, please contact Stewart on 54274615.

We are also hopeful to obtain funding from the Catchment Authority to pay contractors for large scale weed control works in other areas.

A by-product of the last two wet years has been a huge outbreak of one of the worst weeds – blackberry. The seeds have been washed in from upstream properties where some neglectful owners have been letting them proliferate. If we let them grow, they can obliterate our shrubs and grasses in no time at all.

Our first working bee for the year will be held as a "Twilight Working Bee" on Friday 3rd February. This working bee will be based at the northern end of Wood St. and commences at 4.30pm. As dusk approaches, we will finish with a sausage sizzle. If this appeals to you, please come equipped with sturdy gloves and boots and a whipper snipper if you have one. We hope to clear weeds from around our plantings and tidy up plant guards.

As well as the weed works, Landcare is running training sessions on chainsaw use. These short sessions are proving invaluable to those who are new to chain-saws and providing useful safety reminders to those of us who "know it all!"

Submitted by Peter Yates



Landcare volunteers hard at work

## News from the Woodend RSL Women's Auxiliary

We would like to wish you all a bright happy new year and hope that your Christmas was a very happy one.

Our auxiliary usually takes time off during January but due to a number of parties and Australia Day we had to cut our time off short.

We have changed our meeting days from Saturday to Thursday to be more convenient, the next special meeting in January at 10 am Thursday 16th February. We are always seeking new members to lighten our load and I must stress that you do not have to be a member of RSL anyone from 18 onwards is most welcome if you can spare an hour or two a month, so please consider becoming a member of the auxiliary. We are a happy group who will welcome you.

We host a popular dine and dance that caters for nursing home persons and again I stress that anyone not a patient is welcome to come along and enjoy a light lunch. Entertainment for \$10, the first for this year is Wednesday February 1st at 11.30am. This is a fun day not to be missed and is sponsored by Health and Community care and held every month.

Submitted by Betty J Barned.

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## Join a User Workshop to Help Shape Council's New Website

Macedon Ranges Shire Council is redeveloping its website and looking for local residents and businesses to participate in some user workshops in February and March 2012.

You will find these workshops fun and informative – with the guidance of a usability consultant and Council staff you will discuss what you do and don't like about our website and other council websites. You'll gain some interesting insights into how you and other people use the web to find information!

This is an opportunity for you to shape Council's new website so that it is engaging, useful, informative and accessible to all members of the Macedon Ranges community.

As a thank you, you will receive a free pass to Hanging Rock along with your choice of one of the following:

- Movie tickets
- Coles/Myer gift card
- iTunes gift card
- Tickets to a show of your choice at the Kyneton Town Hall (subject to ticket availability).

To register your interest, please contact Gemma McAlinden, Communications and Public Relations Coordinator at Macedon Ranges Shire Council on 5422 0310 or [gmcaldinden@mrsc.vic.gov.au](mailto:gmcaldinden@mrsc.vic.gov.au)



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# Eating Out, In & Around Woodend

## 'Hanging' for the Harvest Picnic at Hanging Rock

This summer get ready for a day devoted to feasting on fabulous local fare from more than 100 Victorian producers who will gather for The Age Harvest Picnic at Hanging Rock from 9am to 5pm on Sunday 27 February 2011.

In addition to the variety of produce on offer, the Picnic will inspire some artistic flair in your kitchen with the Neff Cooking Demonstration Marquee showcasing cooking demonstrations from some of Australia's best known chefs, including Stefano de Pieri, owner of Stefano's Italian restaurant in Mildura who will mix up classic dishes incorporating his passion for local produce. Hellenic

### High Tea at Campaspe

Every Sunday afternoon, Campaspe House offers a traditional High Tea in the lounges of our historic 1920's Manor House. Ladies of all ages and distinguished gentlemen too, are enjoying special occasions such as anniversaries, birthdays, girl's weekends, hen's days or just enjoying a Sunday afternoon out. \$35 per person, reservations essential call 5427 2273 to make your booking.



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Republic's Head Chef Travis McAuley will have some great tips on preparing Greek cuisine, while Jake Nicolson will display why he was recently promoted to head chef at Circa The Prince, using the best seasonal produce to cook up a storm. King of all things chocolate, Grant Inches from Koko Black will get chocolate lovers hearts racing with mouth-watering treats.

There will be a range of live entertainment from folk, jazz and blues band Jugularity, while Combo la Revelacion will provide energetic, vibrant Latin American music, which will give picnic patrons a chance to get their dancing shoes on. The Picnic is also about the youngsters and they are sure to be entertained with an assortment of free activities.

Admission includes: entry to The Age Harvest Picnic at Hanging Rock, access to Hanging Rock Reserve, live entertainment, free entry to the Neff Cooking Demonstration Marquee, car parking, a visitor's program, and a copy of The Sunday Age.

For further information about The Age Harvest Picnic at Hanging Rock, including how to purchase tickets, location details and accommodation, visit [www.harvestpicnic.com.au](http://www.harvestpicnic.com.au) or 'Like' the Harvest Picnic Foundation on Facebook.

Submitted by K Hunt for Harvet Picnic



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## New scanner frequencies for CFA Woodend area

If you have a scanner and have previously been able to tune into the activity of the Woodend Fire Brigade, and other Brigades in the Macedon Ranges region, you will have noticed that recently you have not been able to get local information on the old channels. The reason for this is that the Brigades in the Macedon Ranges Region are now transmitting through District 2 rather than District 14 as was the case at the end of last year.

You can easily tune into the new channels

It is a simple task to change the frequencies on your scanner, and here is a list of the major Scanner Frequencies that cover our region. Please note, that local Brigades now turn out on Channels 210, 106 or 20. If you live in areas north of Woodend, most communication will be on Channel 106.

District 2 Vicfire Channel 210	162.22500
District 2 Vicfire Channel 20	162.62500
District 2 Vicfire Channel 106	163.4375
District 2 Channel 209	162.7375
District 14 Channel 63	161.1500
District 14 Channel 64	161.0500

District 15 Channel 67	161.0250
District 15 Channel 69	161.2000
District 15 Channel 79	161.0000
DSE Channel 154	163.0625

### Fire restrictions are now in force

The Fire Danger Period in the Macedon Ranges came into force on Boxing Day. If the CFA is called to an illegal burnoff during the Fire Danger Period, we have a Zero Tolerance Policy which means the Police must be called to the scene and serious charges and penalties may be incurred.

- Under fire restrictions, a permit is required to burn off grass, undergrowth or weeds. This permit is issued by the Municipal Fire Prevention Officer.
- Lighting a fire in the open without a permit is an offence and can bring a penalty of up to \$5,500 or 12 months imprisonment.
- Barbeques and fires for cooking and warmth do not require a permit, but must be lit in properly constructed fireplaces, within limits of wind speed and clearance perimeter, and are to be supervised at all times.
- The Can I or Can't I? brochure, available from the CFA website, features the differences between Fire Restrictions and Total Fire Ban days.

For further information contact Captain Mick Christie or 1st Lieutenant Mike Dornau at the Woodend CFA on 5427 2356, visit the station in Urquhart Street or our website: [www.woodendcfa.org](http://www.woodendcfa.org). The Woodend CFA is a volunteer emergency service, committed to Creating a Safer Community.

Submitted by 1st Lieutenant Mike Dornau, Woodend CFA



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With 25 years experience Paul Cooney from A Class Solar Systems and Rock Plumbing can personally discuss your needs, supply and install the system as well as do all the paper work for recs and rebates.

With the Woodend Sustainability Expo coming up on the 12th February now is a great time to find out more about solar hot water. Paul has been invited as a guest speaker to the expo so if you have any questions regarding solar hot water systems please feel free to catch up with him there or call him at "A Class Solar" on 0407 511 836.

Submitted by Paul Cooney

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## Woodend Neighbourhood House

We start the New Year off with a range of interesting and exciting courses to tempt you to try something new in 2012. Whether for educational and employment pathway options right through to self development and hobby or exercise classes there is something for everyone.

We offer a range of pre-accredited training, giving you the option to study in small classes close to home. Courses include skills for getting a job, introduction to retail, computer classes for beginners and more advanced plus an introduction to property maintenance.

Are you keen to get fitter this year? If so check out our variety of affordable exercise classes including cycling, Pilates, Yoga, Bellydance, Zumba, Tai Chi, seniors exercise and new this term a seated Tai Chi class.

Many of our regular classes are returning along with a few new classes. Are you considering keeping livestock? If so our Beginners Guide to keeping Livestock will introduce you to different animals, their upkeep, welfare, laws, pests and lots more.

Do you enjoy art? Learn more about book illustrations or painting with acrylics. Languages interest many people and we offer French, Spanish and German classes. For keen sewers there are monthly Saturday workshops bringing people together to learn new skills or bring along your unfinished craft and sewing projects as well as our regular Wednesday sew, stitch and knit group.

Computers are part of our lives so why not learn about Twitter or Facebook, we have free workshops, brought to you by ABC Open. We also offer regular beginner and more

advanced computer classes, preparation of photographs for publication and digital camera classes.

Children are not forgotten with art classes, Pokemon, Zumba, drama and science for home schooled children.

The House is hosting a Beannie Challenge this year and invites you to sew, knit or crochet an extraordinary Beanie. Entries will be displayed throughout the year.

Thank you to everyone who supported our Christmas raffle and congratulations to Janelle Gehling & Ronelle Hutchinson who were the lucky winners.

Our AGM is coming up in March. Do you have a few hours to spare a month and are interested in becoming more involved with a community organisation? We welcome new faces, whether you have specific skills or a general interest in the Neighbourhood House. Call in for more information.

For details of all courses and opportunities ring 5427 1845, visit 47 Forest St or look on our website [www.woodendnh.org.au](http://www.woodendnh.org.au)

Submitted by Sarah Campbell Coordinator



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## Make a Healthy and Active Start to 2012

Would you like to live a healthier lifestyle? Are you interested in doing more physical activity and eating better, but don't know where to start?

Healthy and Active Macedon Ranges is a new initiative coordinated by Macedon Ranges Shire Council aimed at engaging the community in healthier and more active lifestyles. To kick off in 2012, the following two exciting programs are on offer:

### *Kyneton - Live Well, Be Well, Stay Well*

A self-management and lifestyle modification program where participants learn about healthy eating and nutrition and engage in a variety of physical activities.

Every Tuesday from 14th February - 27th March (7 weeks), 9.00am - 11.00am at Kyneton Sports & Aquatic Centre Clubrooms, Victoria Street, Kyneton. \$5.00 per person.

### *Kyneton - Cooking for One or Two*

A basic cooking skills program that gives participants confidence in preparing healthy meals using easy cooking techniques. Participants create and share a main meal at each session and learn about nutrition, food hygiene, budgeting and weight control.

Every Tuesday starting 14th February - 20th March 2012 (6 weeks), 11.30am - 1.30pm at Kyneton Town Hall, 129 Mollison Street, Kyneton. Gold coin donation.

Join in today and start living a healthier lifestyle! To register or for further information, call (03) 5422 0216 or email [healthycommunities@mrc.vic.gov.au](mailto:healthycommunities@mrc.vic.gov.au)

The Healthy and Active People Initiative is delivered by Macedon Ranges Shire Council in partnership with Cobaw Community Health and is funded by the Australian Government.

Submitted by G. McAlinden, Communications and Public Relations Coordinator. Macedon Ranges Shire Council

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## Upcoming Events

### February 2012

- 3 Woodend Play Group enrolments
- 3 Woodend Landcare 'Twilight' working bee
- 3 Woodend RSL – Dinner & Entertainment Karaoke
- 8 Macedon Ranges Film Society – Some like it hot
- 10 Woodend RSL – Celtic & Cobbers
- 11 Macedon Ranges Sustainable living festival
- 14 Healthy & Active People Initiative – Live Well, Be Well, Stay Well
- 14 Healthy & Active People Initiative – Cooking for One or Two
- 15 Woodend Business & Traders meet & greet
- 15 Woodend Youth Space activities
- 17 Lancefield-Macedon Ranges Relay for Life – Magic Show
- 18 Woodend RSL – Dinner & Entertainment Karaoke with Ricky Lee
- 19 Lancefield-Macedon Ranges Relay for Life – Golf Charity Day
- 27 Harvest Picnic at Hanging Rock

### March 2012

- 3-4 'Relay For Life' Lancefield Park
- 14 Macedon Ranges Film Society – Hair
- 17 Woodend Neighbourhood House Whole town garage sale
- 24 Woodend Carnival, hosted by St Ambrose School and Parish

### April 2012

- 11 Macedon Ranges Film Society – Heavenly Creatures

### May 2012

- 9 Macedon Ranges Film Society – The Princess Bride

### June 2012

- 8 – 11 Woodend Winter Arts Festival
- 13 Macedon Ranges Film Society – Goodbye Lenin

All community groups and events are invited to submit their dates for listing on the community events calendar

### COMMUNITY GROUPS CONTACT DETAILS

- Alcoholics Anonymous, Friday night, Cobaw Community Centre, 0409 131 144
- Australian Breastfeeding Association, Heather, 5427 2398
- Cobaw Thursday Walking Group 5427 3340
- Daylight Masonic Lodge, 5427 2480
- 1st Woodend Scout Group, 5427 1251, Roger
- Friends of Macedon Ranges Library, Chris/Bill 5427 2469
- Garden Club, 5422 6062 / 5427 3340
- Kyneton Municipal Band, Doug, 0411 420 113
- Lancefield-Macedon Ranges, Relay For Life, Melissa, 0438 831 427
- Living Word Christian Church, 5429 6327
- Historical Society, Courthouse, 5427 2523
- Macedon Ranges & District Motor Club, 10 Webb Cres, New Gisborne 1st Wednesday each month 8pm
- Macedon Ranges Animal Aid, Buffalo Sports Stadium, 5427 1752
- Macedon Ranges Bridge Club, 5420 7595
- Macedon Ranges Families of Children with Disabilities Support Group, 5427 3365
- Macedon Ranges Residents Assoc., 5427 1481 or 5427 2651
- Macedon Ranges Communicators (ITC), 5427 2669
- Macedon Ranges Photographic Society, Ron Mathews, 5427 3284
- Parent Support 4 LD, - Kerrie 0414 432 158
- Probus, 5427 2003
- R.S.L., Anslow Street, 5427 3122
- Red Cross, 5427 1260
- Rotary Club of Woodend, meetings weekly at Vic Hotel Thursdays 6.45pm, Brendan 5422 6442
- St. Mary's Guild, 11am, 4th Wednesday of month
- St. Mary's Street Stall, 9-12 noon outside Woodend Newsagency (2nd Sat of the month)
- Woodend Landcare Group, Jo 5427 1909 or Doug 5427 0666, 3rd Tues Meeting, 4th Sunday Working Bee
- Woodend Art Group, Railway Station, 5427 1659
- Woodend Hanging Rock Petanque Club, Hanging Rock Reserve, 5427 2477
- Woodend Lions Club, Meetings 2nd/4th Wednesday each month, Robyn Roberts, 5427 1342
- Woodend Model Railway Club, Buffalo Stadium
- Woodend Neighbourhood House, 47 Forest St, 5427 1845
- Woodend Pony Club, 5427 2793
- Woodend Senior Citizens Club, Comm. Centre
- Woodend SES Training Nights Monday, Urquhart St
- Woodend Tennis Club Nadine, 0439 399 838
- Woodend Winter Arts Festival Inc., Jacky. 0417 225 268

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- Collier Office & Business Assist and Woodend Copy Centre**  
5427 3092
- Pets Haven**  
5427 3603
- Mitre-10 Woodend Hardware**  
5427 2314
- BP Woodend**  
5427 2248
- Target Country**  
5427 4366
- Macedon Ranges Travel Services**  
5427 4777
- Kosmac & Clemens: optometrists**  
5427 4577
- Woodend Cycles**  
5427 2662
- Salvation Army Family Store**  
5427 4421
- Loose Change Bargains**  
5427 4466
- Bodywise Underwear**  
1300 66 17 66
- Australia Post**  
5427 2600
- Feeling Framed**  
5427 4455
- The Spa Beauty Therapy Centre**  
5427 3322
- HIGH STREET SHOPS**
- Color Me Cooper**  
5427 1454
- Chelleon For Hair**  
5427 3246
- RT Edgar Real Estate**  
5427 1222
- Woodend Bakery Cafe**  
5427 3434



## 1920s weather board: Yes you can have a 7 Star Home!

ECOMASTER, a Gisborne based business, have been assessing and retrofitting homes since 2003. They knew their results were very good, but never dreamed that you could bring an old rattly weatherboard up to a 7 star home rating. Just recently, one of their clients did just that.

The home is very typical of the era where post war homes were built en masse to meet the property demand. The home is timber construction finished in weather board external lining with a pitched roof. It has timber floors sitting on stumps (highly ventilated) with mostly original doors and double hung windows. Over the years it has had some modification with the addition of rooms to the rear of the home.

The environmentally aware owners found the home very cold in winter, despite running two electric heaters throughout the day. They decided that it was time to investigate what they could do to improve the home's thermal performance. Whilst they could have under-taken some DIY measures the couple wanted to call in the experts to get a true picture of their home and make a priority list for improvement.

In 2008 they commissioned ecoMaster to conduct an assessment of the property to see what would be the most effective way to improve its thermal performance. The main aim of the assessment was to uncover the best use of funds for the greatest improvement in saving energy and making the home more comfortable.

Adopting the recommendations over a four year period, which included upgrading the insulation in the ceiling, underfloor and walls, draught proofing and secondary glazing with ecoGlaze.

The redundant vents, which are very common for this era of home and are no longer needed (unless using open fireplaces or unflued gas heaters), were simply closed off with sealant. All external doors and sash windows were fitted with new timber perimeter seals to eliminate draughts. The exhaust fan was replaced with a self-sealing exhaust fan.

The ceiling had been insulated some years earlier with blow-in cellulose and had varying depths across the roof space which offered a resistance value of around R1.5. The pitched area of the roof was significantly improved by adding an environmentally sound R2.0 Polyester batt over the existing cellulose product and adding a reflective pleated batt to reflect radiant summer heat. This measure now offers a finished resistance value of R4.9 in summer and R4.2 in winter which is well above the minimum building code for the area.

As the home had a highly ventilated sub floor, it was treated by installing the environmentally sound R 1.5 Polyester batt (GreenStuf) between the joists of the floor and then sealing over the complete subfloor with Air-Cell Retrosheild. This treatment with the timber floor now offers a resistance value of around R2.9.

As many of the other areas in the home were now treated it was only the windows that were preventing the home from reaching its highest possible star rating. With the new developments in secondary glazing, the home's original windows could be used to create cost effective double glazing. The new "ecoGlaze" system allowed additional components to be added to the existing frames to create a still air space of around 12-18mm (the desired separation for the best thermal performance). This final piece of the puzzle allowed the home to reach its current star rating of 7 Stars.

### The Benefits

The owners of the home now enjoy a 7 Star rated home

- cool in summer, warm in winter,
- significantly reduced energy costs,
- quiet and comfortable all year around.

You can achieve this too! For further information refer to

[www.ecoMaster.com.au](http://www.ecoMaster.com.au)  
or call (03) 5428 8526

## Cancer and Natural Therapy Foundation

### What's on in February

The Cancer and Natural Therapy Foundation is a non-profit, registered charity organisation aimed at assisting people in accessing information and resources in the area of natural therapies and expanding health care options, to enable them to make informed choices. The Foundation offers a holistic and integrative approach to health care and well being, respecting peoples right of choice.

The Foundation provides the following services and resources: information and referral, resource library, professional counselling, guest speaker program, support groups, reiki healing, ifas treatment, ear candling, quarterly newsletter, self help workshops and educational films.

### Weekly Support Groups:

- Health Awareness Support Group  
Offering meditation, reiki healing and general discussion on natural therapies and preventative medicine. Tuesday 7.30-9.30pm.

- Self Empowerment and Healing Support Group  
For confidence building and positive living. Thursday 10-11.30am

### Workshops & Film Documentaries for February

- Reiki II Certificate Course  
Conducted by Gary McKenzie. Sunday 26th of February 1-6 pm. Bookings essential!
- The Healing Mystery of "Joao De Deus", Film Documentary. Tuesday 28th of February 7.30pm.  
Held at Neighbourhood House and Community Centre, Elizabeth Drive, Sunbury. Phone: 9740 3977 (Monday /Wednesday/Friday) or Sandra on 0411 100 947  
Website: [www.cancernaturaltherapyfoundation.org](http://www.cancernaturaltherapyfoundation.org)

Submitted by Sue de Jonge

Joan P Jane

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## Forestry company fire ready

There was no smoke and no fire but that didn't stop forestry company HVP Plantations rigorously testing the fire readiness of its firefighters during a full day exercise at its Macedon plantations recently.

The exercise, in the company's pine forest off Black Forest Drive, was designed to test the navigational and communications skills of staff and their ability to respond to fires off the beaten track.

HVP operates Forest Industry Brigades (FIBs), specialist forest fire fighting units which are part of the CFA. All FIB equipment and personnel is funded by the plantation industry.

The company's Victorian fleet includes a first attack helicopter, a surveillance plane, 18 4WD drive tankers, 32 Toyota Landcruisers with 400 litre slip-on tanks, plus access to heavy plant including bulldozers and graders.

"This exercise was about organising people and resources and testing our knowledge of fire behaviour," said HVP's community and risk coordinator Ruth Ryan.

"We recognise fires don't just start and stop at property boundaries and so join the fire fight when appropriate," said Ms Ryan. "We will often respond to fires outside our plantations to minimise their size and therefore their impact on the whole community."

Victoria Police Highway Patrol officers from Kyneton took part in the exercise and Ewan Waller, chief fire officer with Victoria's Department of Sustainability and Environment (DSE) provided a briefing and overview of the fire season, warning February and March could be the danger months.



HVP's Stephanie Green and Stan Fielder put out a 'fire' in the Woodend pine forest off Black Forest Drive

In line with State Government policy on safety and community warnings, HVP crews went through a Red Flag Warning procedure, practised sheltering in a burn-over situation and considered what types of messages may need to be provided to residents in Macedon, Mt Macedon, Woodend and Gisborne if fires occur on extreme fire danger days.

HVP is one of the biggest private plantations companies in Australia and its fire crews play an important role in protecting 60,000 hectares of native vegetation and 165,000 hectares of plantation which make up its Victorian estate.

Submitted by Sue Peacock for HVP Plantations

## Carlsruhe community corner

### Carlsruhe Planning Group and Carlsruhe Landcare Group

We would like to thank all the members of the community who came to the Opening ceremony. Despite some early strong winds the day went off very well and everyone had a good time. The play area was opened by Councillor Henryka Benson, and the children then gave all the play area equipment a great workout. Unfortunately the BBQ wasn't working but has now been connected and is open for use by the community.

Members of the Landcare Group have spent a lot of time keeping the areas around the play area and BBQ mown and tidy, and also in mowing the large tracts of grass within the township as part of fire prevention. All community members should be very appreciative of their work.

Anyone interested in this development can contact the group at email address: [carlsruhecpag@hotmail.com](mailto:carlsruhecpag@hotmail.com)

A website dedicated to Carlsruhe has been created, go to [www.carlsruhe.com.au](http://www.carlsruhe.com.au)

### Diary Dates

- Landcare Group first meeting of the year is on Monday the 6th of February at 7.30 pm
- Community Planning Group... first meeting of the year is on Tuesday the 7th of February at 7.30 pm

All community members are welcome to attend.

Submitted by Margaret Glen



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### ***Fit in Life* - Gym**

***Fit in Life***, the Brooke Street Medical Centre Gym will open in February. We can assist people with injuries via rehabilitation or people with chronic disease risk factors.

***Fit in Life*** is for people who need an exercise program developed to meet specific health needs. After a comprehensive assessment, a unique gym program is developed to target your specific health problems or risk factors.

To become a member of ***Fit in Life***, patients must have 2 x 40 minute consultations with our Exercise Physiologist – first, to assess your individual health needs and exercise capacity; second, to supervise you through your individual gym program to ensure proper technique.

For other details about membership requirements and fees, please see one of our reception staff.

### **On Code RED fire risk days the Practice will be closed**

**For urgent medical care (on Code Red Days only)  
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**0428 902 652**

Between 8.30 am and 6pm Mon-Fri or until 1pm Sat  
this is the sole number to reach the on-call doctor.

Then from 6pm Mon-Fri (or after 1pm on Sat)  
**call our usual afterhours number**

**1300 55 75 12**

### **Welcome to new students**

A new group of Monash University 4<sup>th</sup> year Medical students will join the Practice on Monday 13 February. Where patients consent, they are first seen by a student followed by a consultation with the GP and the student assisting. These appointments help medical students learn such things as how to take a history, diagnose and treat patients.

Please let our receptionists know if you would prefer not to be seen by a student.

### **Farewell Nyan**

We bid farewell, with our thanks and best wishes, to Dr. Nyan Win whose time at the Practice is now complete. He is off to Horsham for the next phase of his post-graduate education and experience. GP registrars such as Nyan typically train in a range of General Practices in order to gain a variety of experience during their GP training.

### **Do your loved ones know?**

Organ and tissue donation will be a key topic for patients to consider during DonateLife Week, 19 – 25 February 2012. Brooke Street Medical Centre is supporting a week of activities and information to help the local community better understand and make decisions about organ and tissue donation.

It is vital that your wishes about donation are known by your loved ones. Even when people register to be an organ and/or tissue donor, their families are still asked to give consent.

Brooke Street clinical staff will receive training to answer any questions you may have about organ and tissue donation. In addition, DonateLife staff and local resident Michelle Minchew, who has lived through the experience of a loved one awaiting an organ transplant, will be available during DonateLife week to speak to patients.

### **Skin check clinics**

Please book a place in one of our Skin Check Clinics – these consultations are bulk billed and offered to screen for possible skin cancers. Cancers caught early have lower death and disability rates than those found in the end stages.

### **SMS notifications**

We will be trialing a new SMS appointment confirming service during February. When you're next in, please advise our receptionists of your current mobile phone number so that we can send you a reminder text about your appointment.

**Brooke St. Medical Centre – tel. (03) 5427 1002 (after hours: tel. 1300 55 75 12)**

## Australian Decorative Fine Arts Society

You are warmly invited to join the Australian Decorative Fine Arts Society Central Victoria- ADFASCV for short!

ADFAS is a nationwide organization dedicated to promoting interest in the arts.

Our society offers an annual series of lectures covering a wide variety of arts subjects. Past topics include the work of Gustav Klimt, Samuel Pepys, the Queen of Sheba and Norman Rockwell.

Most lectures are presented by visiting overseas speakers. Highlights of the coming year will be a talk by Anne Sebba, whose recent biography of Wallis Simpson, 'That Woman', has been well received in the UK. All lectures are fully illustrated and are followed by a light supper, served with wine. The cost of each evening is less than \$20, payable by a single annual subscription. The 2012 season begins on March 1st.



Lectures continue to be popular with the Central Victorian Decorative Fine Arts Society

The lecture programme is complemented by supplementary events and trips to places of interest.

In 2012, ADFASCV offers a drawing master class, a visit to a private collection of musical instruments, and a guided tour of the Art Series Hotels in Melbourne.

For comprehensive information about the society please refer to [www.adfas.org.au](http://www.adfas.org.au) or contact Caroline: 5422 3293

ADFAS is open and inclusive. Everyone is welcome. Please join us.

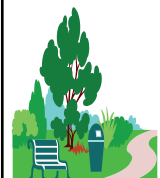
Submitted by Caroline Boehm

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## Welcome to the Woodend Star Kids Club February Birthdays

15 <sup>th</sup>	Sam Forbes .....	Turns 11
16 <sup>th</sup>	Jayden Bullard .....	Turns 12
12 <sup>th</sup>	Kellie Ingleton .....	Turns 12
16 <sup>th</sup>	Alice Bills .....	Turns 13
17 <sup>th</sup>	Tyler Daniel Sturt .....	Turns 11
20 <sup>th</sup>	Joseph Hebb .....	Turns 10
22 <sup>nd</sup>	Luke McVicar .....	Turns 13
23 <sup>rd</sup>	Jane K. McLeish .....	Turns 14
25 <sup>th</sup>	Sam Hayward .....	Turns 14
25 <sup>th</sup>	Malachi Anderson .....	Turns 10
25 <sup>th</sup>	Chantelle Takos .....	Turns 10

## Happy Birthday Everyone!

### JOIN THE WOODEND STAR KIDS CLUB

Fill in your details below and send to P.O. Box 387 Woodend  
Age limit is 13 years old. Must be a resident of the 3442 postcode

Full name: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Phone: \_\_\_\_\_

Parent/Guardian

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Succession planning ensures a smooth transition for an individual when transferring business activities and assets to the next generation or other successors and can be beneficial:

- when planning to retire from work;
- when handing over business activities;
- in evaluating whether to sell a business or hand down to family members;
- protecting assets in the event of a relationship breakdown; or
- as part of prudent estate planning.

Succession planning will align your current business and asset ownership structures with your intentions for the future through a process of:

- defining your objectives;
- establishing a plan and timeline for implementation of those objectives;
- analysis of your current structures and future requirements; and
- turning the plan into action.

Succession planning forms a significant part of retirement planning. Timely consideration of business structures is often a necessary pre-cursor to enacting tax effective retirement strategies within a Superannuation Fund.

To discuss please contact Andrew Marshall or Janine Orpwood - 54273790 (85 High St, Woodend)

### Career Opportunities

If you would like to discuss a career with Langley McKimmie, please call or email us.

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[www.langleymckimmie.com.au](http://www.langleymckimmie.com.au) E: [info@lmadvisors.com.au](mailto:info@lmadvisors.com.au)

## Life as we no longer know it

Yet another friend has just begun chemotherapy and a new year ripe with the promise of fun times and exciting opportunities is disintegrating into a brutal regime of tests, medications and the ultimate endurance challenge of heart and mind.

As too many of us well know, cancer is an insidious beast that indiscriminately worms its way into the body and buries, grows or spreads silently, often not detected until years later. It may also announce itself loudly and aggressively while threatening to beat one into submission overnight.

Either way the diagnosis is devastating. The same emotions creep up or overwhelm and lives are forever altered.

At times like this it's enough of a hard earned feat to be optimistic when a loved one is in pain let alone have hope when your hair is falling out and debilitating nausea is part of the treatment process.

The Cancer Council of Victoria's objectives include research, education, advocacy and support services. Help is always on hand for patients and carers and the following advice applies to anyone affected by cancer.

- Tell others if you are finding it difficult to cope and accept offers of help. Be specific about things people can do to assist.
- Practice being assertive and remember that you don't have to do anything that you don't want to - especially if you're not feeling up to it.
- Talking to someone about your feelings can reduce feelings of distress and isolation. Family and friends can be a good source of support.
- If you need to talk to someone confidentially, call 13 11 20 and speak to a friendly and experienced Helpline cancer

*continued on page 26*

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nurse. They can put you in touch with support services and listen to your concerns. Also carry out-of-hours contacts for your treating doctor and hospital.

- Online support including blogs and forums are available 24 hours a day via Cancer Connections, a professionally moderated online forum conducted by Cancer Council staff.

In a few weeks the reality of what began as an excruciating headache might have set in for my friend, who underwent surgery within days of lying down on the couch waiting for the pain to subside.

Does it sound trite to say I will be thinking of him just as much then as I am now with his family conveying progress reports from the hospital?

Do the improving survival statistics and treatment breakthroughs for the major common cancers bring comfort and overshadow the bleak and confronting hours and days following diagnosis, surgery and review?

Perhaps some clues to the answers lying in my friend's heart will surface as a weary yet upbeat procession of walkers, circle a footy oval for the 19th and final hour of the 2012 Lancefield-Macedon Ranges Relay For Life.

They will have celebrated and remembered too many lives touched by cancer, and taken a very significant step towards fighting back against this callous disease.

The Lancefield-Macedon Ranges Relay for Life is at Lancefield Park on March 3rd & 4th. Individuals and teams can find out more details and register at [www.relayforlife.org.au](http://www.relayforlife.org.au) or ring Melissa on 0438 831 427 or Nadine 0439 399 838.

Submitted by Nadine Hartnett

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# Heritage News

Following the official launch of her landmark publication, "The Went to War" Sylvia Boxshall spoke to the large gathering about how it came to be written.

"I originally visited the Heritage Society to do a bit of research on our family tree, well I finished my research but I was enjoying the friendly atmosphere and history so much I just kept coming. I am now into my third computer and we get along pretty well but every now and then I have to get my grandchildren to put me right.

I would like to thank Janet for giving me the opportunity to write this book and my fellow Wednesday volunteers for their help and support. They are a marvellous group of men and women who help each other while contributing to the archives of the Heritage Society. Nothing is too much trouble for them and it is a pleasure to know them.

When Janet and I first discussed researching the stories of the volunteers from this district who served in WW1 and putting it into readable form, I had the mistaken idea that perhaps a small book researching the lives of the men who died in service would be very interesting, I asked Janet how many she thought might have died and she suggested about sixty, which actually turned out to be seventy one. Well as the weeks progressed and Janet kept dropping names and information on my table and I became keen to find out more about the recruits and the community my thoughts ran to a larger manuscript. 220 soldiers later I was feeling quite pleased about my collection of men and women when it seemed appropriate to add over a hundred more men to the list. These men had actually been born in the district but they had moved away and weren't included on our honour rolls. Eventually the total reached 370 men and four women.

It has been a rewarding task researching and writing about these courageous people, some young boys added years onto their age to enable them to serve and others who were past the recruiting age of forty five took years off. I think of my teenage grandsons and shudder to think that either of them would have to face such hostilities, the families of these young men would have been horrified.

I have been asked by several people if a particular volunteer stood out in my mind and I can honestly say that I found all of their stories interesting and moving, although I was very moved by Private Leslie Thorburn's story; This story will appear in next months New Woodend Star.

Books can now be purchased from Collier Office & Business Assisst or the L&FHRC (Court House, Forest Street) open every Wednesday from February 1st for \$39.70.

Submitted by Janet Hawkins

**All news items, articles and  
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	Current \$	Recommended \$
Salary Income	85,000	85,000
Less Salary Sacrifice to Super	0	-42,883
Gross Taxable Income	85,000	42,117
Less Tax Payable	-21,010	-7,116
Net Income	63,990	35,000
Plus Pension	0	20,000
Total Income	63,990	55,000
Less Lifestyle Expenses	-55,000	-55,000
Surplus Income	8,990	0

As you can see, by drawing \$20,000 p.a. this potentially allows him to salary sacrifice \$42,883 p.a. Overall this strategy lets him save an estimated \$20,883 p.a. (\$42,883 salary sacrifice less pension drawings of \$20,000) towards his retirement each year. This offers an increase in overall savings to him of \$13,893 p.a. by implementing this strategy.

To enquire about this strategy or others available to you, please contact our Financial Planner to arrange an appointment.

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## U3A Kyneton gears up for 2012

*A welcome awaits all interested*

For all those with resolutions to create change in their lives, an opportunity arises on Friday, 3rd of February to check out what U3A Kyneton has to offer with its range of activities in a friendly, caring environment.

U3A Kyneton will commence activities on Friday, 3rd of February at 2pm at the Kyneton Community & Learning Centre, 34 Mollison Street. Information will be provided of what is planned for 2012 and the interests of all who wish to participate in U3A Kyneton activities will be sought.

Activities in 2012 will include its "Fridays @ U3AK" with member and visiting guest speaker presentations, including members willing to talk about their particular issue of interest; the popular Bird Observers Group will go out on its excursions monthly; the Computer Studies group will continue to help members skills; the U3A accredited leaders will provide the Tai Chi for Arthritis classes for beginners and those of intermediate standard; Lifeball, a walking netball type of game,

*continued on page 28*

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still continues weekly on Wednesdays at the Kyneton Sports & Aquatic Centre; the vibrant Drama Group will continue its creative activities; the Oral History Group, while continuing its research program, would gladly welcome folk interested in recording the reflections of long time residents in the local community.

Another innovation this year will be the use of U3A Online courses to allow members to collectively work in small groups with a leader aided by the course notes provided. In the First Term (which concludes on 30th March) there will be an Australian Flora Online course held weekly. With the availability of leaders other Online courses can be conducted where there is an interest by U3A members.

Planning is also proceeding for regional excursions, which include visits to geological sites, gardens and heritage sites. Membership fees are \$30 a year or \$10 a Term. Inquiries 5423 5223. Information about U3A Kyneton is available at [www.u3akyneton.org.au](http://www.u3akyneton.org.au)

General inquiries: Doug McIver, Secretary,  
U3A Kyneton 5422 3828



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## Friends of Macedon Ranges Libraries Inc. (FOMRL) AGM

Notice is hereby given that the AGM for this organisation will be held on Thursday 23rd of February at 4pm at the Woodend Library, cnr of Forest and High Streets, Woodend.

Annual reports will be presented and there will be an election for office bearers for the forthcoming year.

All members of the Gisborne, Kyneton, Romsey and Woodend libraries are invited to attend.

Nomination forms and the agenda are available at all the libraries. *Signed Helen Scott Hon. Sec.* Any inquiries please ring 5427 3644.

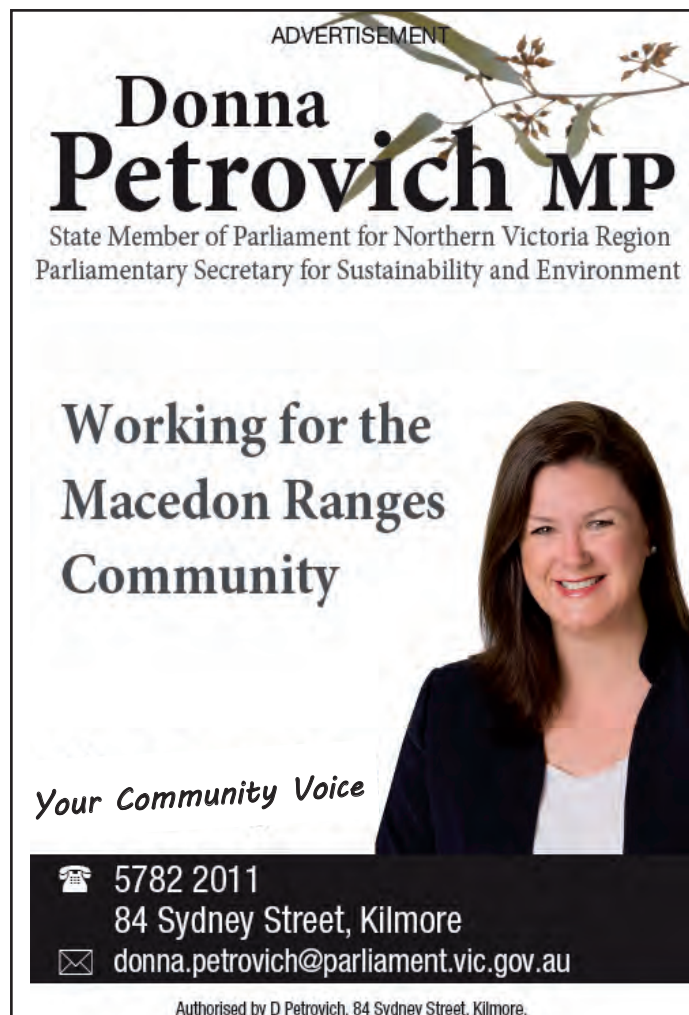
The objectives of FOMRL are:

- Lobby at local and state government levels to improve funding for libraries.
- Raise funds directly to improve library facilities.
- Organise volunteers to help librarians with non-professional duties.
- Organise cultural activities around our libraries' facilities.

During the past year FOMRL has funded the following magazine subscriptions: *Australian Book Review* (Gisborne) *The Monthly* (Kyneton) *Choice* (Romsey) *Good Reading* (Woodend). We have sponsored author Lee Fox for the Woodend Winter Arts Festival and donated book vouchers for the lucky draw prize in the 2012 Summer Reading Club in all the libraries.

With your help we could do more, please join us! Membership is free.

Submitted by Sheila Drummond



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Where: Buffalo Stadium – Forest St, Woodend

When: Friday Mornings

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Phone: (03) 5427 3411



## Gisborne

Where: Gisborne Community Centre – Hamilton St, Gisborne

When: Thursday Mornings

Cost: \$9 per Class; \$80.00 for 10 pass Card

Classes: 9.30am (1 – 3 years); 10.30am (3 years – 5 years)

Phone: (03) 5428 3318



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## Emilie's Voltaire

A new play by Arthur Giron, winner of the 2009 Galileo Prize, Directed and performed by Kenneth MacLeod and Kate Stones.

Emilie's Voltaire explores the dynamic, sometimes explosive, fiercely creative love affair between maverick philosopher-poet Voltaire and aristocratic misfit-mathematician Emilie du Chatelet. Set in pre-revolutionary France, the play spans the sixteen year period of their love affair. The dialogue sparkles with wit and lusty romance, breathing vibrant life into these two fascinating historical figures, tracing how they made their significant individual marks on the development of humanism, science and the modern world. This play will appeal to hopeless romantics, history nerds, star-gazers and lovers of fine coffee.

Emilie's Voltaire is the first production undertaken by The Red Room Theatre, and is the Australian premier of the play. Emilie's Voltaire won the 2009 Galileo Prize. The author, Arthur Giron has written many successful plays, with a special interest in the individuals behind major scientific discoveries throughout history. Giron was named "one of the best contemporary dramatists" by critic Rosette LaMont.

The Red Room Theatre is an initiative of Kenneth MacLeod and Kate Stones who first worked together on a Castlemaine Theatre Company production. MacLeod is a long standing resident of Castlemaine, and has been involved in numerous local productions. He was a professional actor in Brisbane and Melbourne for many years, working with The Anthill Theatre, La Mama, and in Brisbane with The Peoples Popular Theatre Troupe and Brian Nasan, before settling in Central Victoria. Stones worked in amateur productions as a young woman in London. Whilst living in Melbourne she worked professionally in set design and production. She returned to theatre as a performer in 2009, in the Castlemaine Theatre Company, in performance, production and publicity.

Performances: Wednesday 6th of April, 6pm, Thursday 7th of April, 6pm, Friday 8th of April, 8.30pm, Saturday 9th of April, 8.30pm.

Playing at the Red Room Theatre, 101 Main Road

Campbells Creek All tickets \$15, includes free interval refreshment. Tickets available at the door, reservations phone 5472 3153.

Submitted by T Moore, Cultural Development Officer  
MRSC



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or [yogafirst@netcon.net.au](mailto:yogafirst@netcon.net.au)

# SPORTS NEWS

## Local Legend

Local "Living Legend" Kevin Sullivan was honoured for his sterling service to cricket at a special, Kookaburra Volunteer Recognition breakfast on the 28th December at the MCG.

Kevin Sullivan -Life Member of the Gisborne District Cricket Association and Woodend Cricket Club, was among 20 singled out for a Victorian 2011 Outstanding Volunteer Award, at a special breakfast held at the MCG on the morning of the third day of the Australia vs. India test.

Among those present were former recipients, full board and staff of Cricket Victoria, The Hon Hugh Delahunty MP - Minister for Sport, Merv Hughes - guest speaker and Ian Cover as compere. Kevin's impressive contribution to cricket includes the position of Treasurer and Results secretary of the Gisborne & District Cricket Association for the past 32 seasons. Kevin started his involvement with cricket in the late 50s with the Woodend Cricket Club as well as representing the Association in various inter-association matches and has "Legend Status" as a Bendigo country week participant.

As an executive member of the Gisborne & District Cricket Association, he has provided the foresight and guidance to ensure that the competition has been administered in a professional manner enabling the association to grow from 30 senior teams in 1980 to over 130 senior and junior teams today. As well as carrying out duties as treasurer and result secretary, "Sully" has continued his involvement in the game as an official umpire for the past 10 seasons. He also became a founding playing member of the Sunbury Over 60s cricket team last season.

He has been a respected and loyal servant to the game over the past five decades in the region and has been honoured in the Gisborne Association by having the competition's best and fairest award named as, "The Kevin Sullivan Medal".

Kevin brought a laugh to the large breakfast audience when he was able to inform Merv Hughes that he had played football with Ian Hughes, Merv's father when he coached Woodend in the early 70s. His contribution to cricket is outstanding and will no doubt continue for many seasons to come.

Submitted by Veronica Sullivan

## Macedon Ranges Basketball Association

*Register now for next season (April to October)*

Registrations open Monday 5th March and close on 28th March 2012.

Further information including game times for age groups (Under 10 through to open mens and womens) on the MRBA website: [www.sportingpulse.com/assoc\\_page.cgi?c=1-6221-0-0-0](http://www.sportingpulse.com/assoc_page.cgi?c=1-6221-0-0-0). (Or search for Macedon Ranges Basketball Association)

New Players: Download your registration form today and send to registrar at [Registrar@mrba.org.au](mailto:Registrar@mrba.org.au)

Existing Players: Pick up your personalised registration form to check your current details (from your coordinator), sign and hand back to your age group coordinator in the weeks before or on Grand Final day.

Submitted by Louise Mitchell

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