

Standard

INCORPORATING THE ALEXANDRA TIMES - THE YARCK, GOBUR, TAGGERTY, THORNTON, AND ACHERON EXPRESS

P.O Box 5, Alexandra, 3714. Ph: (03) 5772 1002; Fax: (03) 5772 1603; Email: reception@alexandranewspapers.com.au Wednesday, July 24, 2024 \$2.00 inc. GST

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Queen Alexandra's head found

ALEXANDRA Police have advised that the head from the Queen Alexandra statue has been located. It was found at the back of Briggs Oval in Alexandra, behind the recreation centre.

Aside from being decapitated, it's understood that the head suffered only minor damage.

It's understood that the head was found during the preparations for a tree planting event, located in a cluster of blackberries.

The Queen Alexandra statue, also known as the Princess Alexandra statue, sits in the Jack Shiel Gardens on Perkins Street. The statue was damaged on Friday, February 9. The head was removed in an act of vandalism and has been missing ever since.

The statue was created by Charles Somers, born in 1825, and has been on permanent loan to Alexandra from the National Gallery since 1939.

Speaking about the discovery of the Queen Alexandra statue's missing head, Mayor Damien Gallagher said, "We're absolutely delighted. Princess Alexandra is obviously a vitally important asset to our community. There was genuine distress when the incident happened earlier this year, so the fact that we're in a better spot now to reinstate the statue is something that's very important to everybody."

If you saw, heard or know anything further, please contact the Alexandra police on 5772 1040 or Crimestoppers on 1800 333 000.



The statue of Queen Alexandra has been covered since the damage occurred in February. -AR



The head from the Princess Alexandra statue has been found. -S

Eminent Panel provides update

ON Friday, July 19, the Eminent Panel for Community Engagement, engaged to seek feedback from the community about the future of the Central Highlands forests, provided an update to interested parties on their report.

The letter from the panel stated, "I am writing to let you know that the Eminent Panel for Community Engagement has completed its engagement process for the Central Highlands state forests.

"The panel would like to thank everyone who contributed their time to the process. This includes the many conversations the panel had across a broad range of local communities and groups in the Central Highlands.

"This included over 60 targeted engagement sessions with organisations and community representatives from over 80 groups, nine open community drop-in sessions with over 1000 people attending across Noojee, Healesville, Warburton, Yarra Junction, Gembrook, Wandong, Marysville, Drouin and Alexandra, and an Engage Victoria page that received over 60,000 unique page visitors and 14,000 survey responses.

"Following this the panel has requested extra time to ensure that all voices are properly considered as part of its report to government and that the significant amount of data is fully analysed. Government is currently considering this request.

"The Victorian Environmental Assessment Council will finalise its economic assessment of the panel's recommendations and produce a final report, in line with its terms of reference, following the completion of the panel's report.

"The panel thanks you for your interest and looks forward to providing its report to government for consideration."

Taungurung statement on the future of the Central Highlands forests

THE Taungurung Land and Waters Council (TLaWC) has released a statement about the future of the Central Highlands forests. The TLaWC represents the Taungurung Nation, the First Peoples of the Rivers and Mountains of Central Victoria.

It said, "The TLaWC believes that the state government must put Country and people first when deciding on the future of the Central Highlands forests following direct involvement in the Eminent Panel for Community Engagement.

"TLaWC's position is expressed in a report, *Rapid Biocultural Expressions Assessment of the State Forests within the Central Highlands Regional Forest Agreement (CHRFA) area occurring on Taungurung Country*, that represents the findings of a Taungurung-led research project, identifying significant cultural landscapes in the Central Highlands.

"TLaWC requests that forests within these cultural landscapes be designated as Cultural Reserves rather than National Parks to enable

this significant part of Taungurung Country to be managed consistently according to Taungurung cultural knowledge.

"Active management for a broad range of values is needed to heal and care for Country, which includes the health and wellbeing of plants and animals; cultural values such as stories, connections and physical cultural heritage; care for dreaming places and journey pathways; and restoring conditions for the return of culturally identified species

"TLaWC advocates for healthy Country for all people, aware that local communities are deeply connected to these state forests and want to continue accessing these forests for a range of uses and support the protection and management of healthy forests.

"The organisation seeks to enact the responsibilities and obligations to Taungurung Country that are guided by Taungurung cultural lore, and the future of the Central Highlands forests we've proposed connects deeply with this approach.

Matthew Shanks, Executive Manager of Biocultural Landscapes at TLaWC and proud Taungurung man said, "Cultural Reserves allow Country to be managed in a way that is consistent with our knowledge and values as Taungurung people.

"This is the way Country has always been for the Taungurung. People belong to Country.

"In contrast, National Parks reflect a 20th century model of conservation that believes the best way to conserve the natural values is through the exclusion of people.

"Taungurung biik (Country) is a human-made landscape that has been developed over tens of thousands of years through intimate relationship between Country and Taungurung people.

"This relationship was disrupted with colonisation, and the 'locking away' of Country from people has resulted in the ongoing decline of the health of Country.

"Country needs people, and it needs right-way relationships with people."



THE ALEXANDRA · EILDON · MARYSVILLE
Standard
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HOSPITAL PETITION: The petition against proposed hospital amalgamations and budget cuts at the Alexandra hospital was handed to Member for Eildon Cindy McLeish on Saturday, July 20. It's understood that around 3000 signatures were collected. Pictured are Ian Davis, Cindy McLeish, Caolan O'Connor and Linda Davis. Ms McLeish will be tabling the petition in parliament in the near future. -BD

IT'S NOT OKAY

- To yell at our staff.
- To swear at our staff.
- To be rude to our staff.
- To abuse our staff in anyway.
- To be disrespectful to our staff.
- To show threatening behaviour towards our staff.

If you do, we have the right to ask you to leave our office and we may contact the police, or we may disconnect your call.

If you have a problem or complaint, we are happy to listen if you discuss this with us politely, please don't take your anger out on us.



Alexandra Senior Citizens report

by honorary secretary Mike Jennings

ON Friday, the Alexandra and District Senior Citizens club held the annual general meeting in the Bayley Street clubroom, chaired by Barbara Mills.

Treasurer David Tanner advised the members that they have enough money for another year, then the president thanked the committee and members for their support and friendship in the past year. She especially mentioned the back room ladies who prepare the refreshments and clean up afterwards for their efforts. She summarised the activities that the members had enjoyed in the past 12 months and were looking forward to in the coming year.

Bob Flowers assumed the chair, declaring all committee positions vacant and conducted the election of the new committee. The committee numbers remain the same with

Marg Hall assuming duties of president and Barbara Mills taking over as vice president. Thank you to Bob.

The new president assumed the chair and thanked the committee for their efforts last year and looked forward to another successful year ahead. Treasurer Dave had members smiling with Comedy Corner then Ron spun the wheel for the chocolate raffle before the meeting was closed.

The club always welcomes new members to join us for our activities. Bowlers enjoy carpet bowls on Tuesday afternoons. The bridge players get together on Monday and Wednesday afternoons. General meetings are on Fridays, and this week bring your singing voices as Ian will be leading the singing while Dave and Mike will provide the accompaniment. Meetings start at 1pm. Come along and join in. Meanwhile, keep smiling and stay safe.

Standard The Yea Chronicle

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RIVER HEIGHTS FOR THE GOULBURN CATCHMENT

STATION NAME	TIME	HEIGHT	TENDENCY	FLOOD CLASS
Goulburn R at Lake Eildon D/S	1.00pm Mon	1.23	steady	below minor
Rubicon River at Rubicon	1.00pm Mon	0.78	steady	
Acheron River at Taggerty	12.35pm Mon	1.25	steady	below minor
Home Creek at Yarck	12.24pm Mon	0.28	steady	
Yea River at Devlins Bridge	12.40pm Mon	0.92	steady	below minor
Yea River at Yea	12.28pm Mon	2.32	steady	
Goulburn River at Ghin Ghin	1.00pm Mon	4.20	steady	
King Parrot Creek at Flowerdale	1.00pm Mon	0.90	steady	below minor
Goulburn River at Trawool	1.00pm Mon	2.08	steady	below minor
Sunday Creek at Tallarook	1.00pm Mon	0.44	steady	below minor
Goulburn River at Seymour	1.00pm Mon	2.27	steady	below minor
Whiteheads Creek at Seymour	12.52pm Mon	1.26	steady	

**ISSUED AT 1.15PM ON MONDAY, 22 JULY 2024



LETTERS TO THE EDITOR

can be submitted via email to
 editorial@alexandranewspapers.com.au or
 reception@alexandranewspapers.com.au
 or by mail to Alexandra Newspapers
 PO Box 5, Alexandra 3714.

Letters **must be 300 words or less**. We will not publish defamatory letters, or content which is offensive, threatening or containing personal attacks. Submitted letters may be edited before going to print.

All letters must contain writers name, address and contact number. (not necessarily for publication). Letters without these details supplied cannot not be published. Deadline for Letters to the Editor is 9am Monday.



Weekly Weather

July 24 - July 30, 2024

Temperatures may be subject to change from date of publication

Alexandra

Yea

DAY	LOW	HIGH	DAY	LOW	HIGH
Wednesday	9	15	Wednesday	9	15
Thursday	5	12	Thursday	5	12
Friday	5	12	Friday	5	12
Saturday	4	13	Saturday	3	13
Sunday	2	10	Sunday	1	11
Monday	3	12	Monday	2	12
Tuesday	3	11	Tuesday	2	12



DISTRICT RAINFALL

Alexandra	N/Amm
Buxton	47mm
Eildon (AWS)	27mm
Flowerdale	70mm
Jamieson	73mm
Kinglake	100mm
Lake Eildon	60mm
Mansfield	7mm
Taggerty	59mm
Yarck	32mm
Yea	22mm

Above details for 7 days to 9am Monday

LAKE EILDON

Height above sea level this week	285.71m
Capacity as at 9am Monday	87.6%
Metres below full supply	3.19m
Daily inflow	10000ML
Release	1450ML
Eildon Pondage (may be subject to rapid change)	76.1%

Standard

DEADLINES

Real Estate	Thursday 5pm
Trades & Services	Thursday noon
Early General News	Thursday 5pm
Classifieds	Monday noon
Editorial	Monday 9am
Sports Editorial	Monday 10am
Letters to the Editor	Monday 9am
Thumbsup/down	Monday 10am

If you have any enquiries please do not hesitate to contact the office on

5772 1002 or
 reception@alexandranewspapers.com.au

We thank you for your continued support

The missing child scam

MANY readers will have seen a post on Facebook in the last week, where a small, red-haired child called 'Brandan Cooper' wearing a vest saying "Autism be kind" appears to have gone missing. The poster pleads for people to share the post, saying that the child is "considered to be in extreme danger" and "We are asking the community's help to find him. Only takes two seconds to share."

There were small variations in the location where the child supposedly went missing.

A great many people from around the world did share the post, however the post is a scam.

While a quick Google search would uncover the scam, many people were caught out.

It's believed that the way this particular scam works is that after the post has been shared multiple times, the original poster will then change the post to promote a scam business or similar. Suddenly, the new scam post appears on the wall of all the people who shared the missing child post, effectively advertising it and implying the sharer's support of the product.

While it's a good idea to check local police pages or other reliable sources regarding missing people posts before sharing them, the scammers are always trying something different.

Beware of social media posts where an unknown person is asking others to share posts widely. You should also be suspicious of people posting where they don't provide contact details or ask people to send them a direct message. Always check the profile of the poster. If their page is less than a year old, you have good reason to be suspicious. You should also be suspicious if they have very few friends, or if they're not located in the same area as the post topic. They are also likely to turn off commenting as they don't want people warning each other in the comments that the post may be a scam.

Arcing powerline in Alexandra

ON Wednesday, July 17 Alexandra Fire Brigade attended an incident of a powerline arcing and sparking on the corner of Webster Street and Pendlebury Street in Alexandra.

Initial crews on scene were provided with a fantastic reference from the caller and were able to observe the power pole line sparking. Crews determined that a wire connecting the light fixture to the pole had broken causing the line to arc.

Thankfully it was cold enough and no water was required to be used however crews made the scene safe until SP Ausnet crews were able to attend.



The arcing and sparking powerline in Alexandra on Wednesday, July 17. -S



This lovely photograph was taken at 8am on Tuesday, July 16 from a paddock along Whanregarwen Road. -Steve Lynch

Flood watch for Yea

ON Monday night, July 15, into Tuesday morning, July 16, the Yea area was placed on a flood watch.

Peter Weeks from Alexandra SES explained that there was a remote possibility that the town may reach moderate flood levels if there was additional rain, impacting the Yea and Murrindindi Rivers. This may have impacted the caravan park and potentially houses on Court Street.

Although the water level only reached minor level, the warning was issued as a precaution. The warning was removed later on Tuesday.

Peter thanked the Yea CFA for their support in checking river heights.

The Yea Wetlands was briefly closed following the event, due to water over some of the tracks.

Elsewhere in the shire, the Acheron River almost reached minor flood level.

Murrindindi Shire Council postal election

My council, my vote



You must be enrolled to vote

A general election for Murrindindi Shire Council will be held in October 2024. To be able to vote in the election, you must be enrolled by the close of roll at **4 pm on Wednesday 7 August 2024**. Two categories of voters can be enrolled to vote in the Murrindindi Shire Council election: State-enrolled voters and Council-enrolled voters.

State-enrolled voters

Am I enrolled to vote?

You are automatically enrolled for this election if:

- you will be 18 years of age or over on Saturday 26 October 2024 and
- you live in Murrindindi Shire and you are on the State electoral roll for your current address.

You need to enrol if:

- you are an Australian citizen aged 18 or over on Saturday 26 October 2024 and
- you live in Murrindindi Shire and you are not on the State electoral roll or
- you have lived at your current residential address within Murrindindi Shire for at least a month and have not yet updated your enrolment details, including any changes to your postal address.

How do I enrol?

You can enrol online at vec.vic.gov.au

You can also download an enrolment form from the website.

All enrolment applications must be received by the Victorian Electoral Commission by the close of roll at

4 pm on Wednesday 7 August 2024.

How can I check my State enrolment?

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

Council-enrolled voters

Am I enrolled to vote?

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

- 18 years of age or over on Saturday 26 October 2024 and
- not a State-enrolled voter within Murrindindi Shire.

New rules mean you are no longer automatically enrolled if you are a non-resident property owner (e.g. a landlord or a business owner that pays rates). If you are a non-resident property owner within Murrindindi Shire, you need to apply to enrol if you wish to vote in the Murrindindi Shire Council election.

Who else can enrol & vote?

You may also apply to enrol if:

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

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

If you meet any of the above criteria and wish to enrol, contact Murrindindi Shire Council on 5772 0333 for a council enrolment form. Council enrolment forms must be received by the Council by the close of roll at **4 pm on Wednesday 7 August 2024.**

How can I check if I am Council-enrolled?

You can check your enrolment details by contacting the Council on 5772 0333.

Thinking about standing for election?

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

- be an Australian citizen and enrolled on the voters' roll for Murrindindi Shire Council and
- be eligible to become a councillor and
- have completed the mandatory candidate training provided by Local Government Victoria before lodging your nomination with the Election Manager.

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

Enrolment closes

4 pm Wednesday 7 August 2024

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

vec.vic.gov.au | 131 832

For enquiries in languages other than English:

* عربي (Arabic) 9209 0100 * ܐܘܪܝܝܬܝܢܐ (Assyrian) 9209 0160 * ဗမာစာ (Burmese) 9209 0161 * 简体中文 (Mandarin) 9209 0106 * 廣東話 (Cantonese) 9209 0101 * Hrvatski (Croatian) 9209 0102 * دری (Dari) 9209 0193 * Титулјан (Dinka) 9209 01119 * Ελληνικά (Greek) 9209 0103 * آذربائی (Hazaragi) 9209 0162 * Italiano (Italian) 9209 0104 * ភ្នំពេញ (Khmer) 9209 0192 * 한국어 (Korean) 9209 0194 * македонски (Macedonian) 9209 0105 * नेपाली (Nepali) 9209 0163 * فارسی (Persian) 9209 0195 * తెలుగు (Telugu) 9209 0164 * Türkçe (Turkish) 9209 0110 * اردو (Urdu) 9209 0165 * Tiếng Việt (Vietnamese) 9209 0111 * All other non-English languages 9209 0112

Authorised by S. Bluemmel, Electoral Commissioner, 530 Collins Street, Melbourne, Victoria.

@electionsvic



Alexandra District Health
5772 0900

Yea & District Memorial Hospital
5736 0400

In an emergency dial 000

COMMUNITY DIARY

Local Radio Frequency
UGFM 106.9 Alexandra / Lake Eildon
UGFM 88.9 Yea / Highlands
UGFM 98.5 Marysville / Lake Mountain
UGFM 98.9 Flowerdale / Hazeldene
UGFM 94.5 Kinglake Ranges

WEEKLY

Tues Art Group Eildon(Alex Tennis Rooms) 10am-3pm
Ph 5773 2306
Tue Seniors Carpet Bowls 1.15pm
Wed Social Bowls 11am Alexandra Bowls Club Ph 5772 1150
Thu Take off weight naturally 5.45pm 5773 2427
Fri Seniors Social Club 1pm
Sun AA 7pm Anglican Church, Alexandra Ph 0402 428 086
Sun Alanon Recovery 5.30pm. Ph Sheila 0402 428 086
Sun Alex & Dist Dog Obedience, training. Ph 5772 1057
Thu 7.00-10pm SES, SES/CFA complex Ph 0418 576 666
Fri Communitea 10am-12pm @ Embassy of Ideas 0422 225 801

MONTHLY

1st Wed Alexandra Lions dinner meet, Corner Hotel 0427 595 318
1st Sat Alexandra Quilters RSL Hall 10am-4pm Ph 5772 3257
1st Sun Crop/Produce swap 10.30am-noon @ Embassy of Ideas
2nd Tue Alexandra District Garden Society Meeting Ph 5772 2285
2nd Wed Molesworth Patchwork & Craft, Molesworth Hall 10am-4pm.
2nd Sat Alexandra Market - at Station Street Ph 0427 509 988
2nd Sat Alex Repair Café 1-3pm @ Embassy of Ideas 0422 225 801
3rd Sat Murrindindi Men 6-8pm @ Embassy of Ideas 0422 225 801
3rd Wed Alex Lions business meeting, rear RSL hall 0427 595 318
3rd Thu Alexandra Ladies Probud Club 10am RSL Ph 5772 2946
3rd Thu Community Potluck dinner 6-8pm @ Embassy of Ideas
3rd Sun Alexandra RSL Ph 0409 950 913
4th Tue Yarck CWA Meeting, 10.30am Yarck Hall.
4th Wed Molesworth Patchwork & Craft, Molesworth Hall 10am-4pm.
4th Thu Alexandra Redgate CWA Meeting 1pm, Ph 0402 804 517
Last Fri Carers Group 10am. Free morning tea. 0418 402 455



For a \$5 annual fee for one line, your club or organisation's regular meeting dates will be listed each week. Not only is this a reminder to your regular members but also a good source of what groups are available in the community, when they meet and a contact phone number.

Out & About



THE items in Out and About are sourced from our advertising and news stories. *Out and About is not a free community listing diary.* Not all items can be included and are placed at the discretion of *Alexandra Newspapers.*

WEDNESDAY, JULY 31

Murrindindi Shire Council is hosting the Great Victorian Bike ride in November this year. Anyone interested in finding out more is encouraged to attending the information session. Marysville: 5.30-6.30pm Marysville Community Centre - Lake View Room. For more information contact *events@murrindindi.vic.gov.au* or phone 5772 0333.

Speak with council at an open community meeting in Taggerty. 5pm-7pm. Taggerty Hall. You will have five minutes allocated to talk directly with Councillors about issues that are important to you. Prior registration is not required. For further information contact *governance@murrindindi.vic.gov.au* or phone 5772 0333.

Alexandra Secondary College will be holding their open night from 6pm to 8.30pm at the school. The night will provide an opportunity for interested students and parents to receive the relevant information through a variety of sessions.

SATURDAY, JULY 27

Goulburn Valley Suicide Awareness Group 9.30am-10.30. Meeting room Yea RSL. Entry is free. For further information contact Jacky on 0417 907 278 or Kerry on 0410 597 148.

The Fera team invites you to a community consultation for an update on the Seymour Wind Farm. Alexandra Secondary College hall 10am-noon.

TUESDAY, JULY 30

Murrindindi Shire Council is hosting the Great Victorian Bike ride in November this year. Anyone interested in finding out more is encouraged to attending the information session. Alexandra: 5.30-6.30pm Alexandra Shire Hall. For more information contact *events@murrindindi.vic.gov.au* or phone 5772 0333.

McLeish concern over road spending

MEMBER for Eildon Cindy McLeish is claiming that the Victorian Government is treating Murrindindi Shire residents like fools by constantly blaming the deteriorating condition of our roads on unprecedented rainfall.

Ms McLeish said she knows locals are sick and tired of the same old excuses and quick fixes that the government falls back on.

“Our roads are crumbling due to funding cuts and neglect, not only the rain.”

“I regularly alert the Minister to potholes and dodgy road surfaces across the electorate. Every time I receive the same response that we have experienced unprecedented rainfall. This is a furphy. The real issue is a lack of road funding.”

Figures provided to the opposition show that the money spent on resurfacing and resealing contracts for our roads in the 2023/24 financial year was just 18 per cent of the previous year, dropping from \$201.4 million to just \$37.6 million across the state. This is an enormous drop.

Bureau of Meteorology rainfall charts prove that over the past 50 years there is no clear trend of increased rainfall that would explain such a dramatic reduction in the condition of our roads.

“Our roads have been in a dodgy condition for years, not only during winter.”

“Surely Labor knows filling potholes with gravel as a quick fix will only last so long. The gravel is soon kicked up, causing damage to windshields or ricocheting at oncoming traffic.

“There has been a massive reduction in funding for repairs just when we need it the most. Our roads will only get worse.”

When contacted about the data, a Victorian Government spokesperson said, “Repeated flooding and above-average rainfall caused unprecedented damage to our roads which meant we needed to pause resurfacing and focus on rebuilding and strengthening damaged roads. Now this work is complete, resurfacing levels will significantly increase during the upcoming maintenance season.

“We’ll continue this important work investing \$964 million into maintaining our

roads in this year alone, far exceeding the yearly average of \$493 million under the previous Liberal National Government.”

In response to extreme weather events, it’s understood that recent maintenance programs have been focused on rebuilding and strengthening hundreds of roads damaged by floods and extreme rainfall. These roads cannot be simply resurfaced. They need to be rebuilt from the ground up to avoid further degradation.

Resurfacing levels are expected to significantly increase during the upcoming maintenance season.

The Victorian Government is investing \$6.6 billion into the maintenance of road assets over 10 years.

Maintenance experts from the Department of Transport and Planning are finalising a program of works for the upcoming maintenance season, as part of a \$964 million investment from this package in this year alone. This 10 year investment allows the government to mitigate future risks.



Member for Eildon Cindy McLeish. -S

Electoral commission urges residents to check voting enrolment

ELIGIBLE residents and ratepayers are urged to check they are enrolled to vote for the upcoming local council elections by 4pm Wednesday, August 7.

Electoral Commissioner, Sven Bluemmel, has issued a call ahead of the enrolment deadline: “If you’re 18 or over and you live in or pay rates to a Victorian council, enrol and have your say on the future of your local council.”

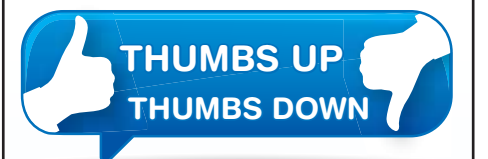
Australian citizens who have recently turned 18 or changed address can enrol or update their details online at *vec.vic.gov.au/enrolment*

Anyone on the state electoral roll is automatically enrolled for their current address for these elections. There are also additional council enrolment categories for non-resident owners, occupiers, company nominees and non-Australian citizens who pay rates.

The rules for council enrolment have changed. Property owners who don’t live in the council area but may be eligible to vote because they pay rates should contact their local council for further information.

The 2024 Victorian local council elections will be the state’s largest single election program, with a predicted 4.7 million voters participating in 465 individual elections across 78 councils.

Further information on enrolment is available by calling 131 832 or at *vec.vic.gov.au*, where voters can also sign up to the free VoterAlert service to receive important election reminders by SMS and email.



THUMBS DOWN: To Alexandra District Health who have no-one qualified to perform a simple chest x-ray therefore causing a very sick patient to need to travel to Melbourne by ambulance for an x-ray that should have been done locally if they had staff. What an absolute disgrace.

THUMBS DOWN: To council support for the rowing event on the Pondage in August. Thin edge of the wedge.

THUMBS DOWN: To the hypocrisy of the Victorian School Building Authority, who would like to fell seven mature native trees at the Yea Primary School. This despite being able to relocate their project to another site at the school. This Friday is national Schools Tree Day.

Thumbs Up, Thumbs Down is a reader’s contribution section of Alexandra Newspapers. Send your Thumbs Up or Thumbs Down to *editorial@alexandranewspapers.com.au*

Contributions will be edited and/or published at the Editor’s discretion. We request that this section not be used as a slander attack on persons, businesses or property

Church Services

ANGLICAN

St Johns Alexandra
9am Eucharist each Sunday
Children welcome.
Rev Mario Hendricks -
Rectory 0435 953 777

CATHOLIC

Immaculate Conception Parish
Parish Administrator Fr Jose Mathew.
Presbytery 0468 810 871
St Matthews Eildon, Saturday 5pm
Alexandra, Sunday 8.45am
Sacred Heart Yea, Sunday 10.45am

UNITING CHURCH In Australia

St Andrews, Downey Street,
Alexandra
Worshipping, Welcoming
Sharing the transforming love of
Jesus. Services 10am each Sunday
Contact 5772 2362

OASIS COMMUNITY CHURCH

Loving God, Loving People,
Loving Life
118 Grant Street, Alexandra
Contact: Ps Steven Turner
Ph: 0413 127 283
Meeting every Sunday @ 10am

MOUNT CATHEDRAL COMMUNITY

BAPTIST CHURCH

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mccbc.com.au

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Blue-green algae warning removed for Lake Eildon

GOULBURN Murray Water (GMW) has removed the blue-green algae warning at Lake Eildon following a significant decline in algae levels.

The warning for Lake Eildon was issued on April 22 and remained in place for 86 days.

GMW Water Quality Coordinator Bianca Atley said GMW would keep testing for further changes to blue-green algae levels.

“We will continue undertaking water quality monitoring and if blue-green algae reach levels deemed unsafe by national health guidelines, a warning will be issued,” Ms Atley said.

People can stay up to date with current blue-green algae warnings on the GMW website at gmwater.com.au/news/bga

Information on current warnings can also be obtained by phoning 1800 013 357 and selecting the blue-green algae information option.

Customers are reminded that water supplied by GMW is not suitable for human consumption without first being properly treated.

For more information, head to the GMW website at gmwater.com.au/water-quality



Lake Eildon is now free of blue green algae. -S

Increase in deer hunting across Victoria

THE Game Management Authority (GMA) has released the *Estimates of the 2023 deer harvest in Victoria report*. Results show an estimated 137,090 deer were harvested in 2023.

This is an 11 per cent increase on the estimated 123,400 deer harvested in 2022 and a 59 per cent increase on the long-term average (86,400).

Sambar Deer were the most harvested species with an estimated harvest of 106,500 deer, of which 53 per cent were female. Fallow Deer were the second most harvested species, with an estimated harvest of 27,500 deer, of which 59 per cent were female.

The number of licenced recreational deer hunters in 2023 was 52,321, an increase of over 3.6 per cent from 2022 (50,478). Of the 52,321 licenced deer hunters, 60 per cent actively hunted in 2023. On average, active deer hunters harvested an estimated 4.3 deer over 10.5 days.

The most popular hunting areas were around the towns of Mansfield, Licola, Omeo, Warragul and Dargo. The highest number of deer harvested were around the towns of Mansfield, Licola, Dargo, Omeo and Benalla.

GMA Research Principal, Dr Jason Flesch, said the research was based on information gathered from randomly selected licenced deer hunters who voluntarily participated in the phone surveys.

“Throughout 2023, approximately 2400 licenced deer hunters were surveyed about their hunting activity including how many deer were harvested, where hunting occurred, hunting methods used, and the species of deer harvested.

“This research helps build a stronger understanding of deer harvest trends and hunting activity in Victoria,” Dr Flesch said.

The report is produced annually by the GMA in collaboration with the Arthur Rylah Institute for Environmental Research. For a full copy of the *Estimates of the 2023 deer harvest in Victoria report*, visit gma.vic.gov.au

Feel the Tranquillity and charm of Eildon Lifestyle Village

NESTLED in the picturesque countryside, Eildon Lifestyle Village offers an idyllic retreat for those seeking peace, and a strong sense of community.

Imagine waking up every morning to the sound of birds chirping, with the backdrop of nature just outside your window.

This serene haven provides an affordable dwelling option that is perfect for individuals and couples who wish to embrace a relaxed, stress free lifestyle.

A few of the standout features of Eildon Lifestyle Village are its safety and security, tranquility, solar heated swimming pool, community vegetable garden and family room.

Eildon Lifestyle Village is designed for those who appreciate the finer aspects of peaceful living. The village is surrounded by lush nature, providing a tranquil environment that soothes the soul and refreshes the mind. The recreation building offers a hub for

various activities and social gatherings, ensuring that there’s always something to do.

With an onsite laundry, daily chores become a breeze, allowing more time to enjoy the beauty and serenity of the village.

Security is a top priority at Eildon Lifestyle Village, giving residents peace of mind as they go about their daily lives.

The onsite management ensures that the village runs smoothly and residents feel safe and cared for. This attentive management, combined with the village’s welcoming atmosphere, makes it a special place to call home.

The village is conveniently located within walking distance of essential amenities, providing the perfect balance between seclusion and accessibility. Whether you need to pick up groceries, visit the local pharmacy, or enjoy a meal at a nearby café, everything you need is just a short stroll away. This convenience enhances the relaxed

lifestyle, allowing residents to enjoy the best of both worlds.

The true heart of Eildon Lifestyle Village lies in its community of like minded residents. Here, you’ll find individuals who share your appreciation for a quiet, relaxed life, creating an environment of mutual respect and friendship. The sense of community is palpable, with residents often coming together for monthly lunches or simply a chat by the pool.

Eildon Lifestyle Village offers an exceptional opportunity to embrace a peaceful, affordable lifestyle surrounded by nature and a supportive community.

With its range of amenities, beautiful surroundings, and welcoming atmosphere, it’s the perfect place to call home.

Whether you’re looking to retire in style or simply seeking a change of pace, Eildon Lifestyle Village provides the ideal setting for a fulfilling and relaxed life.



Alexandra Secondary College Open Night



Wednesday 31st of July 6.00pm to 8.30pm

Time	Session	Length	Room
6.00pm	Information session about YEAR 7	30 min	Library
6.30pm	A showcase of the opportunities that ASC students look forward to from Year 7 to Year 12	15 min	Library
6.45pm	Information session about LATER YEARS	30 min	M8
7.00pm	Information session about YEAR 7	30 min	Library
7.15pm	Students speaking about VCE and Vocational Major experience.	15 min	M8
7.30pm	Information session about Year 9	30 min	M8
7.30pm	A showcase of the opportunities that ASC students look forward to from Year 7 to Year 12	15 mins	Library

Come along to our combined Open Night for families who are interested in what Alexandra Secondary College has to offer. There are also specific sessions for families of students who in 2025 will be starting Year 7, 9, 10 or VCE. It's one evening where we will present all of the information you need.

Families just need to attend the sessions that interest them.

The entire College will be open for families to take guided or self guided tours. Staff from the different learning areas will be available throughout the College for parents and students to talk to and also there will be displays of everything the College has to offer.

Affordable Living

Affordable dwellings from \$35,000 are available at Eildon Lifestyle Village, offering a safe and secure environment in which to live.

Village amenities include a recreational building, solar heating swimming pool, a community vegetable garden, on-site management, an alfresco area abutting the pool with pizza oven, BBQ, for dining and socialising.

Only a 10 to 15 minute leisurely walk into the town of Eildon and the Pondage.

The Eildon Lifestyle Village is a peaceful and tranquil oasis, in which to spend a relaxing retirement.



See www.eildonlifestylevillage.com.au and email us at info@eildonlifestylevillage.com.au or alternatively call us on 5774 2128 to arrange an inspection.



Corner Park Avenue North & The Boulevard, Eildon. VIC 3713

PO Box 2 Eildon. VIC 3713

Fax: (03) 5774 2228



The very wet participants of the 'Let's Plant a Tree and an Idea' planting event in Alexandra last Saturday. The event was part of National Tree Day. -BD



Participants got their hands dirty in the muddy side of Old Josephine's Cutting. The event was run by Murrindindi Shire Council and Upper Goulburn Intrepid Landcare, with lunch provided at On Point Brewery. -BD

Let's Plant a Tree and an Idea in Alexandra



The slopes were a bit slippery but plants still went in the ground. -BD



Planting has been taking place on Old Josephine Cutting for five years. -BD

Violence against paramedics and call takers on the rise

AMBULANCE Victoria (AV) is urging Victorians to treat our paramedics and call takers with respect when they see them at an emergency incident or in the community.

Ambulance Victoria employees and clinicians work hard to provide the best possible assistance and care to our communities, and yet they continue to be exposed to occupational violence and abuse.

From July 2023 to March 2024 there has been 105 reported incidents resulting in injury across the state.

Recent incidents include a paramedic who was grabbed and punched in the face by a patient they were treating. A paramedic suffered a dislocation after a patient became aggressive, and paramedics were harassed and followed by a man outside of a Melbourne hospital, who was threatening to assault them.

Additionally, paramedics and call takers are often exposed to situations involving verbal assault, swearing and name calling. This escalating behaviour can result in paramedics pausing their treatment or withdrawing from the scene or terminating a call.

AV Executive Director Regional Operations Danielle North said violence against paramedics is never okay and we do not accept this behaviour as part of the job.

"We know emergency situations can be stressful for people, but this is no excuse to behave aggressively towards paramedics," Ms North said.

"We are aware of several serious occupational violence incidents recently across the state and it is timely that we remind the community again that violence against paramedics, first responders and call takers is never okay.

"Our top priority is the safety of our paramedics and first responders, and they have our full support to leave an incident if they ever feel unsafe.

"Assaulting or berating a paramedic will not help them do their job any quicker."

For paramedics to provide quick and effective treatment for you or your loved one, they need a safe environment to work in. Paramedics are fully supported by AV in reporting their experience with police.

Injuring an emergency worker in Victoria is a category one offence and carries a mandatory minimum six month jail sentence.

Paramedics are trained in a variety of strategies to assess, manage and de-escalate violent or aggressive scenes, but ideally paramedics shouldn't need to use these skills.

AV is committed to exploring ways to reduce and prevent occupational violence and our people are encouraged to report every instance of this behaviour.

To create a safe environment for paramedics it's advised to do the following: be respectful towards everyone involved in an incident or over the phone; Put your safety first, if there is violence or aggression present at a scene, stay well back and don't do anything to escalate the situation; Advise the Triple Zero (000) call taker if anyone is demonstrating aggressive or violent behaviour on scene, they can arrange for police to attend; Follow paramedics instructions. If it is safe to do so, ask agitated family or friends to clear the area, and offer assistance by letting paramedics know that you are available to help.

If you find yourself getting frustrated in an emergency situation you need to remember that becoming angry or aggressive will only delay the care you or your loved ones need, and even though these situations can be difficult it is never ok to take your frustrations on paramedics or first responders, they are here to help.

For more information on the impact of occupational violence on paramedics and how you can help, visit ambulance.vic.gov.au/campaigns/respect-our-paramedics

First Youth Spot Space at the Embassy of Ideas



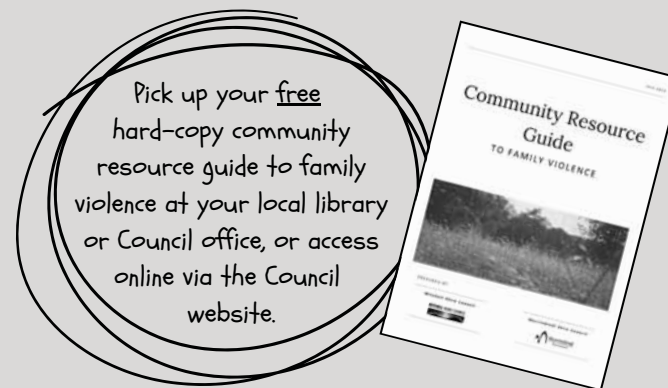
The Embassy of Ideas is a great place for young people to hang out and chill, with games, music, craft and free food. Pictured are the volunteers at the first event, held on Friday, July 19. -AR



Three youths enjoying their time at the Youth Spot Space on Friday, playing computer games on the big screen. The next event is on Friday, August 2 at the Embassy of Ideas from 3.30 to 5.30pm. -AR

A Little Respect

Creating space for conversations in our community about important topics related to relationships, gender equality and family violence prevention.



Lee has worked in a variety of fields spanning multi-national corporations, social non-profits and Local Government. She is passionate about raising awareness of important issues in the local community, particularly related to gender equality and family violence. Lee operates with curiosity over conflict and believes we all have something to learn from one another. Lee's work aligns with her studies in law and criminology, but mostly with her lived experience as Victim-Survivor. She recently spoke at a state-wide Local Government Forum headlined by Grace Tame, and is currently the Free From Violence and Gender and Diversity Officer at Murrindindi Shire Council.

Topic of the month: Men's mental health and the link to family violence

Last month, the local community came together for 'Let's Talk: A Space for Men' in Yea. The session discussed men's mental health and how this relates to anger, aggression and sometimes violence; as well as how to be a better friend and partner. Erin (a local social worker who works mainly with men) was a panellist on the day. But we want to keep the conversation going. I sat down with Erin again to chat about the role men can play in eradicating family violence in the community. Coming together as a collective cultivates more meaningful relationships and improves mental health outcomes.

In Conversation with Erin

Social worker who works mainly with men

We know men experience family violence. How can we validate all experiences while addressing the statistical imbalance of men as perpetrators?

It is true that some men can experience violence, and it's very important that we hear and validate these experiences just as we would for anyone else. The reality is that most of these men will be a victim of a male perpetrator. Additionally, while men are likely to experience violence from male strangers at a social event, women are most likely to experience violence in their own home, at the hands of a male they know. We begin to address this imbalance by addressing social attitudes and gender stereotypes.

How does gender inequality tie in with men's violence? Are sexist jokes really that bad?

Gender inequality underlies all four of the recognised drivers of men's violence against women. Very briefly, these consist of holding rigid gender stereotypes, condoning violence against women, men having more access to decision-making roles, and the friendships and attitudes that promote aggression, dominance and hyper-masculinity. This means that gender equality is a very large part of the solution to men's violence. Sexist jokes form the scaffolding that supports men's violence against women. When sexist jokes are acceptable, it normalises degrading women and treating them as 'less than'. This contributes to an environment where men's violence against women is more likely to occur.

In your daily work with men, what do you observe?

Mostly, I talk to men who have used harmful and at times dangerous behaviours towards their families and loved ones. The most common issues I see are mental health problems (often based in trauma), as well as rigid ways of thinking about gender (i.e., gender roles in the home) and their attitudes and expectations around this.

Do you think family violence is a men's issue? Why?

Yes, I firmly believe family violence is a men's issue. Unfortunately, the evidence very clearly shows that most family violence is used by men. Additionally, the attitudes that are supportive of this (i.e., victim-blaming, the idea that "good men" don't need to do anything) is contributing. It is true that "not all men" are violent. But, while "good" men stand by, women continue to suffer. Men are strongly encouraged to get involved in eradicating family violence. All voices matter here, now more than ever. We must work as a collective.

Do you think men feel limited by the emotions they believe are acceptable to express? Why?

Yes, I think that men can feel limited in the emotions they think are acceptable to express, both in public and private. The stereotypical idea that men have to be strong (both physically and emotionally) has long been present in society. I believe this has resulted in men feeling that it is more acceptable to express emotions such as frustration or anger, rather than hurt, sadness or fear - which is limiting.

What is your message to men who might be struggling?

It's ok to struggle, and it's ok to need help. It's not ok to take it out on the people around you. I could never say it better than the amazing Matt Brown, co-author/co-founder of 'She Is Not Your Rehab'. It is about acknowledging the hurt that many men have experienced and realising that while that trauma is not your fault, it is your responsibility to heal from it, and not let it become someone else's trauma. Check out Matt Brown's TedTalks on YouTube.

Can you give us some tips for supporting men to share their emotions or shift harmful attitudes?

Be open and willing to listen without judgement. Be curious about where these attitudes have come from and the impact this has on those around them. Do they know how women are impacted by this? Think about how feeling restricted in emotional expression may have impacted them. Would their life be easier if they felt able to express themselves better? Has bottling emotions up or using anger to deal with things helped? Talking always helps when the conversation remains respectful and reciprocal.

What gives you hope for the future in this space?

The fact that we are having this conversation. People are paying more attention. I am hopeful that by acknowledging the violence and trauma that occurs now, we can prevent it in the future. We can break the cycle of violence together.

Have you heard about our 'Free From Violence Activity Cards'?

Scan the QR code below to register your interest and we will get in touch make sure you don't miss out on this great conversational and icebreaker tool!



Are you passionate about gender equality, men's mental health or violence prevention? We want to hear from you!

We are on the lookout for volunteer community champions. The State Government Free From Violence Local Government Program allows us to support small initiatives led by you. We want to hear your ideas and collaborate to make them happen. You don't have to be an expert. Email Lee to talk more on communitydevelopment@murrindindi.vic.gov.au

Getting support

Call 000 in an emergency or if you are in immediate danger.

- 1800 RESPECT: 1800 737 732
- Rainbow Door: A free specialist helpline for LGBTQIA+ Victorians. Phone: 1800 729 367 or visit www.rainbowdoor.org.au
- Safe Steps Family Violence Response Centre: 1800 015 188
- Orange Door Goulburn: 1800 634 245
- Nexus Primary Health: 1300 737 732
- Lifeline: 13 11 14
- Djirra Aboriginal Women Support Service: 1800 959 563
- Mensline Australia: 1300 789 978
- 'Are You Safe at Home?' website: areyousafeathome.org.au

Proudly supporting
Student of the week

Community Bank · Yea & District and Alexandra


ALEXANDRA PRIMARY SCHOOL**Tyler Tasker-Stevenson - 3/4A**

Tyler consistently shows school values. Tyler has been working so hard in class and demonstrating our value of 'achieve'. He comes to school ready to try his absolute best every day. Amazing work. We are proud to have you in our learning community. Tyler, you are a star.

BUXTON PRIMARY SCHOOL

Declan has been a focused and independent learner this week.

Congratulations,
Declan.

EILDON PRIMARY SCHOOL

Our students this week are Xander and Tristan for showing our term value of Resilience.

ST MARY'S PRIMARY SCHOOL

Lachlan is a kind, thoughtful and determined member of our class. He is the first to offer assistance to anyone who requires help, especially when others are looking for someone to play with. Lachlan has a very strong interest in nature and animals and often shares his knowledge with our class, teaching us all lots of new facts. We are proud of your all-round kindness and effort. Amazing job, Lachie.

Congratulations Lachlan.

Student of the Week

Proudly supported by
Kinglake branch




Barry Cleary with master woodworker Ernie Hunt. The two worked on projects together. -S

The story of Ernie Hunt

ERNIE Hunt is famous around Alexandra for his creation of wooden bilby figures that were sold in local shops to raise money for the Royal Children's Hospital, but there is more to him than just that.

He has been in the woodworking industry all his life, despite his dad being an engineer.

"Dad was in engineering, he was an engineer. I don't know where the woodworking comes in. But it was good, an all my life sort of thing."

I started in joinery, down at Baker and Davies. I don't know whether they are still going, and then I moved to Moorabin. And then when we moved up to town, up to Whanregarwen Road, and then we moved into here [Peppin Point]," Ernie said.

The move to Alexandra was prompted by a love of the area, as well as a good area for family.

"I've always been up here fishing and all that. And I have two children, Trevor and Dianne. Trevor is the oldest, he's down at Paynesville. So they're still sticking together, you know. They're good kids. They're all married, and have children."

Ernie has also trained a number of apprentices over the years.

"So woodworking has been all my life. I've put about five apprentices through, three down there, down in town, and another two up here. The last boy bought my business, young Reedy, he's taken over the business now, and he's Murrindindi Kitchens now."

My first apprentice bought my business down there, in Melbourne, years before I moved up here. He was going along, but unfortunately, he had a heart attack and died. I don't know where the other one is, but young Matty Rid and I started up here."

I put him through as an apprentice, and then he bought the business. He's still going as Murrindindi Kitchens, doing well. They're all modernised now, cutting things up. It's all computerised and all that. They put sheets on, and they just put stuff into the computers, and bang, away it goes, it cuts everything up. Modernised now."

Not long after moving into the Murrindindi Shire, Ernie joined the Alexandra and Eildon District Woodworking Club, where he is now a life member.

"There was a woodworking club here, and I joined that. And so I'm 85 now, and my eyes aren't as good to do anything. But it was a good job ... I was still around at the club. I'm a life member round there, at the Alexandra and Eildon District Woodworking Club. I still am. But I don't go round there much now, and a lot times I call in round there to see what they're doing. It was a good club, and still is."

Speaking about the future, Ernie proclaimed that he wanted to see the younger generation taking up hobbies and getting excited about points of interest.

"Get some of the young ones off their backside and get them round to clubs. That's what I'd like to see. Get them interested in doing something," Ernie said.

Asked about woodworking projects that he has undertaken, Ernie proudly spoke of his wooden bilby figurines. They raised in the vicinity of \$6000 and stand as one of his proudest achievements.

"We do all sorts of things for ourselves, and also for the club. I don't go round there now, but I did, with Barry Cleary, the two of us, did a timber toy, for the children's hospital. It was a bilby."

"I did ducks and stuff, and everything and all that. But the main one, when we did it, was the bilbies."

Barry Cleary and I did them, and they were around the town and everything. And all the money that was raised went to the Royal Children's Hospital."

We just thought of it, and away we went. We designed a bilby, and that was really good. They're in shops around town, and all that. But now, being older, I'm not doing them much, neither Barry or I."

I tried to get the club to do them. I gave them all the patterns and everything, but I don't know whether they're doing that round there. I wanted them to take it over, and do it, because, I think around \$6000, went into selling them all and the town and that."

That went to the children's hospital. And we did it for Rotary, and one of the Rotary boys would take the cheque down with us and we'd give it to the Royal Children's Hospital. It was a good cause."

In the interview, Ernie was thoughtfully reminiscent on the past and his decades spent working with wood.

"It's been a good life, woodwork, from my apprentice years to being all about woodworking," he concluded.



One of the bilby figures that Ernie Hunt made to raise money for charity. -S



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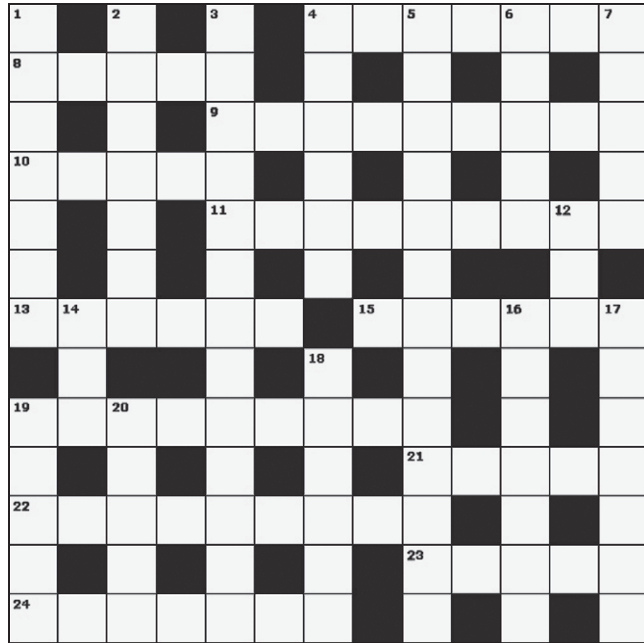
PUZZLES

SOLUTIONS
Page 15

Crossword

ACROSS

- 4. Sweet mixture poured over desserts.
- 8. Doglike African mammal.
- 9. Creating clothes from cloth.
- 10. Farm consisting of a large tract of land.
- 11. A means to an end.
- 13. A fine cord used in sewing.
- 15. Small cold-water silvery fish.
- 19. Strict accuracy.
- 21. Travels by ship.
- 22. The male head of a family.
- 23. Religious paintings in oil on a small wooden panels.
- 24. A person who is being taught a skill.



DOWN

- 1. A horse-drawn battle vehicle.
- 2. A curve in a stream.
- 3. Person skilled in the science of numbers.
- 4. Curls tightly.
- 5. Skill in fencing.
- 6. Moving quickly and lightly.
- 7. A finger or toe.
- 12. A hard-shelled seed.
- 14. Of a female.
- 16. Reference book containing an alphabetical list of words.
- 17. Support oneself.
- 18. Ruthless in competition.
- 19. Small songbird.
- 20. Something additional.

Word Search

C D N E W I D V S T W S A F C
 V R T U V Y E R C S R I A M I
 T P X Z K P T A T X H U Y T O
 B K I N D X R C F V R C S U W
 Z U S G N I T P E C C A V T E
 A K U J N U U A I P B V S X N
 F Y O G L O Y A L Y S U H G V
 X E R S W J E I G C Q E A O G
 Z N E N U L H F M S X X R W X
 T V N W A L W G A Q H I E X S
 U L E E E A N K H Q S D P R H
 B B G W V I H G U E K N C A V O
 X F A U V V W U L R L C A V Z
 I V T I K H N P T M Y P Y D B
 O L G D X A T T M E W N C N J

Math Square

2	×		-		15
-		-		-	
	+		÷		9
-		+		×	
	-	4	+		8
-11		3		-14	

Friendship

- ACCEPTING KIND
- CARING LOYAL
- GENEROUS PLAY
- GIVING RESPECT
- HELP SHARE
- HUG TRUST

Fill in the missing numbers.

The missing values are the whole numbers between 1 and 9.
 Each number is only used once.
 Each row is a math equation.
 Each column is a math equation.
 Remember that multiplication and division are performed before addition and subtraction.

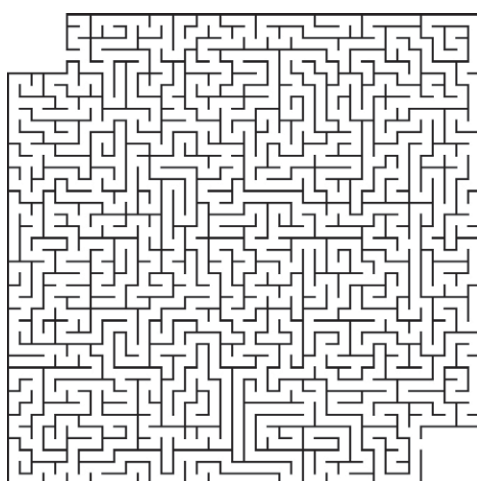
Sudoku

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

Difficulty: Very Hard

Fill in the boxes using the numbers 1 to 9.
 Every row and column and every group of 9 boxes inside the thicker lines must contain each number and letter only once.

Maze



Margaret, Julie, Elke and Bronwyn catch up over lunch.



Courses and Tutors Leader Libby Longham shares a joke with her piano playing wiz, Josie Parsons. -S



AGM attendees. -S

U3A Annual General Meeting

MURRINDINDI East U3A held their annual general meeting in the warm clubrooms of the Alexandra Bowling Club on Monday, July 15.

U3A President Deirdre Penhale welcomed everyone and revealed that she had a private bet going with Libby Longham, the Courses and Tutors Manager, regarding the number of guests arriving. Deirdre was okay with losing this one, as there was a happy crowd of 30 to welcome in the new committee.

Previous U3A President Greta Vallance took the chair to conduct the election of office bearers. All committee positions were filled.

The guest speaker, U3A Treasurer David Roberts, presented an engaging overview of

his life as a geologist and the career which spanned over 30 years. The slideshow included magnificent scenery from his work with Western Mining Corporation. David travelled and worked through much of southern Africa, north and south America as well as across Australia. He worked in an age before Zoom meetings and so he accrued many frequent flyer points.

Deirdre thanked David for his presentation and everyone for attending the meeting. Everyone was encouraged to stay on for soup and sandwiches. Because Deirdre had lost the bet to Libby, it was thought Deirdre wanted to make sure every one of those 40 plus sandwiches were gobbled up.



U3A secretary Judy Maloney chats with new vice president Jeanne Roberts. -S



Guest speaker David Roberts is thanked by U3A president Deirdre Penhale. -S

Real Estate GUIDE

Master Builders estimate falling short of targets

MASTER Builders Australia say new home building starts have risen slightly during the March 2024 quarter but remain too low to meet Housing Accord targets.

Newly released Australian Bureau of Statistics data has shown an increase of 0.5 per cent in the number of new home building starts.

Shane Garrett, chief economist at Master Builders Australia, welcomed the news but

warned Australia is still well off the pace required to build 1.2 million new homes over five years.

“The increase was driven by a 4.6 per cent expansion in new detached house commencements, however, higher density dwelling starts sank by 5.5 per cent.

“Work began on just 158,798 new homes across Australia over the year to March 2024,

the weakest 12-month period for new home starts since 2012.

“Unfortunately, despite the slight improvement in home building, non-residential building activity dropped by 6.8 per cent during the quarter,” Mr Garrett said.

Master Builders CEO, Denita Wawn, said while Master Builders welcome a slight bump in building starts, a stronger rebound is needed.

“Building activity is a key performance indicator for the health of the broader economy. We know when the building and construction industry is strong, so too is the economy.

“Australian builders are willing and able to build new homes, but they are being held back by worker shortages, restrictive and costly union pattern EBAs, slow building approvals, and high taxes.

“We need governments to take a holistic approach to the housing crisis and make reforms across portfolios to put us on the right track.

“The clock is ticking for us to get on the right track, hopefully these bumps aren’t too little too late for the National Housing Accord,” Ms Wawn said.



REIA encourages use of Home Guarantee Scheme

THE Real Estate Institute of Australia (REIA) has recently encouraged prospective buyers to utilise the 50,000 new places for eligible home buyers under the Australian Home Guarantee Scheme (HGS) from July 1.

REIA President, Leanne Pilkington, said that the HGS was a proven tool to help home buyers enter the market despite supply shortages and affordability challenges across Australia.

“The HGS has already helped 160,000 Australians purchase a home, including first home buyers, single parents, and people in regional areas.

“The best way to see if you can qualify for the scheme and seek pre-approval is to speak with a mortgage broker who secure up to 80 per cent of the HGS placements and can advise prospective first-time buyers on their options.

“Obviously market conditions are tough out there for entry level buyers particularly when you take into account broader cost of living pressures, so it is imperative that consumers use all tools in their toolbox and the HGS will be essential to some buyer’s considerations,” Ms Pilkington said.

For the 2024-25 financial year, 50,000 new places are available across three scheme

guarantees: these include 35,000 places for the First Home Buyer Guarantee (FHBG), 10,000 places for the Regional First Home Buyer Guarantee (RFHBG), and 5000 places for the Family Home Guarantee (FHG).

The HGS is an Australian Government initiative administered by Housing Australia and available through 32 participating lenders.

The scheme allows first-time home buyers to purchase a home with a deposit as low as five per cent, compared with the more common average house deposit of 20 per cent. It also removes the need for Lenders Mortgage Insurance (LMI).

Electrifying your home

THE state government is assisting Victorians in investing in a wide range of renewable technologies so home owners can achieve cheaper power bills and an all electric home.

The Minister for Energy and Resources Lily D’Ambrosio recently announced the projects that will be funded as part of the Residential Electrification Grants Program, helping households make the switch to all-electric and slash their energy bills.

By phasing out expensive fossil gas and going all-electric, households can slash around \$1400 per year off their energy bills or up to \$2700 if paired with solar panels.

More than \$4 million will be delivered to seven approved providers to deliver 1875 solar and 1545 hot water rebates which will reduce the upfront costs of installing solar and energy efficient heat pumps.

Successful projects will help provide more comfortable, cheaper all-electric homes across the state, including for first home-owners, aged care residents and vulnerable customers. The program also supports local manufacturing and technologies that back Victorian workers and manufacturing jobs.

More Victorians are starting the journey to making their home all-electric. In Solar Victoria’s recent customer surveys, 69 per cent of respondents said that they are keen to or have been thinking about transitioning to an all-electric home, while 13 per cent have already fully transitioned thanks to Solar Victoria’s rebates and loans.

Since 2018, Solar Victoria has provided more than 350,000 rebates and loans to households across the state to install solar panels, energy efficient hot water systems, and solar battery systems.

For more information on the Residential Electrification Grants program, visit solar.vic.gov.au/electrification-grants

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Fun facts about fruit and vegetables

Carrots

CARROTS were originally cultivated in Europe for their seeds and leaves, rather than the root. They are closely related to parsnips, parsley, coriander, fennel, anise, dill and cumin. Wild carrots are generally purple with a white interior.

Around 900AD, famers in Asia began breeding carrots, creating the colours of yellow, red, white and black.

Orange carrots didn't occur until the 17th century, when Dutch farmers began engineering them to change the colour. The stable variety of orange carrots was created at the start of the 18th century. Many people claim that the orange carrots were created to honour the Dutch royal house, the House of Orange.

Carrots do not help people to see in the dark, unless they suffer from a deficiency of vitamin A.

Carrots contain 86 to 95 per cent water, while the humble cucumber is 96 per cent water.

Baby carrots are not teeny little carrots. They have been shaved down by industrial machinery to make them look small.

Tomatoes

Tomatoes are fruits, specifically berries, rather than vegetables, although in the USA, the Supreme Court in 1893 decided that they are vegetables, even though they're not. They were trying to thwart a tax dodge. They still stand by their decision.

Tomatoes were considered to be poisonous in 18th century USA, and according to legend, President Thomas Jefferson decided to prove that they weren't poisonous by eating one. As he didn't die, people decided that they must be alright. Tomatoes are now the most popular fruit in the world.

Pumpkins

Pumpkins are also fruit as they are the product of the seed-bearing structure of a flowering plant.

There is evidence of pumpkin cultivation between 7000BCE and 550 BCE in Mexico.

Spinach

Popeye the Sailor became incredibly strong when he ate spinach, encouraging children

worldwide to eat the spinach on their plate. However, the idea that strength comes from spinach was actually the result of a notational error. German researcher Erich von Wolf reported in 1870 that 100g of spinach contained 35mg of iron, but unfortunately he popped the decimal point in the wrong place. It should have been 3.5mg, so it's not as good for you as people thought.

Bananas

Bananas are berries. They also grow on herbs not trees, defined by the soft trunk. They originally grew with large hard seeds.

The popular Cavendish variety of banana are all descendants of a single plant from Asia, cultivated for its sweet and seedless fruit. They have been propagated by cuttings not seeds.

There are over 1000 different varieties of banana grown around the world.

In 2016, Andrew Lawrence ran the London Marathon in two hours, 47 minutes and 41 seconds, making him the fastest person to complete the race while wearing a fruit costume, in his case, a banana.

Banana flavouring tastes nothing like a real banana, right? Wrong. Apparently it tastes like a Gros Michel variety of banana. Gros Michels were the original commercial banana.

If you have a scratched DVD or CD, rubbing a banana peel on it can stop them from skipping as it fills up the scratches without damaging them.

Watermelons

Watermelons are berries. To choose the best one, fine the ones with a yellow spot (not white or green as they may have been picked while unripe) and pick the heaviest.

King Tutankhamun had watermelon seeds in his tomb. It's understood that this was for the water content of the fruit, rather than the taste, on Tutankhamun's trip to eternity. While modern day watermelons last about three weeks, in ancient Egyptian times, it has been suggested that they would have stayed fresh for months.

Blackberries, strawberries, mulberries and raspberries

Blackberries, strawberries, mulberries and raspberries are not berries. They are in fact



The fruit and vegetables we eat today are very different to those of the past. -Jina Lee

aggregate fruits, meaning a fruit which consists of a number of smaller fruits.

Boysenberries

Boysenberries were invented by Rudolph Boysen in the 1920s. They are a combination of raspberries, blackberries, dewberries and loganberries. By 2016, New Zealand had become the world's largest producer of boysenberries.

Apples

Apples are closely related to roses, along with pears, cherries and plums.

Apples can be kept fresh for up to a year by reducing oxygen levels and increasing carbon dioxide, and many supermarkets have made the most of this.

Apples were also domesticated very early, between 4000 and 10,000 years ago, or even before.

Cranberries

Ripe cranberries bounce.

Potatoes

Now a crowd favourite, potatoes were first cultivated by the Incas of Peru. The Spanish conquistadors took some potatoes back to Europe in 1536. In 1589, Sir Walter Raleigh introduced potatoes to Ireland.

Marie Antoinette sometimes wore potato blossoms in her hair.

The Irish potato famine was the result of phytophthora infestans. Almost one million people died from starvation or disease in the famine.

Potatoes were the first vegetable to be grown in space, on the space shuttle Columbia.

Oranges

In subtropical regions, the temperature doesn't get cold enough to turn the skin of an orange orange, but may instead stay green or yellow.

Lemons

Electrodes attached to a lemon creates a battery which can be used to power a light.

Cucumbers

The waxy coating on the skin of a cucumber can apparently erase ink writing. It can also be used to erase permanent pen off various surfaces including tables and windows.

Cucumber peel can also deter ants, moths, mites, wasps and silverfish.

Cucumbers are berries.

Corn

Corn is a member of the grass family. The cobs are now 1000 times larger than they were 9000 years ago, due to selective breeding.

Wild cabbages

Broccoli, cauliflower, savoy cabbage, red cabbage, kale and brussels sprouts all result from the selective breeding of wild cabbages.

Grapes

There is evidence of the human cultivation of grapes as early as 22,000 years ago, and people were managing wild crops even earlier. The oldest evidence of wine production was in 6000BC. One wonders why it took so long.

Agricultural show grants available

VICTORIAN Agricultural and Pastoral Societies looking to improve their infrastructure or boost awareness and involvement in regional shows will get more support from the Victorian Government.

Minister for Agriculture Ros Spence announced the \$300,000 Agricultural and Pastoral Society Grants Program is now open to applications ahead of the 2024/25 show season.

The program aims to support Agricultural and Pastoral Societies in projects that help stimulate community involvement in activities that promote agriculture.

Eligible organisations can apply for grants of up to \$10,000 for infrastructure development and other business activities to celebrate Victoria's agricultural communities, industry and produce.

The grants can be used to upgrade or establish new facilities, enhance public amenities, improve essential infrastructure, improve business management activities, biosecurity planning and promote reporting of livestock movements.

Previous projects funded under the program include new animal yards, fencing, shade covers and lighting or upgrades to shearing pavilions, luncheon halls, public amenities and viewing stands.

Applications close on August 23. To learn more about the Agricultural and Pastoral Society Grants Program or to apply today, visit agriculture.vic.gov.au

Minister for Agriculture Ros Spence said, "We are proud to keep supporting our Agricultural and Pastoral societies to put on their fantastic shows across Victoria that display the best of our agriculture industry."

"These societies are at the heart of our regional communities, and this initiative will help them to showcase agriculture to the many Victorians who love attending our rural shows."

Youthrive Victoria Scholarships Now Open

YOUTHRIVE Victoria's round of scholarships is now open to rural and regional Victorian students planning to undertake further study in 2025.

Each year, the local not-for-profit provides a number of scholarships to Year 12 students who plan to undertake university studies, or further develop skills through vocational training.

In 2023, 11 Youthrive Victoria Rural University scholarships and 21 Rural Chances scholarships were awarded to young rural and regional Victorians looking to undertake further study in 2024.

Thanks to funding generously provided by philanthropic donors, 10 university

scholarships (\$10,000 per year for three years) and 20 vocational scholarships (up to \$5000) have been made available to young rural Victorians wanting to up skill or pursue tertiary study in 2025.

Youthrive Victoria CEO Andrew McGuckian said, "We believe that our scholarships and programs are helping to create positive outcomes for students from rural and regional Victoria and hope to see a large number of applications for both our university and TAFE scholarships this year."

The scholarships provide financial support to assist with living expenses and travel costs, specifically addressing the needs of students from regional areas.

Youthrive Victoria also offers 'Wrap Around Care', which includes mentoring, capacity building and development opportunities. The impact and importance of scholarships is widely acknowledged and can often lead to very different outcomes for students who may not be able to consider further studies due to costs and/or regional distances.

University scholarship applications are now open, and close on August 25. Rural Chances vocational scholarships are now open, and close November 14. More information about Youthrive Victoria's scholarships and how to apply is available at youthrivevictoria.org.au/scholarships/

Crime Stoppers aiming to reduce youth violence

CRIME Stoppers Victoria is working with young Victorians to combat increased rates of youth violence by asking them to 'Share If You Care' in a new campaign.

According to Crime Statistics Data, there has been an increase in serious and violent offenses committed by individuals aged 14 to 17. A whopping 6433 crimes against a person were recorded in the past 12 months to the end of March 2024.

This initiative, developed in collaboration with students from Lyndhurst Secondary College, is encouraging young Victorians to take action and change the narrative surrounding violence. The new campaign is asking young people to share footage on

their phones with Crime Stoppers, while staying unknown.

Crime Stoppers will further empower young people in the fight against crime by taking the campaign to schools. Resources will be available for students, parents and guardians to help with the tough conversations regarding youth violence.

Crime Stoppers Victoria Chief Executive Stella Smith wants young people to know, "It doesn't matter who you are, the question is, who are you protecting by not sharing what you know? Crime Stoppers gives you a way to speak up without fear."

"Young people can easily put in an online report and share images and videos they

already have on their phones. Online reporting also allows them to share content they may be seeing on social media" Ms Smith said.

Sixty six per cent of reports to Crime Stoppers Victoria are made online which shows people want to make a difference and be a part of the solution.

Ms Smith explained, "Providing information to Crime Stoppers can make a huge difference and possibly change the outcome of an investigation, all while staying unknown."

Report information anonymously to Crime Stoppers at crimestoppersvic.com.au or on 1800 333 000.



Illegal firewood collection to be axed

THE silent and devastating toll of firewood theft from Victoria's forests and parks has been revealed. Public land authorities have announced a crackdown on escalating illegal firewood take and habitat destruction, which threaten the survival of native wildlife and Aboriginal cultural heritage.

In 2023 alone, firewood thieves damaged or destroyed more than 9200 native trees or cleared roughly 462 hectares, which is approximately 178.5 MCGs worth of public land in Victoria, with much of the stolen wood sold on to unsuspecting Victorians by illegal firewood operators.

The Conservation Regulator and Parks Victoria have launched Taskforce Ironbark, a joint state-wide initiative targeting illegal commercial firewood removal from public land and empowering Victorian firewood consumers to make choices which help protect Victorian forests and native wildlife.

Brady Childs from the Conservation Regulator, and Taskforce Ironbark Manager, said: "We have seen a rapid rise in firewood-related damage on public land, and native trees are being stolen from Victoria's forests and parks faster than they can be replaced, leaving our native birds, reptiles, and small mammals without crucial habitat."

"We formed Taskforce Ironbark to disrupt illegal commercial firewood operators and remind all Victorians they play an important role in preserving our forests and parks, protecting wildlife habitats, and reducing the harm associated with firewood theft."

With winter here and factors like rising living pressures and a lack of community awareness, the demand for cheap firewood is likely to increase, exacerbating illegal firewood theft and the destruction of vital habitat.

When Victorians unintentionally buy illegally sourced firewood, often through

online marketplaces, roadside stalls, and word-of-mouth, they could also be inadvertently supporting the individuals and syndicates destroying native forests and wildlife habitat.

"Illegal firewood theft is devastating our local parks, forests, wildlife, and cultural heritage. With nearly 10,000 trees destroyed last year alone, the impact is far-reaching, threatening the survival of native species and damaging irreplaceable Aboriginal cultural sites," Mark Breguet, Senior Manager of Enforcement at Parks Victoria, said.

"Taskforce Ironbark is targeting these illegal activities and raising awareness among Victorians about the importance of sourcing firewood responsibly. By making informed choices, we can all help protect our parks and the vital habitats they provide."

To help buyers recognise reputable firewood sellers and tell if wood has been illegally sourced, they are encouraged to ask them,

where does your wood come from? They should be able to detail where their wood was sourced; can I get a receipt? They should provide a tax receipt with a business name and ABN listed; why is the wood so cheap? If the firewood seems cheaper than similar nearby, ask them why.

Many of the trees targeted by thieves are large, old, slow-growing species that are unlikely to recover or be replenished in this generation or the next, and their illegal felling directly risks the survival of some of the most threatened native species, including the red-tailed black cockatoo and the brush-tailed phascogale, who rely on hollows in both standing and fallen trees for habitat.

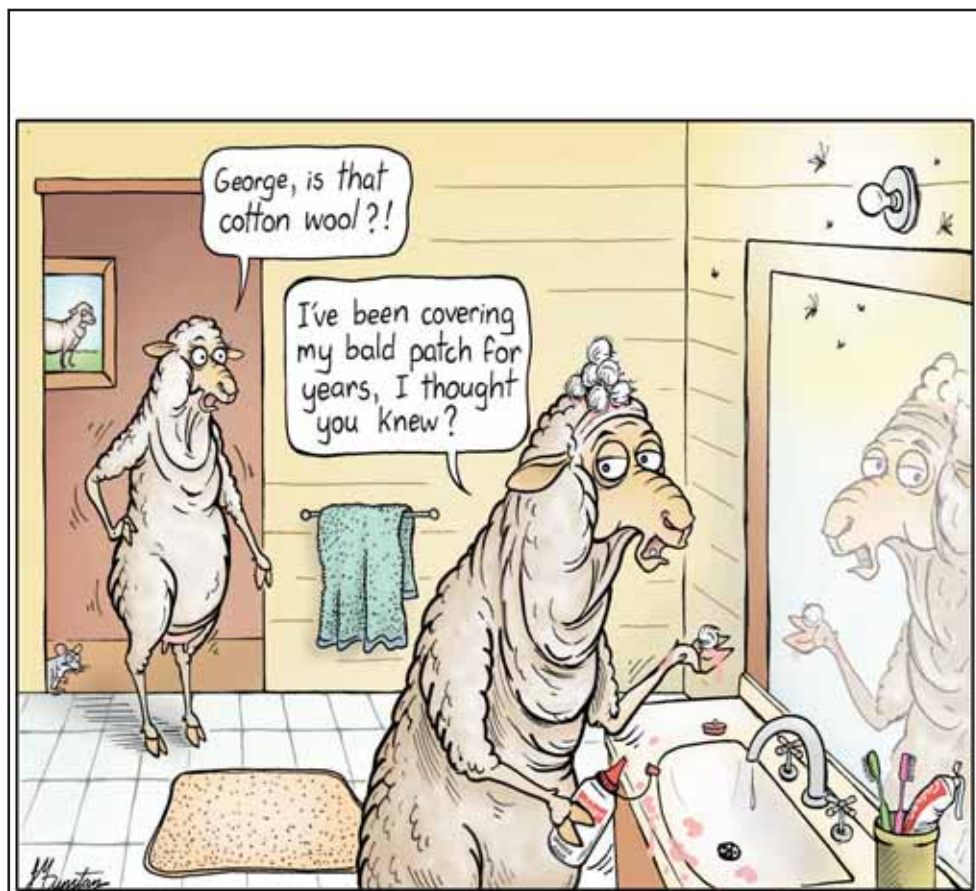
Victoria is also rich with Aboriginal cultural heritage and only a small percentage of historical sites have been recorded. Firewood theft has serious potential to damage Aboriginal scarred trees, and once gone, these important cultural representations and reminders of Indigenous land use practices are lost forever.

Authorised Officers are conducting targeted patrols across public land and using intelligence-gathering methods, such as concealed cameras and community reports, to catch commercial firewood thieves.

Last year, the Conservation Regulator and Parks Victoria issued 130 infringement notices and laid more than 220 charges related to habitat destruction and the illegal cut and take of firewood from forests and parks.

In Victoria, it is illegal to cut and take timber from public land without authorisation and offenders face maximum penalties of more than \$9879 and/or 12 months in prison for each charge. Chainsaws, trailers, and vehicles used in the offending can also be seized.

The community can help by reporting suspicious sellers or firewood theft from public land to 136 186. For more information on responsible sourcing of firewood, visit: vic.gov.au/sourcing-firewood



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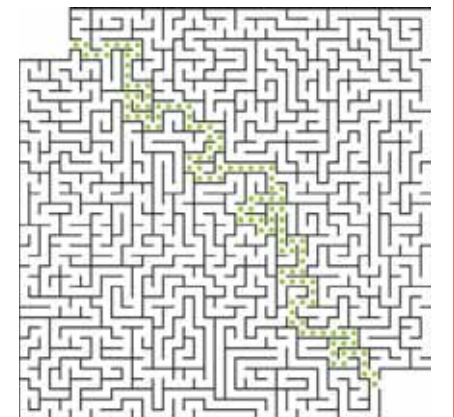
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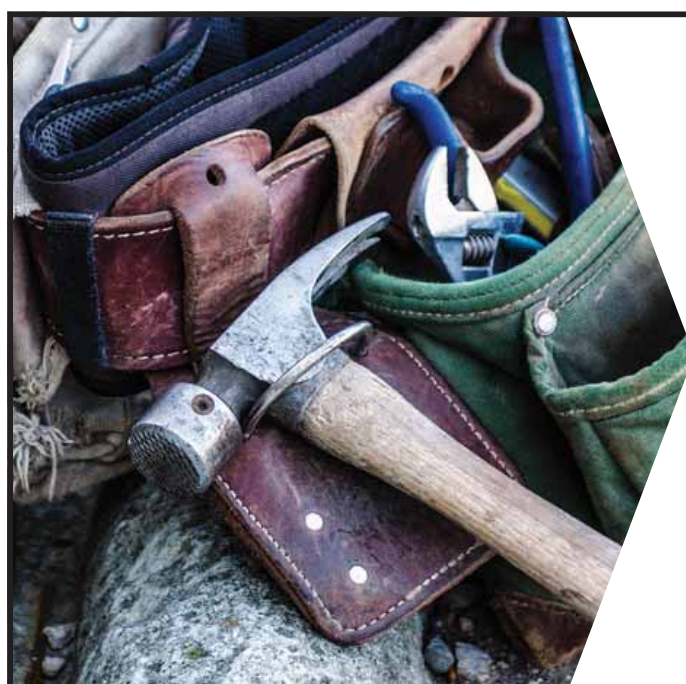
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8	9	4	1	6	2	5	7	3
1	6	2	3	7	5	8	4	9



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Print Post Approved - PP 10000292.

DEATH NOTICES

TATE, Ann
27/01/1938 -
15/07/2024

Loved wife of Bob (dec). Mother of David and Peter (dec). Loved grandmother of Chris, Samantha, Jessica and Laura. Great grandmother of Noah, Eden and Magnus.

Sadly missed. Reunited with dad and Pete.

As per Ann's wishes, a private cremation to be held.



HALL, Edward (Ted)
21/08/1936 -
17/07/2024

Husband of Val. Father to Kaylene and Frank. Brother to Evelyn (dec), Margery, Helen, Betty, Joy and Dot.

Free to roam the hills again.

HALL, Edward (Ted). Fond memories of our brother Teddy, Joy and Roy Comrie and family, Dot and Jim Kidd and family.

PETS & LIVESTOCK

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FUNERAL NOTICES

HALL, Edward (Ted)
A service celebrating the life of Ted will be held at Murrindindi Chapel, 21 Johnston street, Alexandra on Friday, July 26, 2024 commencing at 11am.



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Could electric vehicles provide emergency power?

THE future holds a great deal of potential around energy and electricity. Electric vehicles (EVs) are a small fragment of that potential, transporting people from point A to point B at half the carbon emissions of fossil fuel vehicles.

Murrindindi Shire Council recently announced the introduction of an EV to their own fleet, which will be driven by council workers as a company car. The car is to be charged at a council-owned station in Alexandra, with the station running off renewable energy.

But if people were to not charge their car using renewable energy, and rather plugged into the electricity grid, what possibilities does this create?

There is potential for EVs to provide a back-up for the electricity grid, should an extreme scenario knock out power production. They could do this by discharging their stored charge back into the grid, providing emergency power for thousands of homes.

Over the past half a decade, there has been an ongoing Realising Electric Vehicle-to-grid Services (REVS) project, involving Bjorn Sturmberg, a Senior Research Fellow at the Australian National University.

Mr Sturmberg shared some of his findings in an article published by *The Conversation*, titled 'When transmission lines fell, 16 electric vehicles fed power into the grid. It showed electric vehicles can provide the backup Australia needs'.

The average electric vehicle battery stores over two days' worth of electricity, and the recent study showed that 16 vehicles discharging provided 107kW to the grid. Extrapolating from that data shows that 105,000 vehicles discharging at the same rate could cover the typical spare capacity in the New South Wales and Australian Capital Territory system.

The study involved programming EV chargers to recognise when the national grid loses power generation, and trigger the discharging of short bursts of power from connected EVs.

In the case of February 13 this year, when a storm triggered the disconnection of Loy Yang coal power station and two wind farms, 16 government-owned EVs were plugged into chargers. Of these, four were charging, while 12 were idle.

They all immediately switched to discharging, which is where the figure of 107kW of electricity support to the grid comes from. They discharged for 10 minutes, which aligns with the electricity market rules, and prevents the vehicles from being fully drained.

The REVS study found a number of hurdles that need to be overcome before EVs backing-up the national grid is a viable option.

The default programming of EVs is to start charging once their batteries drop below a certain level. In the case of the study, nine vehicles started charging immediately after discharging into the grid for 10 minutes, because their batteries had fallen below the acceptable level.

It was also found that some of the government-owned vehicles continued to charge through the event, drawing power from the grid that could have potentially been better utilised in an emergency.

It brings up the question of overloading the grid when EVs become more commonplace. How will charging be dealt with, as thousands of electric vehicles plug in to charge at 5.30pm, once people arrive home from their nine to five job? How will such a scenario not overload the national grid on a daily basis?

Experts seem to be responding to this question by pointing to variation in charging time, and that people will not charge their EVs all at once, but rather, charging will be spread throughout the day and night, allowing the grid to cope. This answer relies on people not all charging at one time and being conscientious about their power usage.

Origin's head of e-mobility, Chau Le, told *The Sydney Morning Herald* that smart charging could make all the difference with regard to charging EVs and the strain on the grid.

"Without incentives and regulatory policies that encourage smart charging, that's what's going to happen when mass-market adoption takes off; you're going to have all these EVs that are being charged that cannot be enrolled onto smart-charging programs or cannot be managed.

"We do expect ... that will cause constraints on the network and the wholesale market, if it's not managed properly," Ms Le said.

Smart charging allows operators to monitor and manage the energy consumption of EVs, which could allow for designated charging times and less energy-heavy charging. Someone charging their EV overnight could set-up a low energy consumption charge that takes longer to boost the battery, but also places less strain on the grid.

While EVs cut carbon emissions by half compared to their petrol-powered counterparts, they also increase household electricity usage by up to 50 per cent. Smart charging would just allow for the dispersion of energy consumption. The amount of electricity consumed would remain the same.

It's all well and good to consider the benefits of EVs backing-up the grid, but how will the grid back-up EVs? These are questions that need to be considered and answered moving forward, as Australia delves deeper into electric vehicle technology.

Scam warning following CrowdStrike outage

LAST Friday, a global outage struck around the world as a result of an update malfunction from cybersecurity firm CrowdStrike. The update applied to computers running the Microsoft Windows program, causing many of them to fail.

The outage grounded flights and crashed payment systems, as well as causing a variety of disruptions to other important services like the rail network and health services.

The problem appeared as a blue error screen. Solutions have and are being put in place to fix the problem, with a definitive fix just needing to be applied.

Full information on what happened and how to fix the problem can be found directly through the CrowdStrike website at crowdstrike.com/falcon-content-update-remediation-and-guidance-hub/

People are also being warned of scams relating to the CrowdStrike outage. The National Anti-Scam

Centre is warning consumers and small businesses to be wary of unsolicited calls, emails or messages requesting they download a software patch or provide remote access to fix or protect their computer from the CrowdStrike/Microsoft outage.

Consumers should also be alert to unsolicited requests from individuals claiming to be from their financial institutions or other businesses requesting they update or verify their personal or financial information due to the CrowdStrike/Microsoft outage.

"Criminals look to take advantage of incidents like this CrowdStrike outage, creating a sense of urgency that you need to do what they say to protect your computer and your financial information," ACCC Deputy Chair Catriona Lowe said.

"Anyone can be scammed, so it is important to be wary of any unsolicited contact that purports to provide assistance in the aftermath of a major event like this."

Small changes can have lasting effects on teen mental health

NEW research on the subject of teenage mental health has been published in the *International Journal of Mental Health and Addiction* and reported on by *The Conversation*. It reveals that minor changes to habits can have a lasting effect on the mental health of teenagers.

The report, 'Adolescent Lifestyle Behaviour Modification and Mental Health: Longitudinal Changes in Diet, Physical Activity, Sleep, Screen Time, Smoking, and Alcohol Use and Associations with Psychological Distress', details a study conducted of more than 4400 high school students across 71 Australian schools.

Research showed that increases over time in healthy behaviours (sleep, fruit and vegetable consumption, and exercise) were associated with lower psychological distress, while increases in health risk behaviours (screen time, junk food, alcohol use and tobacco) were associated with higher psychological distress.

The study found that between year seven and year 10, a variety of

factors either increased or decreased psychological distress.

A one hour increase in sleep per night was linked to a nine per cent reduction in psychological distress. Similarly, each added day of 60 minutes of moderate-to-vigorous physical activity per week could be linked to a three per cent reduction. A daily serve of fruit or vegetables reduced psychological distress by four per cent.

On the other hand, each added hour of screen time saw a two per cent increase in psychological distress, and the same increase was recorded for each unit increase in junk food or sugary drinks.

Because consumption of alcohol or smoking of tobacco is uncommon in teenagers, the study only looked at whether the students had or hadn't drunk alcohol or smoked in the previous six months. It was found that switching from not drinking alcohol in year seven to drinking alcohol in year 10 increased psychological distress by 17 per cent. Switching from not smoking to smoking depicted an increase of 36 per cent.

The study took place over three years, with the first baseline conducted when the students were in year seven, and the second part when they were in year 10. Unfortunately, this meant that there are some factors the study cannot account for.

These factors include any changes in the student circumstances, lifestyle behaviour changes, and perhaps most importantly, the impact of COVID-19 on mental health. Taking place from 2019 to 2022, the study has no way of ruling out the psychological distress of COVID-19.

However, those who conducted the research were careful to consider these factors while noting their findings, and still consider them accurate. The links between healthy and unhealthy habits and psychological distress are valid, despite outside interference.

To view the original report, visit link.springer.com/article/10.1007/s11469-024-01350-9. Any teens that are struggling with mental health can also get support from ReachOut at au.reachout.com/ or by calling Kids Helpline on 1800 551 800.

SPORT

A lot happening for round 11 winter tennis

by Rhonda Carpenter

WINTER had truly set in after the school holidays and players were expecting washouts for their resumption matches across the district last Monday week.

Much to everyone's surprise, matches in Euroa, Benalla, Terip and Mansfield went ahead. Fortunately the rain held off until the end of play and every match finished despite the weather.

In Euroa, Moglonemby hosted Seven Creeks and both teams gave it their all with lengthy, seesawing sets across the day. Deb Seach, Marlene Hanrahan, Robyn Johnson and Mary Kelly recovered from an early wobble to secure three sets and multiple games in the others. Rowena Ellis, Kelly Hill, Kerry Hewlett, and Genevieve Calvert would've been wondering 'if only'

at the end when only one game separated the teams.

Moglonemby 3-38 defeated Seven Creeks 3-37.

Benalla prepared their grass courts for Delatite and provided sunshine for parts of the day. Kate Campbell, Claire Sharp, Maureen Jewell, and Wendy Maxwell got the jump on their visitors winning both openers.

Delatite's Jo O'Brien, Deb McCormack, and Deb Mims included replacements Agnes Kay from Wappan and Julie Harrington from Euroa for their contest. The replacement pair combined strongly, going down six to eight. Benalla was all class on the grass, and everyone enjoyed the company, the lawn surface and the hard hitting.

Benalla 6-48 defeated Delatite 0-18 and moved into second spot

on the ladder swapping places with Euroa who had the bye.

Over in Terip Cindy Hayes, Frances Lawrence, Phoebe McDermid and Jenny Martin had their work cut out against Mansfield's Michelle Pigdon, Peta Kelly, Keira McDonagh and Clare Beecham. Mansfield played with conviction to overcome the ladder leader.

After the lengthy contest the rain bucketed down, and Mansfield 4-40 had defeated Terip 2-32.

After heavy rain overnight the Mansfield courts were checked early then given the go ahead after a brushing to lift the sand from the damp synthetic grass. Creighton's Creek arrived to take on Wappan with both teams keen to improve on results from their previous meeting, a draw.

While lengthy battles ensued, players retreated to the warmth of the clubhouse between sets while waiting for the next one. Wappan's Jenny Bell maximised her court time rallying superbly in every game, and combined strongly with all her partners; Rhonda Carpenter, Jenny Smith and Di Berglin to win all her sets.

In the other pairings Gayle Furphy, Sue Vaughan, Ros Doxey and Erica Mercer had the answers using superior court craft and placement to out manoeuvre their opponents. Ros was dynamite on the net. Despite the bitter cold the women were undaunted and layered up and down over the day to keep warm.

Misty rain fell throughout the last set, but a serious downpour decently held off until the women had walked off the court.

Creighton's Creek 3-42 defeated Wappan 3-29 and swapped places with them to slot into fifth on the ladder.

Ladder: Terip 73, Benalla 68, Euroa 64, Mansfield 55, Creighton's Creek 49, Wappan 48, Seven Creeks 43, Moglonemby 36 and Delatite 4.

Cathedral Lodge and Golf Club performs well

CATHEDRAL Lodge and Golf Club has performed very well in the annual Golf Digest rankings of the best golf clubs in Australia.

The club reached 14th place this year. Their previous annual rankings were 14, 17 and 16.

The judges found that the club's best criterion was its aesthetics. They said, "It's private, it's remote and it's also really good. Exclusivity was no hindrance as 37 members of our panel scored Cathedral, which is in the Cathedral Ranges of Victoria. Now a tournament venue each summer, the course owned by David and Sonya Evans is maturing nicely."

277 avid golfers voted on the best clubs, visiting 809 different courses out of the 1603 golf courses in Australia. They lodged a total of 7026 evaluations.

The judges scored the course on seven criteria. These were shot options, challenge, layout variety, distinctiveness, character, aesthetics and conditioning.

The overall winner was Cape Wickham Golf Club on King Island. It was the first time that the club has taken out first place. The Royal Melbourne (West) club has previously taken out the top spot five times.

First squash round of term three

by Kristelle Leary

THE new pennant has started and has brought a lot of fresh new faces to the courts.

Monday Comp

Blue Vein versus Camembert

Ethan versus Lachlan: Lachlan's great serves were too strong. Ethan started to hit his serves in and with his power he will be one to watch. Lachlan took the match. 67 to 37.

Mick (fill in) versus Lee: It was all about the serves in the first two games. Game three brought great rallies and great use of angles. Lee managed to get the last game, but Mick took the match. 55 to 43.

Pep versus Oli: A stupendous game with cracking rallies. Pep won the first two games, but Oli kept on him to take the third and draw the fourth. Oli snuck in to win the match. 63 to 62.

James versus John: James came out strong only for John to claw it back and take control in the second game. Game three had great rallies and depths, but John pulled the pin in the fourth with an injury, leaving the game inconclusive.

Feta versus Gouda

Tyler versus Lochlan: Tyler started strong and held the upper hand in the first three games. Lochlan pulled it together to take the last game, but the match was lost. Tyler was victorious. 66 to 49.

Sally versus Chris: Very narrow wins in all games. Both new players found their footing to play a good match. Chris managed to collect some extra points along the way to win the match. 51 to 47.

Daniel W versus Justin: Chaos reigns on the court when these two play, they should come with a safety

warning. Two games were drawn but Daniel composed himself for long enough to win the other games and the match. 69 to 65.

Daniel K versus Derrick: Daniel was in good form and had Derrick against the ropes for most of the match. With a short burst Derrick won the third game, but the damage was done and Daniel took home the win. 61 to 45.

Thursday Comp

Barracudas versus Hammerheads
Matthew versus Randy: Matthew had boundless energy and put in a valiant effort. Randy is more experienced and took the match with a good lead. 78 to 51.

Lucas versus Jodie: Jodie's accurate shots drew a whole series of mis-hits from Lucas who was flailing at sea to begin with. Lucas started attacking Jodie's serves before she adapted

her game again to run away with a comfortable victory. 79 to 38.

Jack versus Michael M: Two very different players. The loud chaotic styling of Michael against the calm and collected Jack. Michael kept his head above water, but he didn't manage to take a single game from Jack. The glory went to Jack. 71 to 40.

Orcas versus Piranhas

Blake versus Beth: With a commanding lead in the first game, Blake was going to be hard to beat. Beth made a play for the lead, winning game three. However, Blake had done too much damage in the first game and took the match. 67 to 52.

Kristelle versus Sam: An unusually uneven see-sawing match, both players took a game each with a tremendous lead to even out the score. In the end Sam triumphed with a four-point lead. 68 to 64.

SPORT

50th game for two Thornton Eildon players

by Scott Whitehead

IN women's football last week Thornton/Eildon hosted Monbulk in their final home game for the season.

The day started with the celebration of two home grown heroes in Emily Kerr and Tahnee Heard who were both playing their 50th game for the Roos. Emily has been part of the team since its inception and returned this season after having her first child while Tahnee became the youngest female player to reach the milestone.

A couple of late changes prior to the game had the coach flipping the magnets on the whiteboard trying to find the best balance for the team structure.

The quarter started as most do with Thornton/Eildon winning the first contest but the script writers were "taking the mickey" with Monbulk's celebrated 50 game player having the first kick of the game, which was in turn intercepted by 50 gamer Emily Kerr at half back who then returned fire, centering the ball to the other 50 game player Tahnee Heard.

Monbulk were quick to cut off the next possession and scored in the first minute of the game. Two more goals for the quarter for the away team had them leading by three goals at quarter time.

The second quarter saw the return of Siobhan Bell less than three months from having her first child but just like her team mates she found it difficult to gather clean possessions as ladder leaders Monbulk dominated the quarter, taking a handy 40 point lead at half time.

Thornton/Eildon continued the battle in the third quarter but were half a step behind their better skilled and faster opponents as they continued to pepper the scoreboard. Kim Walton moved herself to centre half forward and had immediate impact, but Monbulk were not willing to share the football giving the home team's forwards limited opportunities.

As the winter rain set in for the final quarter Abby Coolahan did her best to

impede Monbulk but they found another gear finishing off the quarter with a five goal onslaught while again not allowing the home team to score. The difficult day continued with the highly sought after meat tray raffle also being won by Monbulk despite the jovial calls for a redraw. Monbulk's coach was happy to receive his second win for the day.

Awards: Simpsons Fuel voucher: Kim Walton; Coaches Award: Zoe Lee; Mitchell and Co Hair Artistry \$50 voucher: Abby Coolahan; Club Meal voucher: Amy Campbell.

Next week Thornton/Eildon travel away to play Seville with the first bounce at 10.45am

Training is on Monday and Thursday nights starting at 6pm. Dinner is also available on Thursday night at 7.30pm for \$15. If you wish to be a part of the team as a player, supporter or sponsor please follow the Thornton Eildon District Football and Netball club Facebook page or by email at tedfnc@outlook.com



Emily Kerr and Tahnee Heard celebrated their 50th game for the club. -S

Exciting times ahead for Kayla Morton



Kayla is proud to be representing Australia in the IronMan World Championships in France in September. -S



Kayla completing one of her previous competitions. -S

Winter weather leads to low numbers for Alexandra golf

by Elizabeth Goss

BETWEEN the wintry weather locally and sun seekers up north the playing numbers on the course continue to be well down. But the die hards keep soldiering on.

Brad Newton had a winning streak with (11) 39 points on Tuesday. Todd Galloway was the runner-up with (17) 31 points and next came Leo Dynes with (19) 28 points. Nearest the pin on the seventh went to Brad Newton. Ball Rundown: Frank Devries.

The winner on Wednesday was Ruth Worland with (16) 34 points. The runner-up was Brenda Lopez with (27) 27 points. Next came Bronwyn Howell (30) 25 points on a countback from Judy Pearson with (24) 25 points.

Nearest the pin on the second went to Judy Pearson, on the seventh to Brenda Lopez and on the 18th to Bronwyn Howell. Next Wednesday, July 31, is par, which should prove quite a challenge in this weather.

There was no competition last Saturday due to the rain. Saturday, July 27, is stableford.

KAYLA Morton has recently been selected to represent Australia in the IronMan World Championships in France in September.

Kayla did her first ironman event in 2021 in Cairns during COVID-19. Kayla qualified for a world championship place but couldn't go due to the pandemic. Kayla is now coming up to her seventh ironman event since 2021. Last year Kayla had a great achievement at the world championships in Kona, Hawaii and she is getting excited for the upcoming events this year.

Kayla explained how ironman events are changing, "Males and females use to race together and this year its separate. Last year at Kona, it was the first female only race and in Nice in September it will also be the first female only race. This race is going to be a 2800 metre elevation, I am excited for it. The swim is 3.8km, the ride is 180km and the run is a marathon so its 42.2 kilometers."

Training for these events takes time and absolute dedication. Kayla has a coach who writes up her own personal program, she gets up at trains at 4am before work and then trains after work.

"That's how my life goes, training and work," Kayla said.

"I've been lucky enough that my bosses from the Reddrops group have allowed me to take some time off and train in the better weather. It's optimal to train in the climate best suited to the race environment if you can try to you do. For the last six years I have done all my training up at Buller and it's all been indoors, so this year I was like I'm going up to Queensland.

"I am so lucky my bosses are the most supportive people alongside my family, they really back me up...If I didn't have their support, I wouldn't be able to be up in Queensland putting more time into my training."

Kayla is an unsponsored athlete, this means she fully funds everything.

"It's been like that mostly, I have had a bit of sponsorship from the Reddrops group the past two world championships I have gone to, and apart from that and a few donations, it's been unsponsored."

Kayla has a GoFundMe page you can visit to check out her story more or make a donation, this can be found at, [gofundme.com](https://www.gofundme.com) under the title *Ironman World Championships*. You can also follow Kayla's journey on Instagram at [Kayleslifeofironman](https://www.instagram.com/Kayleslifeofironman).

Locally there will be donation tins at the following outlets, Goodies discounts, Café Alex, Bedrock Garden Supplies, The Alexandra Hotel, Check out 7 in Eildon, the Buxton Hotel, and the Go Grocer in Marysville.

SPORT

Equal wins and losses for junior football and netball

by Ray Steyger

Football Juniors

THE Alexandra Football Netball Club junior teams returned to Rebel Park for round 12 of the 2024 season, hosting St Marys for several football and black netball games, several teams having a bye while red under 15 netball travelled to Seymour and under 16 football

travelled to Broadford. The under nines and 10s football had games with St Marys but theirs is non-competitive and non-scoring so there is no win loss for that competition.

Bailey Mason; Alexandra Bakery and Café; Harish Balansag; Coach: Sem Kiljstra.

Under 12

Alexandra 9.13 – 67 defeated St Marys 1.0 – 6

Penstock Pastoral: Will Donohue; Essence Coffee Lounge: Riley Cole; FoodWorks:

Under 16

Alexandra 5.11 – 41 defeated by Broadford 6.6 – 42

Nutrien Harcourts: Will Granter; Essence Coffee Lounge: Matthew Waixel; FoodWorks: Toby Lucas; Alexandra Bakery and Café: Lachlan Williams; Coach: Hunter Vine.

Netball Under 15

Alexandra Red 15 defeated by Seymour 52

FoodWorks: Ava Carr; Alex Bakery and Café: Zoe Mullins, Miljkovic Family: Tahlia Malone.

Under 11

Alexandra Black 9 defeated by St Marys 16

FoodWorks: Summer Edwards; Alexandra Bakery and Café: Havana Fereday, Edwards Family: Charli Stephens.

Under 13

Alexandra Black 30 defeated St Marys 12

FoodWorks: Chloe Woehl; Alexandra Bakery and Café: Teyha Vine; Coach: Asha Vine.

Under 15

Alexandra Black 79 defeated St Marys 7

FoodWorks: Chelsea Webb; Alexandra Bakery and Café: Hannah Weeks; Coach: Harley Olive.

A very big thank you to the above award sponsors for their continued support of our junior footballers and netballers in 2024.

Next Sunday, the Alexandra under nine, under 10, under 12 and under 14 junior football teams travel to Wandong while the Alexandra Black and Alexandra Red netball teams play each other at Rebel Park. The under 16 football will also host Seymour at Rebel Park.

If anyone can assist with the canteen on home games during the season, please speak to Melissa Crane to go on the roster.



Logan Heard under 12 player ready to kick off the ball. -S



Under 13 player Charli Edwards. -S



Under 10 player Nathaniel Carter. -S



Under 15 player Taya Barkley. -S



Under nine player Noah Knight goes in for the catch. -S



Eli Van Lierop, under 12 player gets into the action. -S



Under 12 player Nathan Webb getting amongst it. -S

Outer East Football and Netball League Ladders

Football - Seniors

Healesville	267.30	10
Seville	246.72	10
Warburton Millgrove	154.79	10
Yea	108.88	7
Alexandra	174.15	7
Belgrave	142.55	6
Yarra Glen	42.77	2
Yarra Junction	38.72	2
Powelltown	23.60	1

Football - Reserves

Belgrave	420.33	12
Seville	374.84	11
Healesville	328.62	9
Warburton Millgrove	207.41	8
Yea	105.25	6
Alexandra	47.17	4
Powelltown	33.96	3
Yarra Junction	36.50	1
Yarra Glen	16.61	1

Football - Senior Women

Monbulk	48 pts	12
Warburton-Wesburn	46 pts	11
Woori Yallock	44 pts	10
Emerald	30 pts	7
Wandin	26 pts	6
Officer	26 pts	6
Seville	4 pts	1
Thomton Eildon	0 pts	0

Football - Under 16

Euroa	75.00	9
Moama	58.33	7
Seymour	54.54	6
Alexandra	25.00	3
Broadford	16.66	2
Yea	9.09	1

Football - Under 14

Broadford	450.28	9
Tabilk	164.83	6
Wandong	222.27	5
Alexandra	133.12	4
Seymour	88.15	2
Yea	4.45	0

Netball - A Grade

Warburton Millgrove	182.24	11
Seville	166.31	11
Yarra Glen	150.00	8
Healesville	84.16	5
Alexandra	70.26	4
Belgrave	89.13	4
Yarra Junction	73.41	3
Yea	45.24	1

Netball - B Grade

Seville	56 pts	13
Belgrave	40 pts	9
Warburton Millgrove	40 pts	9
Yarra Glen	40 pts	8
Yea	28 pts	5
Healesville	20 pts	3
Yarra Junction	20 pts	3
Powelltown	20 pts	4
Alexandra	16 pts	2

Netball - C Grade

Yarra Glen	56 pts	12
Seville	48 pts	11
Warburton Millgrove	40 pts	9
Belgrave	36 pts	8
Yea	32 pts	6
Yarra Junction	24 pts	4
Alexandra	18 pts	2
Healesville	12 pts	1
Powelltown	10 pts	1

Netball - D Grade

Seville	100.00	11
Alexandra	70.00	7
Belgrave	63.63	7
Yarra Glen	63.63	7
Warburton Millgrove	54.54	6
Yea	27.27	3
Yarra Junction	9.09	1
Powelltown	0	0

Football - Under 12

Wandong	40 pts	10
Alexandra	39 pts	9
Broadford	24 pts	6
Seymour	20 pts	5
Tabilk	12 pts	3
Yea	12 pts	3
St Marys	0 pts	0

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Alexandra Football Netball Club celebrates 140 years

by Ray Steyger

Football

Reserves

Alexandra 0.4 - 4 defeated by Healesville 10.16 - 76

ALEXANDRA returned to Rebel Park and hosted Healesville last Saturday for round 14 of the Outer East League 2024 Division One season, the Reserves welcoming back Sam Kidd for his first game of the season.

For the second consecutive home game this season, there was persistent rain and drizzle during the game but the visitors showed a clean pair of heels, outscoring the Rebels in each quarter. Despite a solid, continued effort the Rebels were unable to match the Bloods who were too good on the day.

Awards: Shepparton Volkswagen: Michael Coombs; Ampol fuel card: Joseph Calovic; Alexandra Hotel: Nate Kerle; Buxton Hotel: Sam Kidd; Sportspower: Dylan Jack.

Seniors

Alexandra 6.12 - 48 defeated by 10.18 - 78

THE Seniors, playing with 21 players, faced the top of the ladder Healesville who kicked four goals to two in the first quarter before an even second quarter, two goals the difference at half time.

The Rebels added two goals to one in the third quarter to be within striking distance at the last break but the visitors stepped up a gear with four unanswered goals in the final quarter.

Awards: Incentives: Lachlan Nankervis, Harry Kelly, Riley Frankcombe and Matt Peric; Alexandra Hotel / Ampol volunteer award: Kath Hedger; Gate raffle: Boz Miljkovic; wheelbarrow raffle was won by Anne-Maree Keath.

At half time of the senior game we had the inaugural golf ball drop, the club saying thank you to Craig and Anne from Global Tree Solutions for providing the cherry picker after the planned helicopter was cancelled due to the weather.

The very excited winner of the \$5000 first prize was Erin Miller, Rob Jones won the



Reserves player Michael Coombs taking on a fierce kick. -S

The 140th birthday celebration was a great success with plenty of life members in attendance, past players and supporters also catching up. The club also says thank you to their event organisers, emcee Bob Elkington and their speakers, who all did a great job, Wazza Smith supplied the music and a big thank you to all volunteers in the kitchen and bar for making the event run smoothly.

Netball

A grade lost 42 to 54: Incentive: Jorja Gesler; Corner Hotel / Grant Street Grocer: Caitlan Haggis; Alpine Butchery: Ellie Hedger.

B grade won 37 to 34: Incentive: Jess Shaw; Corner Hotel / Grant Street Grocer: Fiona Stephens; Alpine Butchery: Mikaela Krijt.

C grade won 23 to 20: Incentive: Elly Gambrell; Corner Hotel / Grant Street Grocer: Tess Hutt; Alpine Butchery: Kate Broadway.

Thursday's Rebel Raffles continued last week and the club thanks their sponsors. The Alexandra Quality Meats / AFNC canteen

winners were Nathan Georgiadis, Brodie Williamson, Troy Surkitt, Alan Church, Max Church and Paul Wallis. The Penstock Pastoral Joker Jackpot is still proving elusive, two cards left, and will be worth \$1300 this week so go along and buy some tickets at \$1 each but you need to be at the club rooms at 8pm for the draw, meals available at the junior and senior sittings.

This coming Saturday Alexandra travel to Belgrave for two games of football and four games of netball. Awards will be at a venue to be confirmed.

On Saturday, August 3 Alexandra host Yarra Glen, and Scott Ferrier is organising an MND Big Freeze fundraiser with the annual dip into the ice water, so go along and see who the lucky participants are this year.

On Saturday, August 10 Alexandra host Yarra Junction, and Kylie Cairns and crew are organizing the annual Ladies Day event which promises to be a great day, plenty of prizes and giveaways so book your ticket and don't miss out.



Seniors footy player Harry Kelly. -S



A grade netball player Caitlan Haggis reaching for the ball -S



B Grade players Fiona Stephens and Mikaela Krijt. -S



Alexandra Football Netball Club celebrated their 140th birthday with a golf ball drop. Supposed to be dropped out of a helicopter, the weather proved challenging and a lift was used instead. -BD



Pictured left to right, Kylie Cairns - AFNC 140 Committee Rep, Craig from Global Tree Services who was a sponsor and donated the cherry picker due to the helicopter unable to fly due to weather, Erin Miller who was the winner of first prize of \$5000, and Rob Jones second prize winner of the \$500 Alexandra Golf Club Membership -S