Ph: (03) 5772 1002; Email: reception@alexandranewspapers.com.au Your community newspaper since 1885 Wednesday, October 9, 2024

Most trusted news source in the Murrindindi Shire since 1890

murrindindibusiness.com.au



Comment declined

THE Department of Health is still insisting that there has been no change to eligibility for Non-Emergency Patient Transport (NEPT) for local patients requiring dialysis sessions with the Minister for Health's office declining to comment on the matter.

In a response to questions from this newspaper regarding the withdrawal of patient transport services by Ambulance Victoria, a media advisor to Mary-Anne Thomas, Minister for Health, stated that Ambulance Victoria has been asked to respond as it is "an operational matter."

An email later in the week from Ms Thomas's office claimed that the existing rules ensure Victorians who require clinical care during transportation will continue to be and those who don't require this additional monitoring or supervision, a large range of community and statewide based options are available.

Meanwhile the local community has reacted to the news Alexandra residents who need kidney dialysis will have to find their own transport to Seymour for treatment. A later announcement from Ambulance Victoria that the service would continue as normal of at least the next two weeks has also added to the confusion.

One dialysis patient posted online that they have secured non-emergency transport adding that they hoped the service would be permanent.

In response to community concerns, Murrindindi Shire CEO, Livia Bonazzi, met with a group of citizens last week to investigate options for the impacted patients. Following the meeting council will have discussions with local health providers and the department.

murringingina

For those who don't require clinical monitoring or care during transportation to medical appointments, community transport providers are available - particularly for those who may be unable to use public transport, taxi services or seek support from family and friends.

A government spokesperson has claimed that there is a large range of options available in regional areas stating that patients can connect with local travel options via information provided on the Better Health Channel website or via a hospital social worker when they are booking their appointment.

More information on community transport providers available in specific regions can be found at betterhealth.vic. gov.au/health/servicesandsupports/community-transportproviders

estcelebration.com.au

MURRINDINDI FOOD AND WINE INC MURRINDINDI **HARVEST CELEBRATION** SATURDAY 16TH NOV 2024 - YEA RAILWAY PARK - 11-4 This one-day event in Yea will be a showcase of Murrindindi produce including food stalls, cooking demonstrations, workshops and many opportunities to 'Meet the Maker.'

Yea & District Memorial Hospital 5736 0400

In an emergency dial 000

The Hea Chronicle

Standard

CONTACT DETAILS

CLASSIFIEDS AND COMMERCIAL PRINTING reception@alexandranewspapers.com.au

MANAGER AND ACCOUNTS Karen Morrison manager@alexandranewspapers.com.au accounts@alexandranewspapers.com.au

ADVERTISING - Jo 1sales@alexandranewspapers.com.au

TRADES and ONLINE DIRECTORY - Mary trades@alexandranewspapers.com.au

EDITOR Anne Richev

editorial@alexandranewspapers.com.au (Bailey) journalist @alexandranewspapers.com.

(Milly) reporter @alexandranewspapers.com.au **SPORTS** sports@alexandranewspapers.com.au

43 Grant Street - PO Box 5. Alexandra 3714 Telephone: 5772 1002 Fax: 5772 1603 Hours: 9am-5pm Monday-Friday

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THUMBS UP: To the Thornton Football Club for putting on free group fitness training sessions for the wider community every Thursday evening. Who knew exercising could be so much fun? Great job, Thornton.

THUMBS DOWN: To think that a privately owned Italian sustainable energy company is allowed to come into our country, litter its pristine, scenic rural areas with hundreds of monstrous wind turbines and associated infrastructure, and take the money and run.

THUMBS DOWN: To council for not doing something about the longtime potholed section of the Goulburn Valley Highway as it enters Yea's High Street from the east.

THUMBS UP: To those maintaining Yea township's lawn areas to include the edging which was sorely needed. They are looking a treat.

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



Benefits to working local

WORK smarter not harder, and work locally. Working locally could easily benefit your health as you live close to work you can ride a bike or walk to work, getting in your daily exercise as part of your work commute. Doing this will also reduce your carbon footprint.

Less travel to work also allows for a sneaky sleep in. There are many benefits to having extra sleep, including increased brain performance, better moods, and other health benefits.

Reducing your travel time also provideS a less stressful life and a better work life balance. Having this extra time also allows for more time with family and friends. If you have children, it allows you to be more present and available to attend sports, school events, and other commitments. You would also have time to join a sports club yourself, which is another way of improving your health.

The flexibility of working close to home means you can get things done on your lunch break or at the end of the working day, such as medical and self-care appointments.

Why would you want to leave your close knit community everyday and travel to a place where you may not know anyone? Being

present in the community helps you be part of that close knit group that most of people crave to be a part of, feeling a sense of connection.

If you're not spending hours on travel, you may have the time and space in your life to join a volunteer group or committee that your passionate about. Volunteer emergency services are always in need of volunteers. If people have to travel for employment, they aren't available for call outs.

Working locally also strengthens the local economy, jobs are created, you're shopping locally and not picking up items on your way home. Small businesses are therefore benefitting.

Since the COVID-19 pandemic, working remotely has had its benefits and many people are still working from home in one form or another, meaning that there has been an increase in the number of people packing up their bags from the 'burbs and moving to regional Victoria to enjoy a less stressful and slower paced life.

It's all about balance. Life is short. Why do you want to spend it constantly behind the wheel?

Check those smoke alarms

THE Country Fire Authority (CFA) is reminding residents of the importance of checking their smoke alarms, advising that this simple act could be the difference between life and death in the event of a house fire

With an average of 3000 house fires in Victoria each year, the importance of functional smoke alarms cannot be overstated

CFA Chief Officer Jason Heffernan stressed the importance of regularly testing smoke alarms to ensure they work properly.

"Without a working smoke alarm, you may not wake up in time to escape safely in the event of a fire," Mr Heffernan said.

"We recommend testing your alarms monthly. It'll take only a few minutes of your day and could save lives.

"The more coverage of smoke alarms you have in the home, the more likely you are to wake up, so have them installed in the bedroom, living area, the hallway, even the games room, you can't have too many.

"It's a good idea to install smoke alarms powered by 10-year lithium batteries, a small investment that will provide reliable protection for a decade."

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.



RIVER HEIGHTS FOR THE GOULBURN CATCHMENT

STATION NAME	TIME	HEIGHT	TENDENCY	FLOOD CLASS
Goulburn R at Lake Eildon D/S	9.00am Mon	2.10	steady	below minor
Rubicon River at Rubicon	12.00pm Mon	0.62	steady	
Acheron River at Taggerty	11.20am Mon	0.81	steady	below minor
Home Creek at Yarck	12.00pm Mon	0.19	steady	
Yea River at Devlins Bridge	11.28am Mon	0.58	steady	below minor
Yea River at Yea GV Water PS	10.03am Mon	0.95	steady	below minor
Goulburn River at Ghin Ghin	12.00pm Mon	4.30	steady	
King Parrot Creek at Flowerdale	12.00pm Mon	0.53	steady	below minor
Goulburn River at Trawool	12.00pm Mon	2.18	steady	below minor
Sunday Creek at Tallarook	12.00pm Mon	0.33	steady	below minor
Goulburn River at Seymour	12.00pm Mon	2.32	steady	below minor
Whiteheads Creek at Seymour	10.10am Mon	1.21	steady	

**ISSUED AT 12.15PM ON MONDAY, 7 OCTOBER 2024

ALEXANDRA NEWSPAPERS

LETTERS TO THE EDITOR

can be submitted via email to $editorial@alexandranewspapers.com.au \ {\tt or}$ 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.



Standard The Pra Chronicle

The Hea Chronicle

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 Thumbs up/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

Weekly Weather

October 9 - October 15, 2024

Temperatures may be subject to change from date of publication

Alexandra

Standard

							
DAY	LOW	HIGH	DAY	LOW	HIGH		
Wednesday	7	19 🔆	Wednesday	7	20 🔆		
Thursday	5	21 🚙	Thursday	6	21 🦽		
Friday	5	17 🗯	Friday	7	18 😂		
Saturday	5	21 😂	Saturday	5	20 😂		
Sunday	10	22 😅	Sunday	10	22 😂		
Monday	10	21 🥶	Monday	10	22 🚙		
Tuesday	12	22	Tuesday	12	23		

The Hea Chronicle

DISTRICT RAINFALL

Alexandra8mm
Buxton26mm
Eildon (AWS)
Flowerdale16mm
Jamieson
Kinglake10mm
Lake Eildon17mm
Mansfield10mm
Taggerty
Yarck 7mm
Yea16mm
Above details for 7 days to 9am Monday

		`
Height al	oove sea level this week	285.27m
Capacity	as at 9am Monday	86%
Metres be	elow full supply	3.16m
Daily infl	low	2500ML
-		
Eildon Po	ondage (may be subject to rapid change)	46.20%

Marc Hodgson the new Senior Sergeant in Murrindindi

NEW to the role of Senior Sergeant, Marc Hodgson joined the Murrindindi Shire police force on September 23. He is taking on the role of co-managing the Murrindindi police units alongside Senior Sergeant Noella Bannon.

"I've come from Heidelberg, so northwestern Melbourne. This is my first experience with country policing, so started here September 23, last week. It's very different to metropolitan policing, but there are lots of great opportunities to learn and people have all been great," Marc said.

"My title is senior sergeant, and my role is to comanage the Murrindindi cluster of police stations, which encompasses Marysville, Eildon, Yea, Kinglake, and Alexandra, with the other senior sergeant, Noella Bannon. So we're co-managing the cluster to make sure that everyone is healthy and happy, and that we're delivering a policing service to the community."

Marc is new to Murrindindi, having worked in the suburbs of Melbourne and Melbourne itself, as well as in the Yarra Ranges. Now he has made the switch to working on this side of the Great Dividing Range.

"I've had no work relationship with Murrindindi Shire, but I've holidayed in the shire, so camping in some local areas. It's a beautiful place, a beautiful part of the state. There's a large volume of people that come through on the weekends, whether it's to go to the snow, or to camp or hike or 4WD or whatever. There's a lot of things to attract people to the area," he said.

With over 20 years in the police force, Marc has spent time as both a uniformed police officer and a detective. He joined late, in his early 30s, having spent his early career out of school working in a bank.

"I've been just over 20 years in the job. So I've split that between general duties policing, a lot of that in the eastern suburbs of Melbourne and through the Yarra Ranges and in Melbourne itself, and some time as a detective. I was in the Crime Investigation Units at Yarra Ranges, as well as Darebin, which is based out of Preston in northern Melbourne.

"So I split my time pretty close to 50-50 between detective work and general duties policing, which is uniform policing. I got promoted to sergeant at Heidelberg Police Station, north of Melbourne. I was there for about five years before getting this job and being promoted to senior sergeant.

"I always had an interest in the police force, and in law enforcement, and just decided that I would give it a go and see if I could do it. Twenty years later, here we are," Marc said.

His key focus for his new role is "providing an efficient police service delivery to the community of Murrindindi. Looking at how we roster, how we staff, so that we can respond when we need to to incidents that happen in Murrindindi. We can respond to them and make sure that the community is kept safe.'

Marc also spoke about a policing forum coming up on October 10 at the Mansfield Golf Club that encompasses most of the Benalla police catchment area. It is running from 12.30 to 3.30pm, and provides an "opportunity for the community to come and ask us about any issues that they're experiencing.

"I look forward to engaging with as many people as I can come in contact with from Murrindindi," Marc concluded.



How voting in local council elections works William Matthews

WITH ballot packs being mailed out to residents of Murrindindi Shire this week, it's worth considering the way that voting works for local council elections.

According to the Victorian Electoral Commission (VEC), local council elections in which there is only one candidate being elected (per ward) use the preferential vote counting system.

This means that voters choose candidates on their ballot paper by numbering all the boxes in order of preference, with number one being their most preferred.

The first number on the ballot paper is the vote that really matters, with the other preferences holding little regard, except in the case of no candidate receiving enough votes.

To be elected to council, a candidate must have over 50 per cent of all first preference votes, called an absolute majority.

According to the VEC website, "if no candidate has an absolute majority, we conduct a preference distribution. The candidate with fewest votes is excluded and their votes are passed on to other candidates according to



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> Garnet Bailey 0417 346 214 Chris Walsh 0407 194 037

voters' preferences. This process is repeated until one candidate has an absolute majority."

With multiple candidates standing for each ward in Murrindindi Shire, all residents will need to vote in this year's council elections. Voting closes at 6pm on Friday, October 25, with November 15 being the latest date that the results will be declared.

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1st Mon

1st Thu

2rd Sat

COMMUNITY DIARY

Local Radio Frequency

Yea / Highlands UGFM 98.9 Flowerdale / Hazeldene Kinglake Ranges UGFM 94 5

WEEKLY

Town Club, RSL Hall, 6-8pm. Ph 5797 2179 AA Anglican Church, Alexandra 7pm PH 0402 428 086 Alanon Recovery, start 5.30pm. Ph Sheila 0402 428 086 Sun Sun

MONTHLY

St Luke's Seniors, St Lukes Hall, Ph Jenny 0407 972 099 Yea Hospital/Rosebank Aux 2pm. Ph 5797 3057 Alex Repair Café 1-3pm @ Embassy of Ideas 0422 225 801 2nd Wed Molesworth Patchwork & Craft, Molesworth Hall 10am-4pm. Yea Garden Club Yea RSL Hall 1.30pm Ph 0439 870 315 Molesworth Patchwork & Craft, Molesworth Hall 10am-4pm. 4th Thu Yea CWA Yea RSL Hall, 1.30pm Ph 0400 424 888 Last Fri Yea-Kinglake RSL, 11.30am RSL Hall, Ph 5796 9353



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.

Available from these retail outlets

Alexandra FoodWorks Alexandra Newsagency Alexandra Newspapers **Endeavour Yea** Hazeldene Store Merton General Store Seymour Newsagency **Shell Thornton** Yea FoodWorks Yea Newsagency

Alexandra Newspapers are members of:



Church Services

ST PETER'S MEMORIAL **ANGLICAN CHURCH**

Cnr Bald Spur/Whittlesea Kinglake Rds, Sunday Services, 8.30am Communion. Minister: Rev. Ruwan Palapathwala 0458 113 099

ST LUKE'S ANGLICAN CHURCH **OF YEA**

Sunday Service time 11am Prayerful Reflection - held each Tuesday, 10am to 11am - all welcome Father Mario Hendricks Ph: 0435 953 777

CATHOLIC PARISHES OF ALEXANDRA AND YEA

Parish Priest, Father Jose Mathew 0459 402 547 St Matthews Eildon, Saturday 5pm Immaculate Conception Parish Alexandra, Sunday 8.45am

Sacred Heart Yea, Sunday 10.45am **CATHOLIC PARISH OF KINGLAKE**

Fr Martin Ashe, Parish Priest Ph 9717 6482 St Mary's Kinglake: Sunday 8.30am

SCOTS PRESBYTERIAN CHURCH, YEA

Station Street Yea Sunday Service 11.15am Colin Whiteway Ph 0457 340 525

UNITING CHURCH

1st and 3rd Sundays 9am, 1050 Main Road, Kinglake West. 9716 2330

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.

* * * * * * * * *

SATURDAY, OCTOBER 12

EILDON Golf Club AGM will be held at 6pm at the golf club. For more details email rod.taylor.rmt@ gmail.com

SUNDAY, OCTOBER 13

* * * * * * * * *

ROUND 13 Yea Skate Park. skate, scooter, BMX, roller skate. Registration and warm up 10.30am. Competition starts 11am. All ages event. No drugs, alcohol, cigarette and vape free.

MARYSVILLE Market is on from 9am-1pm. All your favorite stalls, distillers, cakes, sewing notions, pottery and much more. Text 0429 421 939 if you would like to book a stall.

MITCHELL Shire Concert Band, annual Seymour concert. 2pm at Seymour College Arts Centre. Tickets available from trybooking. com/CVHII

MONDAY, OCTOBER 14

OPERATION Christmas Child is on again. It runs from today through

until October 18. Oasis Community Church, 188 Grant Street, Alexandra from 10am-4pm. Tea and coffee main packing day, supplied, October 17. Help pack a box for underprivileged children around the world. All supplied provided. \$12.50 per box or donation. For full details

contact Judy Peters 0458 991 855.

TUESDAY, OCTOBER 22

* * * * * * * * *

YEA Arts Inc AGM will be held at the Yea Butter Factory at 7pm. all welcome. To vote, you must be a paid up member. Enquiries to Adam Dennis 0488 670 077 or YeaArtsInc. org/AGM

ALEXANDRA Football Netball Club AGM will be held at 7pm at the club rooms. Everyone is welcome. For details contact Kylie Cairns or Ray Steyger.

THURSDAY, OCTOBER 24

EILDON Action AGM will be held at 4pm at the Eildon Information Centre.

* * * * * * * * *

ALEXANDRA Race Club Cox Plate Day. Music, tote and bookies, \$15 per person. Children under 16 free. \$10 for Concession Card holders. First race at 1.15pm. There will be a bus available bookings essential country. racing.com/Alexandra.

SATURDAY, OCTOBER 26

SUNDAY, OCTOBER 27

ALEXANDRA and District Dog Obedience Club AGM will be held at 10am at Briggs Oval.

MONDAY, OCTOBER 28

* * * * * * * * *

EMBASSY of Ideas AGM will be held at 6pm at 3 Bailey Street, Alexandra. All welcome.

TUESDAY, NOVEMBER 5

* * * * * * * * *

YARCK Hotel are holding a Melbourne Cup Lunch. Commencing at 11am. Race day attire, the fancier, the better. Prepaid tickets available from Lawrenda Pty Ltd or visit the hotel or the produce store for tickets. See ad in this edition for payment details. Doors open to the public after the cup.

SATURDAY, NOVEMBER 16

* * * * * * * * *

MURRINDINDI Celebration Yea Railway Park 11am-4pm.

JOIN NOW

Pet vet survey open for feedback

THE Lost Dogs' Home is launching Victoria's biggest pet vet survey.

The cost-of-living crisis is also hitting veterinary practises hard, forcing them to increase prices to cover costs and it is understood this is making it difficult for some people to pay their vet bills.

Director of Veterinary Services at the Home, Dr Jessica Wilde, said it is important that as many people as possible participate in the survey.

"We want to hear from every Victorian who has a furry friend in their life about their experiences paying vet bills," Dr Wilde said.

"The survey results will help us to advocate for and develop low-cost vet services for people and their pets doing it tough. This includes the Lost Dogs' Home Mobile Low-Cost Vet Clinic, which will launch in the second half of 2025. This clinic will provide subsidised veterinary services to vulnerable communities in Melbourne and regional Victoria."

Dr Wilde said rising costs of veterinary supplies are forcing vets to increase their prices, creating a challenging situation for pet owners seeking care, but it's important to recognise that this adjustment comes from a place of necessity rather than a lack of compassion for their patients.

The most recent Victorian Pet Census found that 45 per cent of respondents saw cost as a barrier to using vet services.

"To make sure we provide the right services for maximum relief and support to people and their pets, doing it tough, we are asking Victorians to share their experiences with us through this short anonymous survey," Dr Wilde said.

"The Lost Dogs' Home is also advocating for the Victorian Government to offer low-cost desexing, registration and microchipping to support people to maintain pet ownership."

To take part in the survey go to dogshome.com

Annual General Meeting

7:00pm Tue 22 October Yea Butter Factory, 13 Rattray St Yea

All welcome - to vote you must be a paid-up member.

- · President's report and financial report
- · Election of President, Secretary, Treasurer
- · Election of Committee members
- · Afterwards, stay for light refreshments

More info: YeaArtsInc.org/AGM

Adam Dennis, Secretary 0488 670 077

MURRINDINDI SHIRE COUNCIL NEWS





FREE LUNCHES FOR SENIORS IN OCTOBER

To celebrate the 2024 Victorian Seniors Festival and promote active ageing and social participation, Council is hosting a series of fun, free lunch events for seniors throughout the Shire in October. Join us to hear from guest speakers and enjoy a special performance by musician Steve Paix!

Event details:

- Tuesday 22 October in Kinglake
- Thursday 24 October in Marysville
- Wednesday 30 October in Yea
- Thursday 31 October in Alexandra

Last year these events were a hit, so bookings are essential. Registrations close at 12 noon on Monday 14 October. To register, visit theloop.murrindindi.vic.gov.au/seniors2024

CHILDREN'S WEEK LIBRARY PROGRAMS

From 21 – 25 October 2024, Council will be running environment-themed Story Time sessions at Alexandra, Yea and Kinglake Libraries for Children's Week.

- Monday 21 from 10.00 to 10.30 am at Alexandra Library
- Tuesday 22 from 10.30 to 11.15 am at Kinglake Library
- Tuesday 22 from 10.30 to 11.30 am at Yea Library
- Thursday 24 from 10.00 to 10.30 am at Alexandra Library
- Friday 25 from 10.30 to 11.15 am at Kinglake Library

For more information, contact Council's Children's Services Unit on 5772 0333 or email customer@murrindindi.vic.gov.au

UPCOMING MENTAL HEALTH PROMOTION TRAINING

Council and Prevention United are providing training sessions aimed at promoting mental health in our community. This is a fantastic opportunity to learn valuable skills and strategies to support mental well-being.

This training is specifically designed for individuals who work or volunteer with community groups, organisations, and services.

There will be two half day introductory workshops and two full day masterclasses. For more details and to register, visit our website at murrindindi.vic.gov.au/preventionunitedtraining

THE MOBILE LIBRARY IS 'ON THE ROAD'

Join us for an evening, real people talking about real books, eBooks, magazines, films and more.

- Taggerty, 16 October, 7.00 pm
- Toolangi, 23 October, 7.00 pm

Please RSVP by calling 5772 0333.

SLEEP AND SETTLING INFORMATION SESSIONS

Join our FREE Sleep and Settling Information Sessions, facilitated by our dedicated Maternal and Child Health experts. Topics include frequent overnight waking, bottle dependency, bedtime or nap refusal, cot to bed transition and catnapping.

• Tuesday 15 October - 15 The Semi Circle, Yea

Reserve your spot at murrindindi.vic.gov.au/mch

JOIN OUR TEAM - VACANT POSITIONS

As one of the largest employers in our region, the benefits of working for Council include opportunities for career development, great working conditions, a positive and supportive working environment and the opportunity to contribute to your community.

Council is currently recruiting for the following positions:

- Parks and Gardens Officer multiple positions
- Infrastructure Maintenance Officer multiple positions
- Aquatics Lifeguard Eildon and Marysville

To find out more, please visit Council's Vacant Positions page at murrindindi.vic.gov.au/vacantpositions

FREE GREEN WASTE DISPOSAL

Council is offering free green waste disposal at our Resource Recovery Centres in the lead-up to the fire season, during October and November. This is a great way to remove your unwanted green waste and fuel loads on your property without having to burn off.

We would like community members to start getting ready and thinking about what can be done now to make sure we're all prepared ahead of this fire season.

For more information on preparing for fire, visit the CFA website at cfa.vic.gov.au/plan-prepare

You can also find information to help you prepare at murrindindi.vic.gov.au/prepareyourproperty

PURRFECT CARE PROGRAM - APPLY NOW

Council is running a program for valid Pensioner Concession Card holders in our community who care for any cat, whether owned or stray. The program includes free desexing, microchipping, worming, vaccination and registration services

Eligible Pensioner Concession Card holders are encouraged to submit an online application before 6 December 2024 at murrindindi.vic.gov.au/catcareprogram

For any assistance, contact us on 5772 0333.

STAY INFORMED

To stay up to date with the latest Council news, visit murrindindi.vic.gov.au/news or follow us on Facebook.

GET IN TOUCH

customer@murrindindi.vic.gov.au murrindindi.vic.gov.au/request 5772 0333

CPR Shocktober campaign from Ambulance Victoria

AMBULANCE Victoria (AV) has today launched its life-saving annual campaign Shocktober, which calls on the Hume community to learn the three simple steps to improve cardiac arrest survival rates: Call, Push, Shock.

Around 21 Victorians suffer a cardiac arrest every day and only one in 10 survive, which is why it's crucial that people know what to do.

Bystander intervention has the greatest impact on improving someone's chance of surviving a cardiac arrest. For every minute that CPR is delayed, survival decreases by 10 per cent.

Shocktober is a month-long cardiac arrest awareness campaign to highlight the importance of learning CPR and how to use an automated external defibrillator (AED).

AV Acting Regional Director Hume Peter Jenkins said you don't have to be a paramedic to be a life saver, it's as easy as calling Triple Zero (000), pushing hard and fast in the middle of the person's chest and if available, using an AED to deliver a shock.

"Every minute matters in a cardiac arrest and when a patient receives CPR and a shock from an AED before paramedics arrive, their chance of survival more than doubles," he said.

"Last year, paramedics responded to a record 7830 cardiac arrest patients but there was also a record amount of bystander intervention.

"Anyone can perform CPR and use an AED, you don't need training or to be qualified. If someone is in cardiac arrest and an AED is available, simply open it and follow the instructions."

AV will be out and about hosting community engagement sessions across the region.

Last October, AV organised 340 Shocktober events which reached more than 6700 Victorians.

While Victoria has the best cardiac arrest survival rates in Australia, and among the best in the world, Peter said there's more to be done and they need your help.

"There are a number of things you can do to help contribute to better cardiac arrest survival rates in Victoria," he said.

"I encourage everyone to sign up as a GoodSAM responder. It's a smartphone app that connects patients in cardiac arrest with members of the community who are willing to start CPR in the critical minutes before paramedics arrive.

"We have around 16,000 GoodSAM responders across the state, but we always need more.

"You don't have to be first aid qualified, you just have to be willing to perform hands-only CPR and be over 18 years old.

"Last Shocktober, we saw more than 600 people sign up as GoodSAM responders, so this October, please join the cause and register."

Businesses, shop owners and sports clubs are also encouraged to ensure their AEDs are registered with the AV website and made publicly accessible, so 000 call takers can direct people to it in an emergency.

Currently, more than 13,000 AEDs are registered with AV across Victoria.

For more information about Shocktober, the GoodSAM app and how to perform CPR and use an AED, visit *ambulance.vic.gov.au/shocktober*

Photo competition to celebrate agriculture

THE National Farmers' Federation (NFF) has recently opened its popular national photography competition, ahead of National AgDay next month.

NFF President David Jochinke said the competition attracts hundreds of entries each year.

"It's a real highlight of AgDay celebrations to see the amazing snaps of life on the land from every corner of this beautiful country," Mr Jochinke said.

"I encourage everyone to send in their photos and videos over the next few weeks; there are some great prizes on offer."

First place will receive \$2000, second place is awarded \$1000, and runners-up receive \$500 each.

"There is no age or skill limit on entries, the judges are just looking for

THE National Farmers' Federation imagery that celebrates Australian (NFF) has recently opened its agriculture," Mr Jochinke said.

Images must be uploaded to the AgDay website to be in the running.

Participants are also encouraged to share their photos on social media using the hashtag #AgDayAU.

The theme "Grow you good thing!" is again the catch cry for this year's AgDay.

"National AgDay is a fantastic celebration of everything that makes the agricultural industry so special," Mr Jochinke said.

"You can show your support on the big day by attending or hosting an event, taking part in the photo comp, or by proudly donning some 'I love farmers' merchandise."

National AgDay falls on Friday November 15. For more information, visit agday.org.au/

State government annual financial report shows growth

THE 2023-24 Annual Financial Report for the Victorian Government was published last Friday and shows definitive growth.

Acting Treasurer, Danny Pearson, explained how things are looking up for Victoria.

"Our fiscal strategy is working. We're delivering the services and infrastructure Victorians rely on while reducing debt and growing our state's economy," Mr Pearson said.

"Victoria is booming. Our economic growth is expected to be higher than the national average over the next five years and more families are moving here because we're investing in the infrastructure and services they need."

State final demand, a key measure of the economy that combines public and private investment and spending, increased by 2.1 per cent in 2023-24 following strong growth in 2022-23

and is 14.4 per cent larger than prior to the COVID-19 pandemic.

Employment increased by 3.5 per cent in 2023-24, the second highest growth in Australia, and wages increased by 3.6 per cent, the fastest rate of nominal wages growth in over a decade

More than 862,000 new jobs have been created since the state government was elected in 2014, with a record 3.78 million Victorians now in jobs. Unemployment averaged 4.0 per cent in 2023-24, well below the 6.7 per cent unemployment rate left by the former government.

Business investment increased by 6 per cent in 2023-24, reflecting the diverse nature of the economy with significant energy and transport works as well as increased investment in machinery and equipment.

The *Annual Financial Report* shows that Victoria's population rose by a

strong 2.7 per cent, or more than 180,000 people, over the year to March 2024, taking the population to almost seven million people.

The Annual Financial Report shows that the state government delivered a net operating cash surplus of \$2.6 billion, the second successive cash surplus since emerging from the pandemic. The state government also improved the general government sector operating deficit by \$4.6 billion in 2023-24.

Net debt is also \$2.6 billion lower than the revised estimate in the May *Victorian Budget 2024/25*, which sees the reduction of net debt as a proportion of the economy for the first time since 2017.

Growth is predicted to continue, with Deloitte Access Economics forecasting that the Victorian economy will grow faster than the national average over the next five years.



Careers Advisor sessions from

gotafe



Sessions held on Friday 4th, 11th, 18th and 25th October; 10am – 3pm

(4 x 1hr One-on-one sessions)



Alexandra Community Hub

38A Downey St, Alexandra



Murrindindi Shire Council CEO Livia Bonazzi presented to the parliamentary inquiry, of which Member for Indi Helen Haines is a member. -S

Council gives evidence to parliamentary inquiry

THE Rural City of Wangaratta and more difficult to fulfil these roles in our Murrindindi Shire Council have told a parliamentary inquiry about the challenges facing regional and rural local councils, including maintaining services from a small ratepayer base and attracting workforce.

The House of Representatives Standing Committee on Regional Development, Infrastructure and Transport is holding public hearings to examine and report on challenges impacting local governments and their delivery of services to the community. The two local councils appeared at a hearing in Wallan on Thursday, September 26.

Member for Indi Helen Haines is a member of the committee and attended the hearing on Thursday.

"Fixing our roads, building critical infrastructure to support more new homes and providing childcare, aged care, disability and local health services are all so important to people in Indi. That's why this committee's work is important," Dr

"I have increasingly heard from councils that a range of factors are making it transparent grant allocation system."

communities and people are missing out.

"The issues include the small ratepayer base in regional areas, difficulties accessing federal funding for capital works and attracting a skilled workforce, an increase in service demand as our population ages and an increase in the cost of building and maintaining important infrastructure due to inflation.

'Hearing from local councils means local experiences are heard by the committee," Dr Haines said

"At the hearing we heard from Rural City of Wangaratta about the importance of federal grants for key projects, but they emphasised that accessing this funding should be simplified and the requirements for co-funding addressed.

"Murrindindi Shire Council shared valuable insights about the challenges they face with servicing a dispersed population and retaining a skilled workforce, and the cost-shifting from state governments to local governments. They want to see more Commonwealth funding quarantined for rural councils, with an equitable and

Dr Haines said the committee was seeking to find solutions to ensure the sustainability of local councils.

"This committee is about looking at ways we can ensure that our local councils can continue to enable thriving regional communities. The challenges regional, rural and remote councils face are different from metropolitan equivalents, and it's important we tailor solutions with this

"As a member of the committee I worked hard to ensure our region had its voice heard, and this local hearing means committee members see and hear from local representatives firsthand.'

Other local governments from Indi who have made a submission to the inquiry are Indigo Shire Council, Wodonga City Council and Mansfield Shire Council.

The House of Representatives Standing Committee on Regional Development, Infrastructure and Transport will continue to hold hearings for the inquiry. You can read all submissions and transcripts of evidence on the committee's website.

It's time to be cyber aware

A NEW cyber safety check tool has been developed by the state government to help Victorians learn more about keeping their personal information safe and secure.

The new tool is available on the Service Victoria app and the safety check asks users questions about their online behaviour and habits such as creating strong passwords and using multi factor authentication. Once the user completes the check, they are given tailored advice on how to improve their cyber safety behaviour.

As cybercriminals become increasingly sophisticated, understanding how to safeguard personal information online is more important than ever.

Research done by the StateGovernment shows that only 39 per cent of people are using strong passwords, 33 per cent have multi factor authentication turned on and 48 per cent have enabled automatic updates.

As part of Cyber Security Awareness Month Victorians are encouraged to learn about the simple steps they can take to reduce their cyber risk and safeguard their personal data.

These simple steps include using long and unique passwords; turning on multi factor authentication; turning on automatic software updates guarding against phishing.

The state government launched a password strength tester in May for Victorians to test passwords and receive advice on how to make them stronger, so far nearly 45,000 passwords have been tested through this tool.

Both the password strength tester and the cyber safety check can be found on the Service Victoria app. Both tools are anonymous, secure and no information is collected, tracked or stored.

Victorians can learn more about being safe online by visiting the dedicated website for online safety advice. The website has a range of information on passwords, multi factor authentication, updating devices, and online

For cyber safety information and advice and to check your online behaviour visit vic.gov.au/ stay-safe-online





Four-Year-Old Kinder is becoming Pre-Prep.

In 2025, Pre-Prep will be available for 16-30 hours per week in Murrindindi Shire.

Pre-Prep means more time to develop important social and emotional skills. Learning through play helps children explore, solve problems, communicate and create, while making friends - getting them ready for school and life.

Enrol for 2025. Speak with your preferred kinder service or local council today about how to register for a place or to learn more visit vic.gov.au/pre-prep







Agriculture, Horticulture, Viticulture, Aquaculture and Silviculture

NO report was available for the Elders and Nutrien October store sale by the time this paper went to print.



The Yea Saleyards were packed with people for this month's store sale. -BD



Molesworth farmer John Sinclair with some of the cattle he was selling on the day. -BD



People were kept dry under the saleyard roof, despite the dreary weather on the day. -BD

Submit your photo competition entry for September, for your chance to win a \$50 voucher from *Dindi Country Clothing* in Alexandra. The October theme is 'Transportation'.

Sponsored by Dindi Country Clothing Email your photo and contact details to manager@alexandranewspapers.com.au by noon October 24, 2024

T&C: Professional photographers are ineligible to enter. Staff or associated famiy members of Alexandra Newspapers are ineligible to enter. Photos must be taken within the

Murrindindi Shire

5772 1405 79 Grant Street Alexandra Dindicountryclothing @gmail.com facebook.com/DindiCountryClothing/

SAVE THE DATE

OCTOBER 11, Yea Saleyards POSTPONED

NOVEMBER 1, Yea Saleyards

Store Sale NOVEMBER 8, Yea Saleyards

Store Sale **NOVEMBER 22, Yea Saleyards**

Weaner Sale

NOVEMBER 29, Yea Saleyards

Weaner Sale

DECEMBER 6, Yea Saleyards

Store Sale

DECEMBER 13, Yea Saleyards

Store Sale

JANUARY 10, 2025 Yea Saleyards

Weaner Sale

JANUARY 15, 2025 Yea Saleyards

Weaner Sale



Alexandra locals Alan and Jo Robinson were selling some of their steers on the day. -BD



Mitchell Shire Concert Band is ready to perform at Seymour College Arts Centre. -S

Time for some great music

HEAD along to the Seymour College Arts Centre on Sunday, October 13 at 2pm and enjoy The Mitchell Shire Concert Band's Annual Seymour Concert.

The concert will showcase a wide variety of music, featuring some very familiar items from stage and screen. Guest artist, Lynda Allen who is a fabulous singer and well known for her many appearances in SPW and BATS productions. Lynda will present a selection of show tunes and standards for your enjoyment.

This great event has also mangaged to have secured the services of some supporting musicians from the Shepparton region and two from Western Australia.

The rest of the programme will consist of music which the band has purchased during the past year, with the generous assistance of the Community Bank Wallan, Kilmore, and Broadford

Tickets can be obtained through TryBooking at trybooking.com/CVHII and are very reasonably priced at \$10 for Adults, \$5 for Children under 16, \$20 Families of two adults and two children under 16.

If you have any questions feel free to contact the Band Secretary at secretary@ mitchellshireconcertband.org.au or mobile 0420 200 278.

All proceeds from this concert will be used to continue the Band's Learner programme, where learners of all ages (over 10), can discover the joy of performing in a large ensemble.

Promising employment figures

RECENT employment figures show Victoria continues to create more jobs than any other state. The Australian Bureau of Statistics (ABS) data released shows that an additional 15,600 Victorians found jobs in August, with total employment in the state at a record 3.8 million. Victoria has created more than 130,000 jobs over the last 12 months, more than any other state.

Victorian jobs growth in the last month accounted for a third of national jobs growth, with Victoria putting on the second most jobs of any state.

It was also reported that 1500 regional Victorians secured jobs in August, an increase of 15,000 over the past year, pushing total regional employment to more than 800,000 jobs.

Regional Victoria's unemployment rate is a low 3.8 per cent, a notable decrease from the 6.6 per cent rate previously.

The government has created conditions for growth by backing investment and trade, with business investment up by six per cent in 2023/24. Backing investment builds the economy and these positive job results come after Victoria recorded the largest increase in exports across Australia, growing exports by more than \$2 billion over the past 12 months.

Exports of goods and services have increased by almost a third since 2015, including growth of 13.2 per cent over the past year the strongest growth among the states.







Mitchell Shire Concert Band

2pm Sunday 13th October 2024

Seymour College Arts Centre Cnr Loco & Anglesey Streets



Tickets: www.trybooking.com/CVHII

\$10 Adult, \$5 Children, \$20 Family (2 adults & 2 children under 16) All proceeds from this concert will be used to continue the Band's Learner programme

where new learners of all ages can discover the joy of performing in a large ensemble.

Enquiries: secretary@mitchellshireconcertband.org.au or 0420 200 278

AusNet

Have your say on upgrades to the local electricity network.

AusNet is currently seeking feedback on funding to maintain and upgrade its electricity distribution network over the next five years.

This funding will support:

- a safe, reliable and more resilient network
- keeping up with customers moving to all-electric homes and electric vehicles
- customer service improvements
- more renewables, including large and small renewables like rooftop solar.





To view a copy of the draft proposal and provide your feedback, scan the QR code or visit: communityhub.ausnetservices.com.au/engage

ausnet.com.au

Honesty about AI in council elections

ACCORDING to the Victorian Electoral Commission (VEC) Artificial Intelligence (AI) is expected to make an appearance at local council elections in October and the Electoral Commissioner is calling for transparency in the use of AI.

Electoral Commissioner Sven Bluemmel has urged voters to think critically about campaign material, while encouraging campaigners to be transparent in the use of any AI-generated or AI-modified material.

In particular, the VEC is calling for visible labelling on any AI-generated or AI-modified

Statement from Cr Eric Lording

I am proud to have been your councillor over the past years. The promises made way back then have all been delivered. Rate rises dropping from 9.9 per cent to some 2.5 per cent are testament to this.

I have raised the importance of our townships within our ward and we are now getting more attention and money as a result. I have built trust with you which can be judged by the increase in personal contact with me by people in need of help and guidance.

I am getting lots of input from you highlighting what you desire or need for your area. As your councillor I have been able to successfully lobby for increased slashing each year, school access pathways improved and sporting venues getting major upgrades. I have highlighted repair requests to council officers which has resulted in much faster much needed repairs to roads throughout the shire.

Those who have contacted me have received immediate assistance and guidance. Just ask your neighbours that have asked for my help. I have fought for you in council and taken your concerns and anger to the Victorian Government and presented these in Parliament house. Recently a Flowerdale resident said "you sure can move mountains". Another person outside our ward said, "I call you because something always gets done".

I originally put my hand up to be a councillor because I saw that many council services and attitudes needed attention. This has now all changed for the better, but I still have an unfulfilled list of things to fix in our ward. I have the passion, drive and council experience to do an even greater job for you.

We must now rebuild our roads, tourism and businesses and support all those that have been hurt by this slowdown. Roads are my number one priority if re-elected and I will demand the roads portfolio so I can get roads fixed and improved to slow the accident rate. I have 15 other important topics that I will see out to completion in my term, plus additional important new inputs from you. The ratepayer.

Please consider giving me your vote.

ACCORDING to the Victorian Electoral commission (VEC) Artificial Intelligence election campaign material to ensure voters are not misled.

"Getting campaign information to voters is an essential part of the robust contest of ideas in any election. We know that voters are concerned about mis- and disinformation. Voters need reliable and trustworthy information to help them make informed decisions about how to vote," Mr Bluemmel said.

"That is why, as well as the usual authorisation statement requirements, I am urging campaigners to meet community expectations by clearly labelling any election material that has been generated or modified through the use of AI.

"Tackling political mis- and disinformation is essential if we are to protect voter confidence in our electoral system. It is the responsibility of all participants, not just the VEC, to maintain that confidence," Mr Bluemmel added.

There are no laws in Victoria that regulate truth in political advertising. Voters are encouraged to exercise their own judgement and think critically about the information they see, before deciding to let it influence their vote. Voters should look for an authorisation statement, showing who authorised the distribution of the material. This is a legal requirement for all election campaign material.

Voters are also reminded to visit the website at *vec.vic.gov.au* as the source of truth for all information about the election or electoral processes. The VEC will continue to address incorrect information about the election on its misinformation register, which is available on the website.

Unprotection order for dingoes to continue

THE Victorian Farmers Federation (VFF) has commended the Victorian Government's decision to extend the unprotection order for dingoes and is a common sense move that will ensure farmers are equipped with the tools needed to protect their livestock.

VFF President Emma Germano said the decision follows months of sustained advocacy by farmers to ensure the welfare of livestock in the face of wild dog attacks is balanced with the need for dingo conversation.

"This is a sorely needed win for common sense. Farmers are breathing a huge sigh of relief and I would like to thank Minister for Agriculture Ros Spence and Minister for Environment Steve Dimopoulos for listening to us. It has been an enormous effort by farmers, industry and everyone involved to have their say and make a difference.

"Farmers and local communities now have greater certainty when it comes to wild dog control methods and that lifts a huge burden from their shoulders.

"Moving forward, we will be making a point of working with traditional owners and conservationists to help ensure we reach mutual ground on issues like this," Ms Germano said.

Ms Germano added that work remains to be done regarding the earlier announced lifting of the unprotection order in Victoria's north west and the government's consultation on the issue.

"Farmers in Victoria's north west are still exposed to the horrors inflicted by wild dogs on their livestock and we are working to reach a workable solution as soon as possible.

"The stories I've been hearing from local farmers in that area is tragic and I hope the

decision in the north east could be a light at the end of the tunnel for farmers in our porth wort"

"We're seeking a much clearer process and timeframe on all decisions like these. We could have avoided so much angst and worry with a much better consultative roadmap.

"Solutions such as the reinstatement of the Wild Dogs Advisory Committee is a place for all stakeholders to come together and it would be hugely beneficial moving forward," Ms Germano said.

Statement from Kim Travers -Candidate for King Parrot Ward

COMMUNITY should be at the heart of all decision making at Murrindindi Council.

The southwest shire corner of King Parrot Ward deserves a council representative who will turn up, listen and advocate strongly for what matters. Starting life with five siblings in public housing, with one road in and one road out, and having four children taught me about fairness and doing more with less.

Forty years working across retail, public service, banking, bus driving and as a union organiser has polished my collaborative planning and negotiating skills. Flowerdale locals know me from my volunteering at the Community House Op shop, as a board member of the Sports Club and through Landcare.

Lowering green waste and hard rubbish costs matter. Combatting social isolation from Kinglake to Flowerdale matters. Keeping a beautiful environment strong and growing sustainably matters. If improving cost of living and access to services is important to you, perhaps it's time for a fresh approach.

Vote for me and together we can lift up our corner of the lovely Murrindindi Shire.





KIM TRAVERS

CANDIDATE FOR

KING PARROT WARD

Council Elections October 2024

phone 0490 128 993 email kim4kingparrotward@gmail.com



0419 605060What Is Important to You? Let Us knowericlording@gmail.com

Authorised By Eric Lording PO Box 250 Yea 3717

Emergency Services Community Engagement Day



The dreary weather held off for the event, making it a nice day to wander around the various





Representatives of the CFA were in attendance, including local brigade members. Pictured are Terry Mason, Michael Hurren, Will McCarthy and Emery McCarthy. -BD



Representatives of Victoria Police, Lisa Atkinson and Dean Lloyd alongside Vicky McMaster from



Forest Fire Management Victoria also attended the day, showing off some of their range of vehicles. -BD



 $There \ were \ a \ number \ of \ stalls \ for \ people \ to \ wander \ around \ and \ visit. \ \textbf{-}BD$



Representatives of the Alexandra SES attended the event. Pictured are Jess, Lisa, and Kim. -BD



There were a variety of vehicles on display at the Yea Emergency Services Community Engagement Day, in conjunction with the Yea Railway Market. -BD



The folks from Yea Cruise Night had a classic car on display while locals spoke to the various emergency services in attendance. -BD

NRHA welcomes funding for rural aged care

THE Federal Government's announcement of a \$900 million investment to enhance aged care services in rural and remote areas is a vital step towards ensuring that older Australians, regardless of their postcode, can access the high-quality, safe aged care they

Rural Health Alliance (NRHA).

'We know that older people living in rural, regional and remote Australia face significant barriers to accessing aged care, increasing the risk of poorer quality of life

deserve, according to the National and premature death," said NRHA care infrastructure is not there or Chief Executive, Susi Tegen.

> "People who prefer to stay in community and need the support of living in residential aged care are often forced to move hundreds of miles away because local aged

suitable. This takes them away from family and friends and the surrounding sights and smells that they know and love."

The allocation of \$600 million for the Support at Home initiative, combined with an additional \$300 million for infrastructure improvements, shows commitment to addressing the unique challenges faced by aged care providers in thin, and often no, markets.

Transform your Life with Amanda Pippos

SPRING is here and it's time for a change, are you ready to bust through your blocks and create your best life?

Amanda is here to guide you with stress management, clearing anxiety, understanding depression, controlling weight issues, dealing with relationship problems, transform negative thinking, dealing with fears and phobias, and so much more.

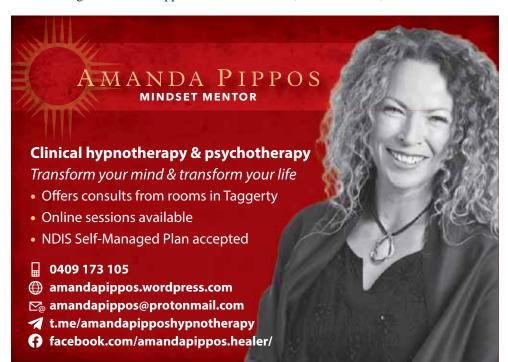
Amanda helps people who are ready to make a change but feel stuck in patterns of self-sabotage and limiting beliefs and can't seem to stay focused on their personal goals.

Helping clients clear their own personal blocks that have held them back in life, Amanda said "Working on this people feel empowered to take back control bringing call 0409 173 105.

them freedom, excitement and joy back into their lives."

Unlike traditional therapies that focus on talk therapy and keep the client focused in the conscious mind, because of Amanda's expertise in hypnotherapy, and being in private practice for over 20 years, she helps her clients get to the root cause of their issues through unlocking the subconscious mind, clearing limiting beliefs and creating profound breakthroughs.

Amanda consults from her rooms in Taggerty and also offers online sessions, NDIS plans are accepted. To arrange your complimentary 20 minute call and find out how best Amanda can help you, visit her website at amandapippos.wordpress.com or



Here for You

OCTOBER COMMUNITY UPDATE

BE THUNDERSTORM READY THIS SPRING

With thunderstorm season starting on October 1st, the Goulburn Valley Public Health Unit (GVPHU) urges people who experience asthma and hay fever to prepare now.

What Is Thunderstorm Asthma? Thunderstorm asthma is a rare weather-related event that primarily occurs during spring, but can extend until December, aligned with the grass pollen season. It happens during storms when grass pollen is broken into tiny particles and inhaled. These particles can trigger sudden, severe asthma attacks, particularly in those with asthma or hay fever.

Who Is at Risk? You are at higher risk if you:

- Have hay fever
- Have a current or a history of asthma
- Have undiagnosed asthma

How to Protect Yourself:

- 1. Use your preventer inhaler as prescribed and as directed especially in Spring
- 2. Manage hay fever with advice from your GP or pharmacist.
- 3. Monitor daily pollen forecasts via Vic Emergency website or APP.
- 4. Be Prepared: Keep asthma action plans up to date and ensure you have enough medication on hand like inhalers and antihistamines.

Act now to stay safe this thunderstorm season. Thunderstorm Asthma can be serious. Make sure you're prepared this season.

- Talk to your GP about an asthma action plan
- Ensure you have enough medication
- Keep an eye on the weather and pollen forecasts

For more information and resources on thunderstorm asthma, visit: www.gvhealth.org.au/public-health-unit or www.betterhealth.vic.gov.au/thunderstorm-asthma.

For more information on Asthma Action Plans visit: www.betterhealth.vic.gov.au/asthma-action-plans











BOLO OCTOBER REPORT (Be On the Look Out) **GASTRO**

Gastroenteritis (gastro) is a bowel infection that causes

however, it is important that they drink plenty of water to avoid becoming dehydrated.

babies and young children. Babies under six months old can become dehydrated very easily and need to be checked by a





Alexandra District Health launched the Murrindindi Mental Health Professionals Network in November 2023.

Recognising mental health

October 10, is themed 'It's Time to Prioritise Mental Health in the Workplace.

The need for mental health services is well known, with over 10 per cent of Murrindindi Shire residents currently experiencing a mental health condition. Alexandra District Health (ADH) has a small mental health team of qualified professionals who responded to approximately 150 people in need of referral, support or therapy in the 2023-24 year.

Risk of psychological injury is a consideration in all workplaces, so preventing burn-out among health professionals is an important mental health strategy for health organisations. Successful and continued delivery of mental health services requires healthy mental health clinicians and this is best achieved through providing healthy work environments.

To strengthen the local mental health workforce ADH launched the Murrindindi Mental Health Professionals Network in

THIS year's World Mental Health day, held on November 2023. This local network is run in partnership with the national Mental Health Professionals Network (MHPN) and currently has 23 members from both private and public services with diverse backgrounds including a doctor, psychologist, occupational therapist, social worker, nurse, art therapist, music therapist, grief counsellor, allied health assistant and family support worker.

Breakfast meetings are hosted at Alexandra District Health at least four times a year and include either a presentation by a guest speaker or a focussed discussion on a particular issue, and general sharing of resources and information between members. Recent topics covered include Family Violence, and Men's Mental Health, with the next meeting (held in late October) exploring Borderline Personality Disorder.

If you would like further information or would like to join the Murrindindi Mental Health Professionals Network please contact ADH on 5772 0900.

Why choose Reformer **Pilates**

REFORMER Pilates is a low impact form of exercise that focuses on resistance. It uses body weight and springs to adjust the level of intensity desired in each layer of the exercise. The main parts of a reformer include the carriage, foot bar, springs, straps, jump board, and long box.

The main benefits of Reformer Pilates include being an Inclusive exercise and is modifiable to all ability levels; it's low impact for injury rehabilitation; it is shown to improve flexibility, range of motion, coordination, build strength, and help with pain management. The spring resistance offers many levels of difficulty to exercises, and overall, it's lots of fun and makes you feel good.

SOLUTIONS Page 15

Crossword

ACROSS

- Small military vehicle with four-wheel drive.
- A workbench clamp.
- 7. The duration of being away.
- 10. A dealer in stolen property.
- 12. Fit for a queen.
- 15. Fish that looks like a snake. 16. A metal-bearing mineral.
- 17. A comic entertainer.
- 20. Make calm or tranquil.
- 21. Go back to a previous state.
- 22. An open savoury tart.
- 24. A long angry speech. 27. A person who is older
- than you are.
- 29. A contribution to State revenue.
- 31. Begin to seem older.
- 33. A separate part of a whole.
- 35. Relating to or affected by tides.
- 37. Makes one understand properly.
- 38. An unexpected slide.
- 39. Docile and easily managed.

DOWN

- 2. The first woman.
- 3. A single step in walking.
- 4. An everyday greeting. 5. Change direction abruptly.

Word Search

KRKEKVTUHHVOIUJ

KXCVENFBOCRTASK

LQNMSXMGLIRXUON V I F H O V A Q T P Q R D M Q IINKRPLATLSXERS

LLDISICLINGUINE

AOLRLUGVYUSRSVH

SIEIBAVAYJQRNUO

AVNGSPTBTSZHIVA

GANHTUZINORACAM

NREFGHFFDONTIXX

AIPOENYEIAFIGYN

Types of Pasta

MACARONI

ORZO

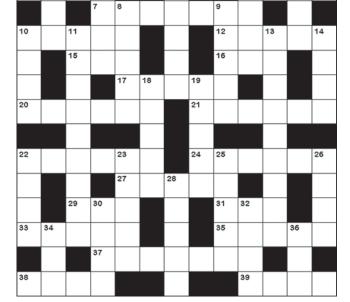
PENNE

RAVIOLI

RIGATONI

SPAGHETTI

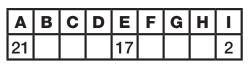
- A division of an ocean.
- Emit wind noisily through the mouth.

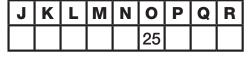


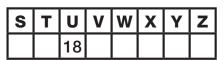
- An ugly evil-looking old woman.
- 10. Opponents in war.
- 11. Discuss the terms of an arrangement.
- 13. Brought into existence.
- 14. A lean to the side.
- 18. Flat and even.
- 19. Put pen to paper. 22. A witty remark.
- 23. Put a spell on someone.
- 25. Feeling or showing extreme anger.
- 26. Morally bad and wrong.
- 28. Draw up an outline or sketch. 30. Succeeded at easily.
- 32. The point of an argument. 34. Irritate and annoy.
- 36. Direct toward an intended goal.

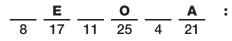
Cryptogram

Aboriginal words

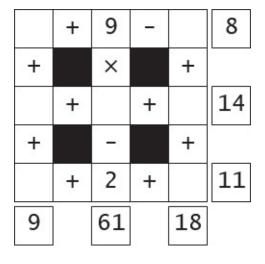








Math Square



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

BUCATINI

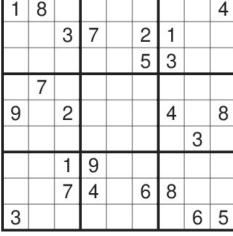
DITALINI

FARFALLE

FUSILLI

LASAGNA

LINGUINE



Difficulty: 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.



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Species saved at Snobs Creek

EGGS from the critically endangered Moroka galaxias have been laid in a captive breeding program for the first time at the Victorian Fisheries Authority's (VFA) Snobs Creek Conservation Hatchery.

VFA Chief Executive Officer Travis Dowling said this marks a significant turning point in the journey to save the species, found in a single population in the Alpine National Park.

"Small-bodied native fish like Moroka galaxias are the foundation of healthy aquatic ecosystems and the conservation hatchery at Snobs Creek is making projects like this possible," Mr Dowling said.

"Our next steps are to establish two new populations of Moroka galaxias in rivers where they've become locally extinct, putting our eggs in different baskets for their protection.

Broodstock were sourced by the staff from the Department of Energy, Environment and Climate Action's Arthur Rylah Institute for Environmental Research from a twokilometre stretch of headwater stream across their remaining range in a tributary of the Wonnangatta River near Dargo.

The small population of fish was then transported to Snobs Creek in insulated containers with a supply of oxygen. The eggs were laid and fertilised by the broodstock and will go through a period of incubation before hatching as juvenile fry, which will take two to three years to reach maturity and grow to approximately eight centimetres in size.

They join several other endangered or critically endangered aquatic species from across Victoria being bred at the conservation hatchery, including the Glenelg freshwater mussel, the south-western Victorian blackfish, and the southern purple-spotted Gudgeon.

Captive breeding populations, alongside restocked wild populations, mean additional safeguards in the case of future fire, flood, drought or predator invasion events, moving them away from the brink of extinction.



HIA calls for better insurance and contract rules

FOLLOWING the release of the Victorian Government's Housing Statement last year, the Housing Industry Association (HIA) is calling for reviews of building insurance and contract rules.

"The HIA calls for the Victorian Government to urgently complete reviews of domestic building insurance and contract rules in Victoria," HIA Executive Director for Victoria, Keith Ryan, said recently.

"The Victorian government released its Housing Statement last year and has a target of building 800,000 homes in 10 years. HIA supports the government's objective to increase housing supply by building more homes but the uncertainty on future building insurance and contract rules is causing unnecessary stress for the industry.

"It was confirmed that over the past 12 months there has been a significant decline in housing approvals across the state. New home sales have also been weak. This makes the government's target more difficult to achieve," Mr Ryan said.

the target. They want to build more homes, but they need to have government policy settings that help them remain financially stable and secure.

"First, home builders and consumers need better access to domestic building insurance (DBI). Recent premium increases and restrictions on builder's capacity to get DBI are preventing some consumers and builders from being able to enter into home building and renovation contracts.

"Second, the legislation that regulates the contracts between consumers and builders is antiquated and not fit for purpose. This legislation not only fails to adequately protect consumers but also imposes unnecessary restrictions on home builders.

"The government completed a public consultation process on a review of the Domestic Building "Home builders want the Contracts Act over five months ago. Since then, we have seen little to no progress on this review.

> "It is acknowledged that the current environment of low sales and approvals is caused mainly by high interest rates and low consumer confidence. This will however change and as Victoria's population continues to grow and pent-up demand for housing increases.

> "When consumer confidence returns and sales increase the Victorian government needs to ensure that better domestic building insurance arrangements and home building contract legislation are already in place to support both homeowners and builders," concluded Mr Ryan.

Suicide prevention strategy to save lives

THE Victorian Government is pushing for change as the new Victorian Suicide Prevention and Response Strategy 2024-2034 will be put to the test and tackle the devastating impacts of suicide by establishing a whole of government and community wide

The 10 year strategy was a key recommendation of the Royal Commission into Victoria's Mental Health System and forms a crucial part of the ongoing transformation to Victoria's mental health and wellbeing system.

Acknowledging the wideranging factors of suicidal distress, like economic stress and family violence, the strategy is supported by an implementation plan which outlines the whole of government, community wide approach.

The rolling implementation plans will allow to respond flexibly to emerging issues and new evidence across the life of the strategy and shift approaches and focus accordingly.

Developed with clinicians and experts in the mental health sector, the strategy also includes the input of people with lived experience.

The strategy adds to the important work the state government is already doing on suicide prevention including Hospital Outreach Post-suicidal Engagement (HOPE) initiative to enhance support people leaving an emergency department or medical ward following treatment for an attempted suicide, planning

While reducing suicide is the strategy's main goal, it also aims to address and reduce factors that contribute to suicide such as childhood trauma, economic stress, harmful drug and alcohol use, and family violence, focusing on increasing social inclusion and connection to culture.

Since the Royal Commission, significant progress has been made with work underway to implement over 90 per cent of its recommendations and more than \$6 billion invested in the system over the past three years.

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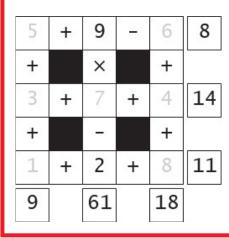
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The Reddrop Group are looking for Finance Officers to join our Finance Team based at Alexandra FoodWorks.

The positions are full-time (38 hour week) with hours normally 9am until 5:30pm, however, some flexibility is available. Part-time hours may be considered for the right applicant/s.

Our Finance Officers are responsible for a broad range of tasks including supplier invoicing, balancing daily sales, data management and problem solving.

Ideally we are looking for people who have good computer skills, can work well as part of a team or unsupervised, are relaible and have good communication skills. An ability to multi-task and prioritise work, as well as be attentive to detail and accuracy is also vital.

Experience or knowledge of the finance area, such as knowledge of GST and general ledger accounts would be an advantage, however, it is not essential and we are happy to provide training to a candidate that shows enthusiasm and willingness to learn.

To apply for a position, please email your covering letter, resume (with references), and contact details to jobs@reddrop.com.au



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HVP Plantations (HVP) is seeking Expressions of Interest from experienced contractors to provide services as follows:

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For additional information, parties must register their interest by Friday, October 11, 2024 via email to rory.hazeldine@hvp.com.au

PUBLIC NOTICES

OPERATION CHRISTMAS CHILD



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Oasis Community Church
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Tea and coffee supplied everyday.
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Lunch provided on this day

Help pack a box for underpriviledged children around the world.

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For more information please call Judy Peters 0458 991 855.

AKADEMOS CAR RALLY October 20, 2024

Please be advised that a car rally will be conducted in the surrounding forests of Alexandra from 8am to 6.30pm.

This motorsport event is sanctioned by Motorsport Australia with approvals from FFMV, Murrindindi Council, VicRoads and Victoria Police

Temporary road closures will be in place on selected tracks in the Rubicon State Forest and Black Range forest including sections of Eildon Warburton Road, Snobs Link Road, No 5 Track, Browns Road, Quartz Creek Road, Blue Range Road, Gravel Pit Road, Camerons Road and Black Range Road.

Advisory signs will been placed on affected roads four weeks prior to the closure.

> Spectating will be available at locations during the event.

Guides will be available on the day from Alexandra Football Ground.

For further information, please contact Event Director, Natasha Swan, on 0427 309 349.

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DEATH NOTICES



COOKSON, Geoff.

Alexandra Group of fire brigades would like to send our condolences to to June and family. Geoff served as Group Officer 1976-86. He was also a long serving officer/member of Whanregarwen Fire Brigade.

MURPHY,

Glenis May. 29/04/1939 -05/10/2024

Passed away at Alexandra District Health. Wife of Neil (dec). Loved mum to Robert and Janet. Grandma/nana to Brendan, Jacquline and Michael. Greatgrandma to Ŏliver.

Finally at Peace.

O'LEARY. Annette Frances (McSwiney)

14/07/1939 -

1/10/ 2024

Adored wife of John (dec). Died peacefully in the Yea hospital surrounded by her seven daughters Carolyn, Kate, Marie-Therese, Elizabeth, Fiona, Ruth and Jane. Mother in law to Simon, Cameron, John, Charles, Bryce, Harry and Byron. Cherished granny of Annabelle, Genevieve. Jack, Harriet and Tom, Ben, and Eliza, Prudence, Finn, and Ruby, Claudia, and Will, Mac, Zara, and Charlotte, Edward, and Lachlan.

"Go gentle into that good night.

MEETINGS



The Alexandra Football Nethall Club AGM will be held at the club rooms at 7pm on Tuesday, October 22, 2024. Everyone welcome. Any queries please contact Kylie Cairns or Ray Steyger.

PETS & LIVESTOCK

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NOTICES

MURPHY, Glenis May.

A funeral service to celebrate the life of Glenis is to be held at Murrindidni chapel, 21 Johnston Street, Alexandra on Tuesday, October 15, 2024 commencing at 11am. Followed by a private cremation

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O'LEARY, Annette Frances (McSwiney)

The funeral service to celebrate the life of Annette Frances O'l eary (McSwiney) will be held at Sacred Heart Catholic Church, 3 The Parade, Yea, on Friday, October 11, 2024 commencing at 11.30am.

Private cremation.



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Getting the best out of your silage this season

ACCORIDNG to Agriculture Victoria, capitalising on any spring surplus will be critical on farms this year. While some things are out of our control, focusing on the following key factors will help ensure that you get the best possible return.

Five key factors for silage this season include: Only lock up pasture that is surplus to requirements. Making silage can be an expensive exercise, so it only makes sense when pasture growth exceeds animal requirements. In a reasonable year on most farms this generally occurs in early to mid September.

Use nitrogen to increase dry matter yield but cut pasture within six weeks of application, once cutting is delayed beyond six weeks, the quality of the silage declines more rapidly than if no nitrogen is applied. This can result in large quantities of low quality silage which is unsuitable to feed cows in the early stage of lactation. By

using rates of nitrogen up to 50 kg N/ha when there is sufficient moisture available, responses of 18 kg DM/ha for every kg N applied, six weeks after application can

Be prepared to cut pasture when the ryegrass component of the sward is just reaching early ear emergence, Ideally, the plan is to cut pasture when the ryegrass component of the sward is at early ear emergence. Due to the seasonal conditions this year, it is more likely that paddocks may be cut at a range of times. For example, when it is still vegetive or later than early ear emergence. As a result, it will be critical to ensure that the forage hits dry matter targets quickly, so it doesn't lose quality.

Use tedders to increase the drying rate of cut material and so reduce the wilting period. It has been shown that the use of tedders has a beneficial effect on both final silage metabolisable energy and crude protein. The length of the wilting period will be dictated by the type of silage to be made and weather conditions. Given reasonable drying conditions material should be ready for pit silage within 48 hours and for bale silage within 72 hours.

Ensile material quickly and seal well, it's important to ensure that the material being ensiled is tightly packed into either a pit or the bale and that it's sealed promptly. The ideal dry matter of pasture for pit silage is 30 per cent, any lower and effluent may be a problem, and any higher compaction may be difficult. The dry matter percentage of bale silage should be about 45 to 50 per cent. At this dry matter, a reasonable fermentation should occur, and it reduces the chance of spoilage.

For more information visit the Agriculture Victoria website at agriculture.vic.gov.au

Record exports for Victoria

VICTORIA has recorded the largest increase in exports across Australia, growing exports by more than \$2 billion over the past 12 months.

Data released by the Australian Bureau of Statistics (ABS) recently shows that Victoria's exports increased by 3.6 per cent in the June quarter, taking exports to a record \$17.6 billion.

Exports of goods and services have increased by almost a third since 2015 with exports jumping a further 13.2 per cent over the past year, the strongest growth among the states.

Growing export markets builds the economy and creates jobs and an additional 26,300 Victorians were employed in July 2024, raising total employment to a record 3.7 million.

created since 2014.

Treasurer Tim Pallas spoke about the importance of export trade in the Victorian economy.

"The strength of our export trade underlines the strength of our economy, which is supporting families, creating jobs and backing Victorian businesses."

"We're focused on growing trade and attracting investment because we know how important they are for local jobs and increased opportunity," Mr Pallas said.

Victoria's business investment also grew by more than nine per cent in the year to March 2024, marking the second largest increase of the states and more than two per cent above the national growth.

The strong trade data reaffirms the importance of international exports to

More than 850,000 new jobs have been the state. Victoria is the Education State and international education is the largest export.

> Victoria holds 30 per cent of the national market share of international student enrolments. As the state's largest export, international students generated \$14.8 billion in export revenue in 2023, supporting around 63,000 local jobs.

> The state government's priority is to maintain the state's global reputation as an open and welcoming destination, while supporting international students to join the state's pool of highly skilled talent.

The state government say that is why the Commonwealth Government must reconsider its cap on international students, which risks damaging Australia's international education standing and economy.

Never leave your cooking unattended

VICTORIA'S fire services are reminding the community never to leave cooking unattended as it remains the leading cause of fires in the home.

CFA responded to around 250 fires that started in the kitchen across the state last year, an increase of 20 from the previous year.

CFA Chief Officer Jason Heffernan said unattended cooking was one of the most common causes of preventable house fires.

"We know a fire in your kitchen can cause extensive damage and high level injuries, and unfortunately we saw this occur four times last year," Jason said.

"We know that 6pm is the peak time for fires, and most are due to unattended cooking or mechanical failure.

"Make sure your kitchen appliances are in good working order, and ensure your stove top, griller, oven, rangehood and cooking area are free from built up grease, dust and oil.

"While most fatal fires occur in sleeping areas, it is important to note that most residential fires start in the kitchen."

Fire Rescue Victoria Deputy Commissioner Community Safety Joshua Fischer said it was essential to maintain awareness and pay close attention to the stove when cooking to reduce the risks of a fire starting in the kitchen.

"Cooking is a part of everyday life, but no one can afford to be complacent about the fire safety risks. Ensuring you don't leave your cooking unattended may save your life and property," Deputy Commissioner Fischer said.

"If a fire does start in the kitchen, turn off the stove if it's safe to do so. Use a fire extinguisher or fire blanket only if you are confident to use them. Evacuate everyone from the home, close the kitchen door if safe to do so, and call Triple Zero."

Deputy Commissioner Fischer said all Victorians should have working smoke alarms powered by a 10 year long life battery in all sleeping and living areas of their home.

"If affordable, we recommend installation of interconnected smoke alarms, so when any alarm activates, all smoke alarms will sound throughout the house," Deputy Commissioner Fisher said.

Stock dogs met the challenge

THREE events run simultaneously with yard dogs working sheep through their paces; cattle endeavouring to harass each dog in a small paddock; and the big open spaces of stylish dogs casting 'way out' in a paddock to collect a few sheep and controlling them through three unique obstacles.

The Australian Utility Stock Dog Society Inc. held their most recent 'Stock Dog Challenge' at Glenaroua Vic. on Saturday 21 and Sunday 22 September. Jan Evans hosted the event and supplied both sheep and cattle. A great team of volunteers, along with the Glenaroua local fire brigade ensured that procedures ran smoothly. Breakfast was served along with tea and coffee and barbecue lunches. At the end of each day competitors with their winning dogs took out sashes, trophies and a total of \$4000 prize money.

Craig Ogier from Gisborne Vic. with his dog 'Roustabout Itchy' took out the major event on Sunday, and Jeremy Lim from Holbrook NSW with his dog 'Homebrook Cessna' won on Saturday. The two stockmanship awards went to Tim Cavill from Alexandra Vic. and Craig Ogier.

Darren McAinch from Yanakie Vic. judged the paddock sections and local judge, Brian Leahy judged the yard sheep sections throughout. Ian Bates from Markwood and Rod Cavanagh from Yea judged the cattle section on each respective day.

The AUSDS Inc. organisers were very pleased with the event and look forward to many more 'Stock Dog Challenges'. Further information and full results can be found on the AUSDS Facebook page and on the Society's website www.ausds.org





SPORT

Annual Yarra Glen - Yea Challenge



Yarra Glen player presenting the Trophy to Yea Bowls Club President Maurie Finn. -S



Players in action at the annual Yarra Glen Yea challenge.

by Angela Finn

A GREAT afternoon was spent on the Yea Bowling Green last Saturday, October 5 with members of the Yarra Glen Bowls Club travelling to Yea for the annual Yarra Glen – Yea Challenge.

With the weather forecast a little bleak, teams started promptly. Two games of eight ends with eight teams of four were played. Yea had an easy win on one rink, with other

rinks having very hard fought tussles. Yea winning all but one rink. The second games went in a similar fashion. Two Yea rinks won comfortably, the other two again involved in close games.

Both Clubs had a couple of new bowlers representing their clubs. Every bowler acquitted themselves well and the day was played in great spirit.

Yea was able to give their emergencies a game, making sure everyone had a chance of a pre season tune up. The last two

or three ends were played in light rain, but luckily, everyone was off the green as it really set in.

Everyone enjoyed a lovely afternoon tea provided by Yea and the new shield was presented to Yea as the winning club.

A raffle boasting a \$60 meat tray as first prize was held. The meat tray was won by a local Yea bowler and second prize went to Fred from Yarra Glen.

Good luck to both clubs for the upcoming season.

SPORT

Great news for Yea Pony Club and Yea District Adult Riding Club

YEA Pony Club and Yea District Adult Riding Club cross country course opened on Sunday, October 6. The club would like to thank Brian Copeland for his expertise in course building and ideas. The club would also like to thank their many sponsors and locals who helped create the new course.

Local horse riders are excited and looking forward to many hours jumping the cross country course. Yea Pony club members Indi, Riley, Tahlia and Sophie enjoyed their cross country lesson with Sheridan Houston at the official opening on Sunday.



All the riders gather together for this great occasion. -S



An impressive jump by a young rider. -S



The logs that the riders jumped over had plaques made of who helped to get the cross country course together. -S



Sunday was the official opening for the cross country course. -S



Riders making the most of the new course. -S

The Chronicle Sport Sports Editorial: sports@alexandranewspapers.com.au



Games galore for Yea Golfers

by Alan Pell

YOUNG Tom White (18) and Neil Peterson (16) teamed very well last Wednesday to post 45 points in the four ball. Just reward for both men as they both volunteered for jobs on working bee Tuesday. Neil has given plenty of time to volunteering and Tom gave up some of his school holidays to assist the club. Second were Phil "Chip in" Armstrong (23) and Zach Pell (21) with 43 points. Individual winner was Tom White with 37 points on countback to Phil Armstrong. Bill Dredge won nearest the pin on the second as well as the club award. Many thanks to John Tanner who again assists the club in many ways. From organising Chooklotto, looking after some of the gardens, making trophies and restoring some seating. John's efforts are much appreciated.

In the first round chamopinships held last Saturday, 30 men compete in the first of three rounds in the club championships. Conditions were ideal for most of the day with rain finally arriving at 3pm. Winner of the day and leader in B Grade was Alan Pell (15) with 81 off the stick nett 66. Second was Murray Ness (34) with nett 68 on countback from John Tanner (26) third. Oakley Ness (22) and Tom White also had nett 68. Nearest the pin on the second was Ken Whitfort, and Kevin Coghlan took out the club award. In Chooklotto, the DGK Stubby holder was won by John Phillips and Ken Whitfort was overjoyed on winning the two kilograms of Chicken Drumsticks.

In A Grade, Anthony Coleman (4) 80 leads Rick Wills (9) 81 and Mic Spagnolo

(7) also on 81. In B Grade Alan leads with 81 from Tom White (17) 85, John Phillips (18) and Neil Peterson both on 91. C Grade saw Oakley Ness (22) with 90 from John Tanner (26) and Steve Rumney (25) both on 94. Saturday also was the last round of the Sichlau Trophy. Best four nett rounds of a possible five rounds. Winner was Tom White with a total of 279. Rick Wills was second with 284 from third Phil Armstrong 294. Next were Steve Rumney 295, Brendan Chenhall 295, Alan Pell 296, Tony Rule 298, and Mic Sheather 301.

In the Ladies Stableford Competition Di Holdsworth (28) with 38 points was the winner from Cindy Armstrong (34) and Penny Brittain (33) both on 35 points.



The winner of the Sichlau Trophy was Tom White with a total of 279 points. -S

