



RIDDELLS CREEK
FARMERS MARKET
SAT 16TH OCT 2022

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Riddell Roundup is a not-for-profit publication brought to you every month by dedicated volunteers and auspiced by the Riddells Creek Neighbourhood House. Email riddellroundup@gmail.com to subscribe for your **free** full colour digital copy.

OCTOBER 2022

PREPARING YOUR PROPERTY FOR THE FIRE SEASON

With spring here and the weather improving it's a great time to start preparing your property for the summer bushfire season. You can reduce the risk to your home and property by cleaning up around your dwelling and clearing potential fire hazards before the fire danger period kicks in.

These jobs include:

- Removing overhanging tree branches and shrubs over one metre high next to or below windows
- Keeping grass short and clearing other combustible debris near your home
- Clearing roof gutters of any leaf litter
- Maintaining any defensible space around your home
- Ensuring any rainwater tanks are accessible and full
- Ensuring you have a bushfire survival plan in place and practise it regularly
- Attending local CFA community meetings around fire preparedness.

Council also encourages residents to familiarise themselves with the new Fire Danger Rating system that recently came into effect and update their fire plans accordingly. The new system is being used across Australia so whether you're at home or travelling, you will see the same system being used.

Community feedback was used in the design process to help make it easier to understand and to provide you with clearer advice about how to stay safe.

THERE ARE FOUR LEVELS OF FIRE DANGER IN THE NEW SYSTEM

- Moderate - Plan and prepare
- High - Be ready to act
- Extreme - Take action now to protect your life and property
- Catastrophic - For your survival, leave bushfire risk areas

If you have any questions about the new Fire Danger Rating System, contact your local CFA brigade.

NEW FIRE DANGER SYSTEM



HOW WOULD YOU CHANGE THE RIDDELL ROUNDUP?

What do you like about our local paper? Is the content interesting and relevant to you? Do you have any suggestions and ideas on how we can improve the Roundup?

We'd love to hear your thoughts and invite you to join us to discuss the next phase for our amazing community publication.

When - Saturday 15th October
1.00pm-3.00pm

Where - Riddells Creek Neighbourhood House (afternoon tea included)

RSVP to coordinator@riddellscreeknh.com.au or call 5428 7836 by 13th October

AROUND RIDDELL...

Pictures, Art, Opinions, History, Updates and Tales from Around Town

FLOURISHING TOGETHER IN RIDDELLS CREEK

How do we create a space for people to flourish together in Riddells Creek? This is the question a group from the Uniting Church and the Permaculture Group based at the Neighbourhood House have been pondering.

The church's property at 3 Sutherlands Rd has a long history of serving the community, and currently includes White Goose Books (a place to exchange, borrow or take a book, open on Wednesdays from 9.30 am to 1.00 pm, with children's storytime at 10.30 am), a labyrinth for reflection and meditation, and a community garden hosting the Macedon Ranges Seed Savers' garlic project. The interior of the church's 'usual' church furniture has mostly been replaced, and it is now lined with full bookshelves for book-lovers of all ages. The beautiful stained glass windows help provide a sense of peace and calm, while the chairs and tables and comfy couches offer opportunities to catch up with friends or a good book, or just appreciate the time to stop.

The church and the permaculture group, working together, are wondering how we might continue to create a beautiful, inclusive, reflective space where all in the community are

welcome to find rest and restoration. Our hope is that others will join us as we work sustainably together in our garden to complement what we already have. We've begun conversations, focussing on our shared values, and started to discuss the ways we might make this lovely space even lovelier, in ways that are enriching rather than exhausting.

What kind of garden might we grow together? What kind of place would invite you to connect with the earth and other people to help you and your community to flourish? We'd love your ideas and input, and your thoughts about how this might become a gathering place for members of the community.

Please contact Annette Buckley on 0457 608 539 or the Neighbourhood House for further information.



Pictured: Connor Murphy enjoying a great book

CWA BRANCH WINDS-UP

It is with much sadness that the Riddell Round-Up recently found out that the Riddells Creek CWA Night Branch has wound up. The RCCWA was a small night branch that enjoyed quiet friendship and participated in a number of community endeavours. Over the years they have been involved in raising much needed funds for our local school and services including the Riddells Creek Primary School, the CFA, SES and the Neighbourhood House. More broadly they supported regional and state-wide assistance to women, children, and communities. Their craft and baked goods entries were successful at the annual CWA Central Highlands Creative Arts Exhibition. They have been an ongoing and enthusiastic Christmas tree contributor to the Christmas in Riddells Creek event. The branch celebrated International Women's Day in 2020 at the Neighbourhood House and had a stall at the Riddells Creek Festival.

While there is now no CWA branch in Riddells Creek there

are day branches in Romsey and Gisborne and night branches in Mount Macedon (Moonlighters) and Sunbury (Sunbury Stars) And there's always an option of setting up a day branch if there was enough interest. To enquire about any of these options call Joan Strawbridge on 0417 013 744

On behalf of everyone in Riddells Creek, thank you for your service to the community.

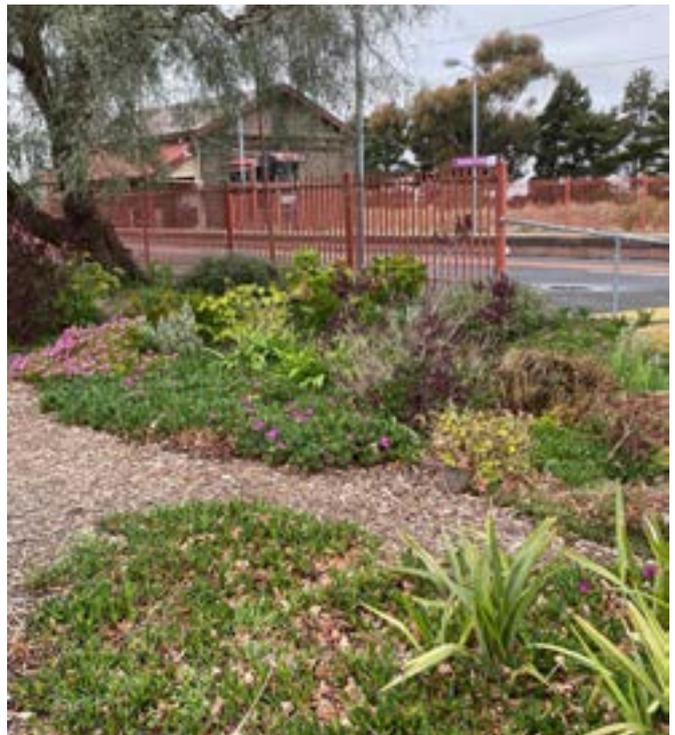


Riddells Creek Stationeers

Riddells Creek Stationeers is a new group dedicated to maintaining and improving the gardens around the railway station. Stationeer groups are under the umbrella of the Keep Australia Beautiful Victoria organisation which organises Public Liability Insurance etc. There are over 60 groups around Victoria!

At this point in time, I am at the station most Fridays for two hours from about 10am-12noon.

Would anyone care to join me? Give me a call. Melanie Kinsey 0455754220.



Riddells Creek Landcare
SPRINGTIME WALKS IN BARRM BIRRM

Barrm Birrm, place of many yam roots, is a remnant of the vegetation that once fringed the volcanic plains of Victoria.

Sunday 18th Sept 10-11.30am
 Discover trails + history of Barrm Birrm with Ross Colliver RC Landcare President

Sunday 2nd Oct 10-11.30am
 Orchids- Lifecycles, preferred habitat + where you might find them in Barrm Birrm with Anrew Dilley, Orchid Specialist

Sunday 16th Oct 10am-12pm
 Flora surveys & what is distinctive to Barrm Birrm with Georgie Scott Walker, lead Ecologist MRSC flora survey of Barrm Birrm

Walks start from Riddells Creek Studio, 288 Gap Road.

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COMMUNITY GROUP UPDATES

Volunteering, Safety, Community Building and Socialising

RIDDELLS CREEK CFA

BARBEQUE SAFETY

The Riddells Creek Brigade is one of the few brigades that has a Catering Support team, responsible for providing vital food supplies to our firefighters on the fireground. Last month, our Catering Support team participated in a barbeque safety training session which reinforced the need to check the barbeque before use. Before starting your barbeque this spring, consider the following fire safety tips:

- Remember that LPG is flammable, heavier than air and may remain in areas for some time. Check hoses and connections prior to use.
- You may want to consider having a fire blanket and/or fire extinguisher nearby for emergencies.
- Clear the surrounding area of combustibles before lighting a barbeque, including cleaning any built-up fat trays.
- Allow hot ashes or coals to cool for 48 hours before removing them.
- Consider installing a safety device that shuts off the gas from the cylinder should a leak occur.

MELBOURNE FIREFIGHTER STAIR CLIMB

In September, some of our firefighters either completed a virtual stairclimb or attended in person the annual stair climb in Melbourne, raising money for Lifeline, Fortem and the 000 -Foundation. Well done to Zara, Marilyn, Dean and Nick from Riddells Creek brigade for completing this challenge, raising over \$7K and finishing 8th across the state. Thank you to the community for supporting our brigade members.

TURN OUTS

Since writing the September article the brigade has responded to 3 turn outs,



Pictured: Dean and Nick

one incident in Riddells and two alarms in Gisborne. This brings the total to 62 for the year.

BRIGADE CONTACT DETAILS:

Fire Station/Duty Officer - 5428 6000
Fax - 5428 6994

Facebook - Riddells Creek Fire Brigade

Instagram - riddells_creek_cfa

CFA Website - www.cfa.vic.gov.au

EMERGENCIES ONLY - 000

BOOK CLUB

The Book Club members read *'Independent People'* by Halldor Laxness, first published in 1946.

If you are a reader who enjoys a challenge this is one for you - 567 pages of fine print! This challenge was met by four of our ten members.

Set in Iceland, 1890s up to the First World War, the book covers the life of a sheep farmer, Bjartur of Summerhouses, living in a rural mountainous region of Southern Iceland. He can only be described as

cruel, unfeeling and cold towards his first and second wives, his three sons, his mother in law (mother of first wife) and Asta Sollilja, daughter of his first wife (who he claims is not his).

His great and only love is his concern for his sheep that are grown for their fleece and the fleece brings in some money for them all to live on - which is hardly enough. Every day they eat salted fish, most days only one meal, and drink many cups of coffee. Bjartur does not eat animals or birds. Their lives are filled with superstitions and myths.

Throughout this tale of harsh existence readers are given a wonderful insight into the beauty of the countryside, the mountains, rivers, fjords and the little township of Vik and learn of its townsfolk and their different lifestyles to the shepherd Bjartur.

At first it is difficult to cope with the Icelandic names and places but as one reads on it becomes easier. Consensus: the four members are glad they persevered and did enjoy the book and a good discussion took place with all members.

What could the vision and plan be for the Riddells South Community?

Riddells South, directly south of the existing Riddells Creek township and train station, is 136.5 hectares of land, located within the Township Boundary and awaiting confirmation of usage.

We are currently seeking the community's input to create a vision for this area. Have your say by completing our online survey, visiting our website, or coming to our events:

WORKSHOP 1

06 October

6pm - 8pm

Riddells Creek Hotel

In person event

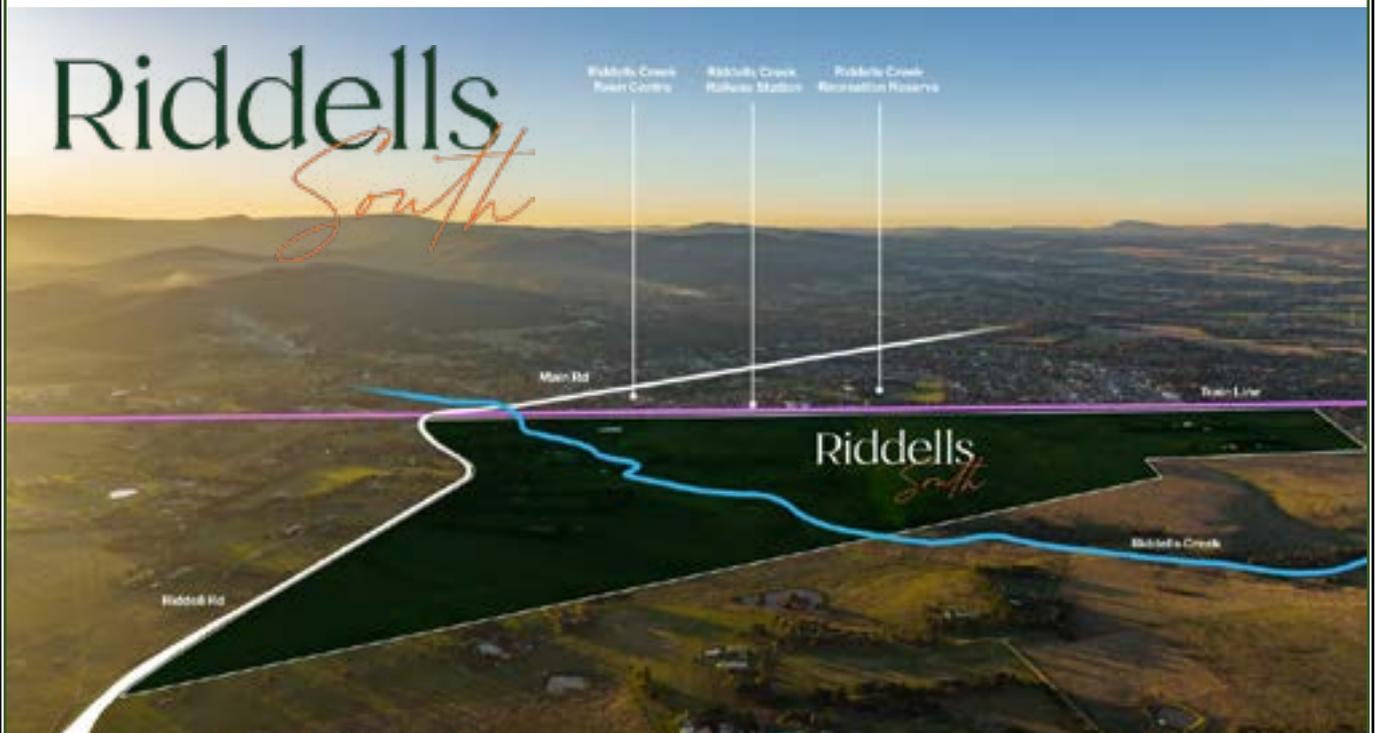
WORKSHOP 2

08 October

10am - 12pm

Riddells Creek Hotel

In person event



To learn more, register for an event(s) or fill out a survey, please visit www.riddellssouth.com.au or scan the QR code

Contact us at: info@riddellssouth.com.au



AROUND RIDDELL...

Pictures, Art, Opinions, History, Updates and Tales from Around Town

LIONS CLUB NEWS

Congratulations to the Winners of the Father's Day Raffle.

- 1st Shannon
- 2nd Gene
- 3rd Rhonda Schurman
- 4th S Williams
- 5th Helen Simmons online
- 6th Celia S.
- 7th Richard Benson
- 8th Jude Charlton

With special thanks to all the generous sponsors and donations - Riddells Creek Hotel, Poulton's Garage, Foodworks, Farm Truck, Riddells Creek Pharmacy, Macedon Lounge, Club Sunbury, Big Tree Distillery and Hanging Rock Winery help us by supporting them with a visit to their venue now that spring has arrived.

Our Lions team will be hosting the Bunnings BBQ on Saturday 1st October, a great way to meet the team. If you are interested in helping out on the day, reach out on the numbers below.

Lions Club are grateful to the Macedon Ranges Shire Council for our successful application in the 2022 Community Funding Scheme of \$12,000 which will complete the new all abilities Community Shelter within the Lions Park. Watch this space as our new shelter will be installed in the coming months to support our growing community and visitors to the Macedon Ranges. Congratulations to all the other recipients and their volunteer committees achieving wonderful progress for their own communities.

If you are interested in becoming involved with Lions or taking part in upcoming projects please phone Secretary Steve Williams 54287320 / Narelle McGellin 0408558156.

CAIRNHILL RESERVE

An important consideration, for the proposed subdivision of the Daffodil Farm south of the town of Riddells Creek, is that a Reserve should be made, as part of that subdivision, on the same site where the original Cairnhill Homestead of John Carre Riddell and Thomas Hamilton once stood. The reserve could be aptly named 'Cairnhill Reserve'.

In 1841-1842, John Carre Riddell and Thomas Hamilton established a homestead beside the Macedon River (later



named Riddells Creek), on the site which is now part of the Daffodil Farm south of the town. They named their homestead 'Cairnhill' after the geographical feature of that name in Scotland which had connection with their ancestors.

by Robin Godfrey



Pictured above: Cairnhill Homestead with various out-buildings on the hill above the eroded bank of the Macedon River, (later named as Riddells Creek). Photo - late 1880s, looking east.

RIDDELLS CREEK AND DISTRICT SENIORS' CLUB

We would love to welcome anyone who may feel like a warm and friendly atmosphere with a very sumptuous, Chef prepared and cooked, three course meal on Thursdays.

Venue: Riddells Creek Community Centre, 74 Main Street, Riddells Creek

LUNCH

Thursdays, 11:45am for 12:00 serving
3 course meal for \$15.00 per visitor
\$10.00 per member
Membership: \$10.00 per year

Prospective members 65 & over are required to notify My Aged Care that you are wishing to join, a bit of time may be needed for processing.

Prospective members under 65 are very welcome,

HALL HIRE:

Please contact by email riddellscrksnrs@gmail.com.au

Not available Wednesdays all day or Thursdays up to 4pm.

Contact: Margaret 0498 101 008 or Jenny 0409 287 562

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NEWS FROM THE HOUSE

Community Group Forum

In August, twelve Riddells Creek community group representatives met at the Neighbourhood House to share information and to discuss their future goals. The group met with Matt Hogg from Banner Asset Management around the proposed Amess Road development, sharing with him the impact that future population growth would have on our local groups. The group invited the developer to consider how they can contribute to the social network of our community in an ongoing way. Information given by Matt will help inform community groups in their planning for the future.

Cool Changes

After a number of weeks' hiatus, the Cool Changes group have met together to consolidate moving forward with their key priority projects. These include Community Bus, Car Share, Walking School Bus, Roof Top Solar Bulk Buy, Large Scale Solar Array, Health and Wellbeing Awareness, Waste Education, Cheats Guide to retrofitting, Swampy Business and Free-Range Kids. If any of these projects get you excited, please contact either Lisa Linton at the House or Justin Walsh Juwalsh@mrsc.vic.gov.au

Walter's Adventures in the School Holidays

If you don't already know, the House has their very own mascot – Walter the Goose. Every school holidays Walter gets to go on an adventure to one of our local families' homes. In September he visited the Worthington Family and was looked after by Eveline.



Successful Grants

Thanks to Macedon Ranges Shire Council for supporting two grants in their Community Grants Funding Scheme 2022-2023 round. We were successful in obtaining funding to resource some new and much needed storage space at the House and also to run some Child Safety Training for our community groups in 2023.

New Board Member

We are delighted to welcome new RCNH member Rachael Cogger to the Board. Rachael brings a strong understanding of how organisations run including risk management and financial acumen. Welcome Rachael and thanks for your willingness to serve in this important role

COMING UP

Giant Zucchini Growing Competition

The end of October marks the start of the main vegetable growing season in Riddell. To encourage and build skills in growing food by children, young people and their families in Riddells Creek, the House is running a Giant Zucchini Growing Competition. Pick up your growing kit during Children's Week (24th October to 28th). One entry per young person under 16. Entry is free. Judging will take place on Saturday 11th March 2023 during the Community Group Expo at the Neighbourhood House. Categories will include heaviest, longest, widest and best decorated.



OUR EXCITING TERM 4 PROGRAM HAS HIT THE PRESS!

Brush and Bubbles

Join us for a relaxed and social afternoon of painting and sipping sparkly.



First Aid

Very reasonably priced First Aid Training and Mental Health First Aid Training

Kids Club

A weekly school term club for grades 3-6 with wacky games, experiments, cooking, art and craft, quizzes and more.



Children's Week

Children's Week is a national celebration, held between 22-30 October 2022 and recognises the talents, skills, achievements and rights of children. In Riddells Creek we will be running some sessions for children with our wonderful illustrator Nellie Pierce. Nelle will lead children 6-12 years old through an exciting, experiential and creative journey to explore what Riddells Creek would look like if we were able to look after ourselves by ourselves into the future. Contact the House to book in for a session.

Women's Co-Op

Coming up in October we will be organising a basic car maintenance session (a Wednesday) and two wicking bed construction days at the Neighbourhood House. The wicking bed sessions will enable the group to practice some of our recently acquired skills – sawing, drilling, screwing, measuring!



Halloween

The House is excited to be partnering with the Riddells Creek Primary School Parents and Friends Committee for a community Halloween Disco for local primary school students living in the areas of Riddells Creek, Bolinda, Monegeetta and Kerrie. Local young people will be volunteering to help with activities and music on the evening. Tickets available shortly – check out our Facebook page. Get your costumes started NOW.



Get Online Week 2022

Get Online Week is a campaign organised by Good Things Foundation aiming to close the digital divide. 1 in 4 Australians are digitally excluded (ADII, 2021).

Being digitally included means having affordable access to the internet and the skills to use them safely. That's why the House is running a fun and casual session for older community members on E-Safety. See flyer for booking details.



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OUR COMMUNITY DEVELOPMENT WORK

Priority Projects for Riddells Creek

We have been working on the development of a centralised list of priority infrastructure projects for Riddells Creek over the last few months. While the process for collecting, collating and prioritising continues, we have made a submission to Council as part of their preliminary call out to the community, looking for ideas to help shape the planning of the 2023/24 Council Budget.

Development in Riddell

Things are getting interesting in Riddell with the Riddells South developer announcing they are undertaking community consultation for the potential development of the old daffodil farm site, alongside the work of the Amess Road developer in preparing a PSP for Council consideration.

If you would like to be a part of the residents' group that is keeping a watch on all of this please let us know and we'll pop you on the list. Feel free to drop into the House to see our display of how Planning and Development works and how you can have a proactive voice as part of the process.



Try one thing

Help others to try one thing this Get Online Week

Get Online Week is here to help everybody get connected with free and friendly support to do more online.

From connecting with family and friends to staying safe when using the internet, we're here to help.

Your local event:
Internet Safety & Use of Personal Data Presentation

When - Tuesday 18th October, 11.30-1.00pm (lunch included)
Where - Riddells Creek Neighbourhood House
RSVP 14th October, 5428 7836

Contact: info@riddellscreeknh.com.au or 54287836. Lisa Linton, Community Development Manager, manager@riddellscreeknh.com.au and Celia Spykers Coordinator

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THE BENEFITS OF INDIGENOUS PLANTS IN YOUR GARDEN

You're probably familiar with native plants, but what are indigenous plants and why are they an even better choice for your garden?

While native plants come from anywhere in Australia, indigenous plants originate from a more specific area, or bioregion.

Greater Western Water recommends indigenous plants, because they're perfectly adapted to the local soil, climate and geology – meaning less maintenance and a reduced water bill. And while you sit back and enjoy your garden, so will the native bees, birds and animals who'll be paying you a visit.

Choosing indigenous plants also allows us to connect with and care for Country, explains Aunty Kym Monohan, Greater Western Water's Senior First Nations Advisor.

'For First Nations people, when we talk about caring for Country, an important part of that is the restoration of traditional plants and animals. This restoration supports the relationship between the environment and all of us. In other words, 'healthy Country, healthy people.'

Find your bioregion

In the Macedon Ranges Shire (on Dja Dja Wurrung, Taungurung and Wurundjeri Woi Wurrung Country) the bioregions are Central Victorian Uplands, Victorian Volcanic Plains, or both.

For more water saving tips and news visit gww.com.au. Find out more about biodiversity and bioregions at environment.vic.gov.au/biodiversity



Pictured: Astral Stork's bill flower

2 BEE OR NOT 2 BE

Two bees were chatting; one said 'I want to cross-pollinate with you'. The other replied 'you've bee-witched me'.

At the September meeting of the Combined Probus Club of Whittlesea, Rob Kerr, Secretary of the Victorian Apiarists Association Melbourne Section, gave members an insightful address about beekeeping, both from a commercial and hobby perspective.

The presentation was a series of explanatory slides that showed the life cycle of the honey bee. A truly complex yet organised community! Rob's commentary explained clearly what each graphic contained and linked each to the past and next.

The bee colony is an extremely organised, sophisticated society, made up of three categories - a single fertile queen bee, hundreds of male drone bees and thousands of sterile female worker bees.



Pictured above: Rob Kerr, Secretary of the Victorian Apiarists Association

The queen bee has a very important function within the colony. About a week after a new queen emerges from her cell, she goes on several flights in order to mate with as many as 20 drones. The queen bee lays between 1,000 and 2,000 eggs a day inside the hive.

Adult drones only serve one purpose - to mate with the queen bee! Successful maters die minutes or hours

after mating with the Queen and the rest of the drone bees survive only as long as mating conditions continue.

When they land on plants or flowers, they collect pollen dust all over their bodies, the pollen on the hairs of the bees' legs is brushed off when visiting the next flower and hopefully (from the plant's point of view) pollinating the flower.

The navigational skills are to be admired! They use the sun, or light polarised by clouds, to navigate easily to five kilometres from the hive; even with a full load of nectar they attain 30 kilometres an hour.

by Michael Halley

STAYING IN THE PUBLIC EYE

It was a foul Saturday morning. I was happily watching the rain drifting past my windows, listening to the radio, when a text beeped on my phone. 'Mary-Anne Thomas is coming to the Farmer's Market - get down here', said Heather. Time to get out of my pyjamas! I slung the new billboards for our Springtime Walks over my shoulder and headed down. The billboards are a new way to get Barrm Birrm in the public eye.

At the market, they got people asking questions, and I could explain more about Barrm Birrm. The under 35s whipped out their phones and hit up the QR code then and there, and found the Riddells Creek Landcare website. It all worked!

As I waited for Mary-Anne Thomas, I met the office manager, and William, the staffer handling the Barrm Birrm matter, and had a long conversation with Terry Larkins, a Labor Party member and long-time resident of the region

who knows the planning system inside out. They all thought we are on the right track, getting people to speak out about why Barrm Birrm is important to them.

Bill West, one of our East Ward Councillors and a veteran of politics in the Macedon Ranges, came strolling past and had one simple suggestion: 'Letters to the newspaper.' He told me about a trouble maker from Mt Macedon, back in the day, a McNulty I think, a master of pithy letters to the Editor, who regularly raised matters the local council would rather not have had publicised.

It's all about staying in the public eye, said Bill, but how to capture the public's attention, now reduced to three second bites? One, two, three seconds, maybe five, no more. There's so much messaging coming at us, if we didn't move on, we would die from overload.

Our billboards are going up outside the bakery. Designed by RCL

member Lydia Grant, I'm hoping they grab 3 seconds of attention as people come and go from the bakery. When more people will speak up about preserving this bushland, politicians will realise Barrm Birrm is important, and a way will be found to secure this area as a community asset for a growing town.

Join us for one of our walks, and discover this beautiful bushland at the edge of Riddell.



Ross Colliver, Riddells Creek Landcare



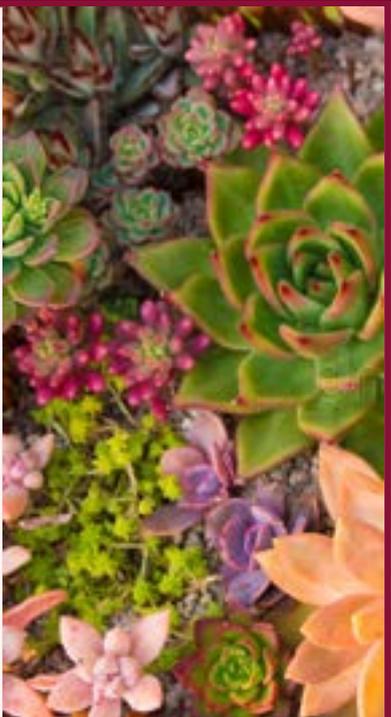
PROPERTY PREPAREDNESS

Spring is the time clean up around your property. Come join us:

Riddells Creek Nursery
675 Kilmore Rd, Riddells Creek
Saturday 22 October 2022, 10am - 2pm

Find out about firewise plants and ways to prepare your property over the warmer months. The brigade's Catering Support team will be selling snags and soft drinks to raise money for the Riddells Creek Fire Brigade. See you there!

For information about plant selection, refer to <https://www.cfa.vic.gov.au/plan-prepare/how-to-prepare-your-property/landscaping/plant-selection-key/plant-selection-key>.



IN MY GARDEN

The constant rain has made it difficult to get jobs done in the garden. The forecast of another La Nina summer means waterlogging could be a very real issue. You begin to realise why English gardeners lay planks on their lawn adjacent to garden beds when carrying out the winter cut-back. All that stomping on soggy ground means certain compaction of the soil which will affect the growth of the turf in spring. So, this is a reminder to take care of your soil and not work it when it is beyond field capacity (i.e. soggy!). Make a note of where the water pools as, when it dries out, that is the time to install drainage if needed.

I have started to pot up some plants that I am keeping in pots for my new garden. I also need to pot up some cuttings that are sitting in my little propagation house. Spring is also a good time to pot up my collection of succulents. I buy the bags of orange cat litter (made of zeolite) from the supermarket and add this to the potting mix to make it drain more freely. In a ratio of about two-thirds potting mix to

one-third zeolite.

In between showers, I ducked out into the garden and saw that the yellow forsythia was in full flower, the Erlicheer jonquils are still blooming, and I have a sea of purple grape hyacinths beneath the weeping apricot. Outside the back door my little clump of fritillarias has popped up and is producing so many lilac chequered blooms this year! No sign of new growth on the frost-bitten manzanita but I remain hopeful. The long yellow catkins on the contorted filbert are beginning to fade, but they still shiver prettily in the breeze.



By Melanie Kinsey



News from the market

It was a very rainy spring morning for the September market but shoppers still turned up to support our dedicated stallholders and pick up some great, fresh, local produce.

We were pleased to welcome locals Riddells Creek Vinegar Company for the first time.

We are recruiting for a new market manager, and we would love to employ someone from Riddell if we can. So if you know anyone great with people and logistics, who might be

interested in a paid position for approx. 20 hours a month, please encourage them to get in touch at riddellscreekfm@gmail.com.au.

The market is on every 3rd Saturday of the month, 9am-1pm at Memorial Drive. The next market is on Saturday 15th October.

Keep an eye on our Instagram and Facebook pages for more information, and we look forward to seeing you there!



HEALTH + WELLBEING

Taking care of ourselves and each other

MED STUDENT TEACHING AT RIDDELL COUNTRY PRACTICE

Teaching has been part of life over most of my GP journey, really starting from when I was a student back in the 1980s, and had some dedicated mentors.

Medicine is such a broad and changing ‘industry’ and as GPs we have to try to keep up with the changes and at least continue to stay ahead of Google!

In many ways having new young students is a two-way street, so that there are always opportunities for us to learn, just like our experience can be helpful and reassuring to a nervous, inexperienced medico with L plates on.

Recently we planned, after a two-year hiatus, to welcome a 24-year-old, 3rd year University of Melbourne Medicine MR. We were gearing up but—guess what—he missed the first week (of five) due to COVID. However, he more than made up for it. He made the most of learning at a small group practice, with each of us having a range of skill sets and different patients, was evident to him. He was challenged by the variety of medical, surgical, nursing, preventative, psycho-social and administrative aspects involved.

Unlike specialties, the presentations are unfiltered, from antenatal to postmortem—the learnings are endless. This includes the basics, history taking, doing a BP with a sphygmomanometer (which was a novelty), his first attempts at suturing an excision wound, looking down a dermatoscope, screening for depression, doing an aged care assessment, and immunisations. Over a just a few weeks, it’s encouraging to see him improve with his skills, organisation and presentations.

In order to keep things real, we didn’t simply sit him in the corner but in the hot seat; taking the history, fine tuning the examinations, writing the notes, learning to organise his thoughts, presenting the key points of the cases, and coming up with a management plan (if appropriate). Time was not as restricted as in the real world, but the idea is called wave consulting, which is not new to any teachers out there. Scheduling is like three patients per hour, 1 for the student, two or three for the teacher. Naturally our patients are happy to see the young doctors, as we call them, almost without exception. We always wrap up together so they get a detailed overhaul on most occasions, and the students generally will find out information previously unknown or forgotten.

The grey in medicine is what is hard to live with, and GPs

have to become comfortable—if not confident—even when the answers are not always black and white. Students and registrars can struggle when the best option is to wait and see. Another pathology referral, CT scan or specialist referral, can waste resources, or bring up other incidentals, which then divert off track.

The university provides subsidies to teach, at a variety of levels of commitment. MB came three days a week for five weeks, but became embedded and quickly got to know the flow and fun of working in a team, and we hope may one day consider returning to continue his journey. We wish him well.

Dr Ken Baddeley RCP

COMMUNITY REFERENCE GROUP INVITATION

Sunbury and Cobaw Community Health is inviting community representatives from the Macedon Ranges and Sunbury to join one of two community reference groups to help guide the work of the organisation.

A community reference group’s role is to offer reflection and feedback on the needs and concerns of the community. They offer a unique opportunity to represent your community and learn more about your local community health service.

While anyone can join the group, they are seeking local individual community perspectives, rather than those from community organisations. Ideally, you will either have received services from Sunbury and Cobaw Community Health or have a strong connection to the Macedon Ranges or Sunbury.

‘We want the community to see Sunbury and Cobaw Community Health as their local organisation where the services provided are safe, welcoming and effectively meet their needs,’ says Chief Partnerships Officer Jeremy Hearne. ‘The community reference group is a central way that we engage with the community and a key contribution to us achieving our purpose of building stronger social fabric in the communities we serve.’

The organisation’s community reference groups provide important input to service and program development and strategic planning. Both groups meet four times per year with representatives from the Sunbury and Cobaw Board and senior staff. There is an additional fifth meeting each year where both groups can get together.

If you would like to find out more, call Lisa Richards on 5421 1666 or email healthpromotionsunbury@scchc.org.au.

EAT A RAINBOW

NATIONAL NUTRITION WEEK

Did you know that eating red fruits and vegetables is good for your eyes, skin, and immune system? Or that deep green leaves contain calcium and vitamin K that keep your bones healthy? Eating a rainbow of fruits and vegetables each week can have huge benefits to your overall health. For instance, purple and blue fruits and vegetables have been linked with improved memory and healthy ageing.



During National Nutrition Week, which takes place from 16 October 2022, Sunbury and Cobaw Community Health is teaming up with early learning centres and kindergartens in the Macedon Ranges as part of the Smiles 4 Miles dental program, to encourage everyone to 'eat a rainbow'.

Boxes of delicious seasonal fruit and vegetables provided by Lancefield Providore will be sent to all participating centres, and children will be invited to sample things they may not have tried before and take part in creative eating activities to encourage them to eat a range of colourful fresh foods..

“Last year the centres did all sorts of fun activities with the produce boxes we gave them to engage the children,” says Smiles 4 Miles Coordinator Lisa Richards. “They made fruit and veggie animals and voted on which foods were the tastiest. We are excited to see what the kinders and childcare centres will come up with this year.”

In Australia, research shows that 95% of children aged 2-18 years do not consume the recommended quantity of vegetables and 32% do not consume the recommended amount of fruit.

A wide variety of nutritious foods in early childhood is important for children’s growth and development and for laying the foundation for their lifelong healthy relationship with food. In line with the Australian Dietary Guidelines, children should enjoy a wide variety of nutritious foods every day from the five food groups and limit foods containing added sugar.



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THE MOUNT PLAYERS PRESENTS MADAGASCAR – A DRAMA



A very busy time with the launch of our book, commemorating 50 years of our theatre's history and our final production for 2022 now in rehearsal. A drama by JT Rogers, directed by Vicki Smith, 'Madagascar' is the haunting story of a mysterious disappearance that changes three lives forever.

At three different periods in time, three people find themselves alone, in the same hotel room, overlooking the Spanish Steps in Rome.

They each tell their individual story of how and why they are here. Their relationship to each other, what this room means to them, and why they have been called to it slowly reveal themselves. Their stories spill out, weave back and forth—each contradicting, clarifying, deepening what the others say—becoming strands of one gripping and disquieting tale.

Tickets on sale at www.themountplayers.com or call 5426 1892 for assistance. See you at the theatre.

By Karen Hunt

WHAT'S ON AT THE GISBORNE LIBRARY



NO MORE LATE FEES...EVER!

Goldfields Libraries is proud to join the growing number of public libraries no longer charging late fees for overdue items.

Public libraries are all about providing free and universal access to information. Late fees sometimes made access tricky, so we've made the decision to remove them. A small fine just because you returned a library book a few days late shouldn't get between you and your library. Everyone should be able to enjoy the library, borrow as many books and DVDs as they can carry, and keep coming back for more!

This also means that if you had overdue fines on your account, they're now gone too.

But won't that stop people from bringing the books back? We're following the lead of many other public libraries who have removed late fees. Research has shown that it actually

results in increased visitation, borrowing and returns. Why? Because people aren't worried about paying fines!

So if you've got a pile of books at home that you were too scared to bring back because you were worried about having to pay a fine, please return them now without any fear!

WHAT'S ON

Some highlights coming up are:



- Crochet and Conversation, 3rd Oct, 2-3pm
- Learn about My Health Record, telehealth, eScripts and other digital health topics, 7th Oct, 11.30a/-1.00pm
- Movie Club – The Good Liar, 12th Oct 1.00-3.00pm
- Peter Quarry, Psychologist and Author, 14th Oct 2.00-3.00pm
- Learn how to use nature Apps, 18th Oct 11.30am-12.30pm
- Writing workshop – Finding the plot with Alicia Thompson, 28th Oct 11-1
- Peter Fitzsimons – The battle of Long Tan, 11th Nov 12.00-1.00pm

For further info or to book, head to our website or come into the library goldfieldslibraries.com/gisborne-events/

ELVIS IS BACK!

As part of the Victorian Seniors Festival, Council is hosting Friday Festival Flick, an event where older residents are invited to come together and watch the movie 'Elvis'.

The free screening will be held on Friday 28 October, at Riddells Creek Community Centre from 1.30pm. Drinks and snacks are provided, and a coffee van will be stationed outside, where a free coffee and cookie will be provided (additional items are available at participant cost). For more information visit mrsc.vic.gov.au/seniors-festival or call 5422 0333.

Riddells Creek

WHITE GOOSE BOOKS

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Chat
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& More!



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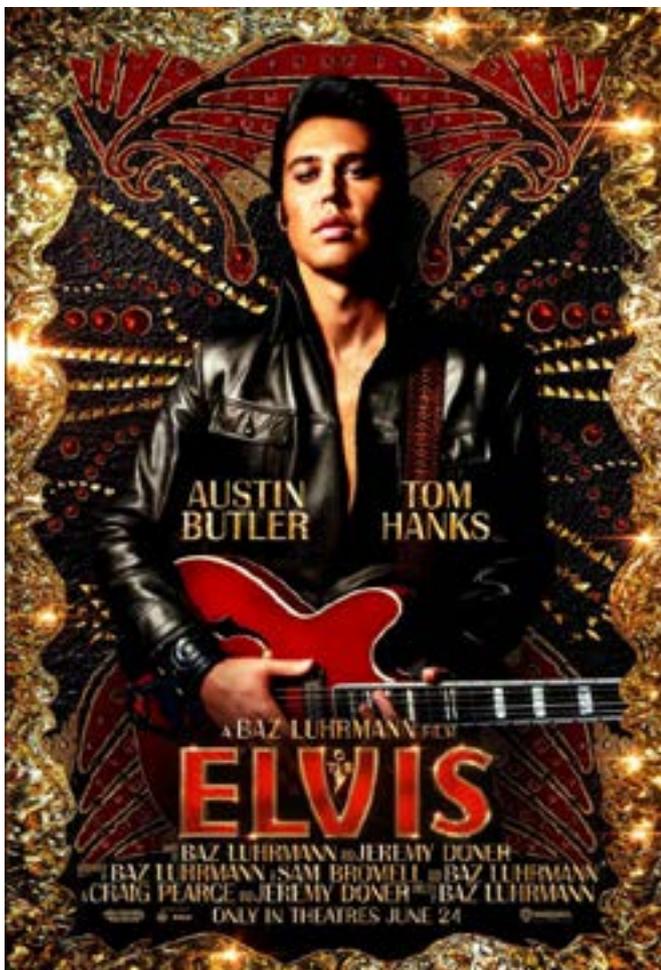


- | | |
|-----------------|----------------------------------|
| 5 Oct-8th Oct | How to Please a Woman |
| 12 Oct-15th Oct | Operation Mincemeat |
| 19 Oct-22 Oct | Falling for Figaro |
| 26 Oct-29 Oct | Lee Kernaghan; Boy from the Bush |

NB - From 1 October, the Saturday Evening program will commence at 7pm

Screening Wednesday 3pm, Saturday 3pm and 7pm

www.baringofilmclub.com



Josh's
rainbow eggs

MACEDON RANGES
BUSINESS EXCELLENCE
AWARDS
2022



Vote for your favourite finalist!

The finalists for the Josh's Rainbow Eggs Macedon Ranges Business Excellence Awards 2022 will be announced on Tuesday 11 October. Check out who will be in the running for an award at the gala event being held on Friday 18 November.

Once the finalists have been announced, it will be over to you to vote for your favourite finalist in the People's Choice Award. Voting will remain open until Monday 14 November so let your fingers do the talking.

To book your tickets for the gala event and find out how to vote for your favourite, visit mrsc.vic.gov.au/business-awards

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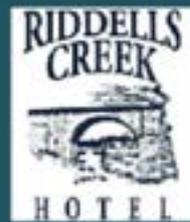
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Mary-Anne Thomas MP

LABOR MEMBER FOR MACEDON

As your local Member of Parliament I am keen to hear from the community and assist with any State Government matter.

Mary-Anne Thomas



Shop 14, Nexus Centre,
9 Goode Street, Gisborne, VIC 3437

P: 5428 2138

E: mary-anne.thomas@parliament.vic.gov.au

Authorised by MA Thomas, Shop 14, Nexus Centre, 9 Goode Street, Gisborne. Funded from Parliamentary budget.

LEARNING LOCALLY

Education in Riddells Creek



What a busy month at Riddells Creek Primary School! Our student leaders have expanded their leadership skills by planning and implementing a range of activities to engage our students and connect with our community.

BOOK WEEK

Chloe, Ashton and Eli organised a book writing and illustrating competition for students in Foundation to Year 6. They encouraged students to create books at the school's 'publishing house' in the library at lunchtimes, and once all books were submitted, they chose winning books in the 'best book' and 'best illustrator' categories.

The school leaders also organised a whole school dress up parade, where students dressed up as their favourite book character or author. To ensure inclusiveness and in line with the Book Week theme, 'Dreaming with eyes open...', students who were unable to dress up as a character or author could come in their pyjamas.

SCHOOL CHOIR

Our school choir has been rehearsing songs at lunchtimes, and were chosen to sing their Christmas song for ABC Classic FM. In December, they may be featured on Gardening Australia singing this song.



SCIENCE WEEK

Science Week was a key focus for our students in August. We had students participating in science activities at the Neighbourhood House, where they investigated the impact of plastics on the environment.

At school, all classes investigated science concepts as part

of their regular curriculum program. During science week many outdoor experiments took place including designing and testing wind-powered vehicles, searching for mini-beasts, comparing and classifying living and non-living things and investigating habitats and biomes. Indoors, some classes investigated chemical sciences and change, with a focus on how heating and cooling changes the properties of materials through cooking experiments.

WHAT HAS BEEN HAPPENING IN THE KITCHEN GARDEN

Our Grade 3s and 4s made delicious cavatelli pasta with pumpkin sauce.

Cavatelli is an Italian word meaning 'little hollows'. We used special wooden tools to roll the pasta.

Thank you to our volunteers for taking time to cook with us.



AUSLAN LANGUAGE ASSISTANT

We are looking for an amazing AUSLAN language assistant to join our team in 2023. If you know anyone who is from the deaf community who would be interested in working with us to develop our AUSLAN language teaching and cultural awareness, please ask them to get in touch with the school office for more information on 5428 7277. The role will also be advertised through the Department of education recruitment portal. Please find the link below.

https://schooljobs.eduweb.vic.gov.au/psc/ROLPPRD1_EA/APPLICANT/HRMS/c/HRS_HRAM_FL.HRS.CG_SEARCH_FL.GBL/SEARCH_FL.GBL?FOCUS=Applicant

INSTAGRAM AND FACEBOOK

For all our school happenings please follow @riddellscreeks

TAKING 2023 ENROLMENTS NOW!

Do you have or know of any preps starting at RCPS next year (2023)?

Have you/they filled out a 2023 enrolment form and handed it back to the office?

Enrolment forms can be picked up from the office or downloaded from our website www.rcps.vic.edu.au



Riddells Creek Primary School
Foundation (Prep) 2023

Enrolments are finalising for our 2023 Foundation (Prep) students. If you have not yet enrolled, please pop past the office and pick up an enrolment pack.

School Tours

- Thursday 11th August at 9:15am
- Thursday 25th August at 9:15am
- Monday 5th September at 9:15am

Contact the school on 5428 7277 to register for a tour.

Transition Dates:

- Friday 4th November
- Friday 18th November
- Wednesday 7th December
- Tuesday 13th December

Details will be sent to confirmed enrolments in September.



Save the Date!

Riddells Creek Primary School has some exciting events coming up in Term 4.

- Sun 2nd Oct—Working Bee & Colour Run**
- Fri 4th Nov—Community Halloween Disco**
- Fri 11th Nov—Parent Trivia Night**
- Sat 26th Nov—Cake Stall & BBQ (state election)**

RCPS Parents & Friends Committee



RIDDELLS CREEK PRIMARY SCHOOL & COMMUNITY

WORKING BEE & COLOUR RUN!

Sunday 2nd October 9am – 1pm
\$5 entry – please bring Cash on the day

Please bring – gloves, garden tools, paint brushes, paint tray, Karcher/s, wheelbarrows, ?????

BBQ lunch will be provided
BYO refreshments

Questions - contact Caroline Moyes 0422 225 288

MONTESSORI PRESCHOOL NEWS

This month, Macedon Ranges Montessori Preschool were very lucky to have an accomplished illustrator, Nelle Pierce, share her talents with the children.

She was so inspiring and taught us all we need are a few shapes and we can draw almost anything.

We drew dragons - big, small, colourful, angry, friendly, smelly, messy, fire breathing. We looked at different eyes, ears, noses, spikes, tails, feet and how they can change the appearance of the whole dragon.



Some children who thought they could not draw were flying through the paper letting out their inner dragons. Guess

what? Now all the children can't stop drawing.

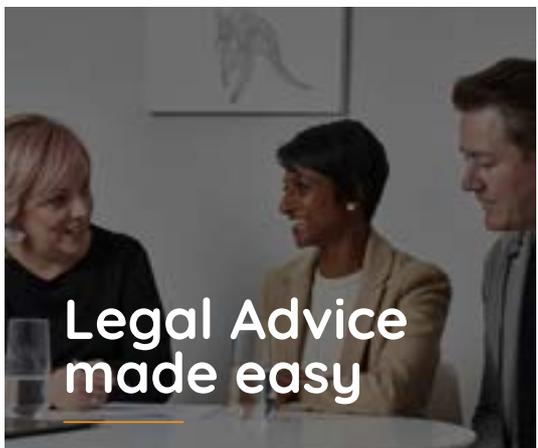
Coming up next term, we have many more community visitors building on our knowledge and skills.

Thank you to all our local supporters who actively show our children, in so many ways, we are the village that helps our children learn.

THE ORGANIC PLACE IS COMING TO REGIONAL VICTORIA.

The Organic Place is a small, family owned and run business based in the Western Suburbs of Melbourne that delivers fresh, certified organic produce and household essentials that has recently expanded their delivery zone to many regional towns across Victoria due to public demand.

Mother of three, Brooke Findley, started the business in 2014 after she discovered that her youngest child has severe food allergies. As a nurse, Brooke already understood the relationship between food and health, but she began to further question our food systems and what was really happening to our food before it got to our plates. What were they really putting on the fruits and vegetables and in the meat we eat? Brooke did some research and was unhappy with the information she found.



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Brooke's family made the decision that, where possible, they would eat organic. But she soon discovered that sourcing affordable organic fruit and vegetable in the area they lived (Melbourne's West) was near impossible. That is where the idea for the business came from. Brooke saw the need for a service which delivered the products they were after without the hefty shipping costs. And so, The Organic Place was born.

In the early hours of the morning whilst breastfeeding her youngest child, Brooke learnt how to start a business; she taught herself how to build a website from scratch, found suppliers, networked with other business owners and began to build a community of like minded people online. Eight years later, The Organic Place is a fast growing, respected family business with seven employees.



Brooke has been receiving enquiries from families living all over Victoria for many months and recently put the call out for expressions of interest; who wanted to see The Organic Place come to their regional towns? The response was an overwhelming yes! Brooke has already employed three Macedon Ranges locals to carry out the delivery run with plans to hire more as demand grows.

Orders close 12.00pm Monday if ordering meat and 12.00pm Tuesday for all organic fruit, veg and grocery items.

The Organic Place vision is to make healthy food accessible, affordable and convenient for all. The Organic Place team believes that all families should be able to make informed choices about what they eat and to be able to affordably and easily source organic food. For Brooke and her family, eating food that meets organic certification standards means that they can trust what they are putting in their bodies and they love that they can now help other families do the same!

For more information or to make a time to interview Brooke please contact: brooke@theorganicplace.com.au

LOCAL RIDDELL FAMILY HOME SOLD

It may be interesting for readers to know that Raine and Horne's Amanda Burt recently auctioned the late Norman Price's home (along with Vivian, Margaret and Jeanette). The well known Riddell family were the original owners of the Riddells Creek Pub. The home at 181 Sandy Creek Road in

Riddell was sold over reserve for \$1,205,000. There were 44 bids and two bidders. The house had been in the family for 62 years.



Pictured above: Vivian, Margaret and Jeanette

THE 2023 AUTUMN FESTIVAL!



Businesses, community and creatives are encouraged to start considering events and activities to feature on the shire-wide 2023 Macedon Ranges Autumn Festival program. It could be a unique food, drink or nature-based experience, live music or even an autumn-themed workshop.

To be included on the program, your event or activity will need to appeal to tourists and meet set criteria. Organisers are encouraged to schedule their events from 7-23 April when locals and visitors have more time to explore during the school holidays.

To get the most out of promotional campaigns driven by Council and Daylesford Macedon Tourism, make sure to submit your event by the end of November. Submitted events and activities will need to be self-funded (targeted funding that supported business and event COVID recovery in 2022 no longer exists).

For hospitality businesses, a specific opportunity also exists to feature a pie or tart on the popular Autumn Pie and Tart Trail.

For information on how to feature on the event program or Autumn Pie and Tart Trail, or to subscribe to the Autumn Festival management newsletter go to mrsc.vic.gov.au/autumn-fest

SPORTS

Celebrating our local sports clubs and teams

CALDER FLY FISHING CLUB

TIGER HUNT

Not quite as rare as the Tasmanian Tiger, there is an unusual type of trout for Australian waterways called the Tiger Trout that has recently been stocked in Victoria. It is a sterile hybrid, produced in hatcheries through the fertilisation of brown trout eggs with brook trout milt.

The tiger trout is named so because of its beautiful tiger-like colouration but it could equally be named such due to its aggressive feeding behaviour and fierce fighting abilities. The colouration of each individual varies due to the genetic characteristics of each fish and the waterway that they live in.

Being an aggressive trout, for fly fishers a good method to catch one of these fish is to employ a moving fly. They will take a nymph (aquatic insect larva imitation) as well as a streamer (bait fish imitation) in the right circumstances.

The best places to catch one of these beauties is either Lake Purrumbete in Western Victoria or Millbrook Private Lakes



Pictured: New fly fisher Nigel with a fantastic tiger trout from Millbrook Lakes.

just out of Ballarat where they have been stocked over the last couple of years and some are now exceeding 4 pounds in weight. It is hoped that they will live longer and grow larger than regular brown trout.

For more information on the Calder Fly Fishing Association visit www.calderflyfishing.com.au

Chris Schrueder

ROMSEY GOLF CLUB

The coring of the greens took place on Wednesday, 21st September. This process takes out finger sized lengths of the green. The cores are then collected and used around the park to fill low spots. Each green is top-dressed with sand and the core hole is about 80% filled then seeded and fertilised. New growth will come from the seeds as well as the existing grass which will shoot from its roots into the sandy hole. We always allow at least two weeks before we mow so the new shoots have a chance to strengthen their roots. To give the greens the best chance to recover quickly the course is closed for the weekend of the AFL Grand Final and the first weekend of October. Some players took the opportunity for a golf trip up to Cobram-Barooga, thanks Shannon, while others headed off to play in competitions at other local clubs.

The Macedon Ranges Spring Cup, Romsey GC vs Mount Macedon GC, was held at Romsey for the first time since 2018. This Stableford event has both individual and team awards. There was a strong turnout from both clubs and visitors from surrounding clubs as well. It was a tight competition but, as has been usual with this competition, the home team came out on top. Our thanks to Drummond Golf, Niddrie, who sponsor this annual event

GolfAus, like many other groups, is reviewing all their procedures. Much has been learnt during the pandemic and it is important that clubs keep up to date with both advances within the sport and changes within the community. The committee will be undertaking a Member Survey as we work toward the development of a new Strategic Plan to guide the future direction of the club. We encourage all members to complete the survey and share their thoughts to help shape our future. There is also a Community Survey available at <https://www.surveymonkey.com/r/SKCZP3L> and we ask all members to share this with their networks throughout the Romsey community and surrounding areas to help us better understand how the club, and golf in general, are viewed by non-golfers and people outside the club. This information will enable us to improve our future engagement with the community and ensure our long-term viability. These surveys will be open until Sunday, 9th October with the results being

presented to our Strategic Planning Workshop on Tuesday, 18th October.

RIDDELL RUNNERS

Hello again from the Riddell Runners.

How good is it to finally have Spring arrive and say goodbye to Winter? The trees are starting to bloom and the area is coming alive.

Our Start Running Group (SRG) started on 6 September with a great turnout. A mixture of returning members, members returning from injury and some newbies. It is fantastic to see new members to our club as it is a great way to meet our community and get to know the area.



Pictured: SRG runners who, as you can see, are very excited to commence their 8- or 13-week program.



Pictured: Our IRG about to embark on an 18km run. This was our longest run before we taper off in readiness for the half marathon

It's never too late to join our group. As I mentioned in earlier editions, we cater for all abilities, but most of all, we're all about community engagement and fun.

Our Intermediate Running Group (IRG) are in the final countdown to the half marathon, which will be held in Melbourne on October 2. I will be sure to have photos for next month's edition.

We also cater for walkers. This group meets with us, brings their fur babies and goes for a pleasant social walk through the streets of Riddells Creek.

If you want to come and join in the fun, pop down to the Lions Park each Tuesday and Thursday at 6.00pm or each Sunday at 8.00am—you'll be warmly welcomed.

8 weeks will get them running 5km and 13 weeks will get them to 10km. Looking forward to following their progress.

If you are contemplating joining our fantastic group and haven't run for a long time— or ever—never fear. Come on down, ask for Loretto, Tony or Althea and we'll welcome you with open arms.

Come and meet new people and enjoy our community spirit. We run Tuesdays and Thursdays at 6.00pm and Sunday's at 8.00am. We usually meet for a coffee, hot chocolate or Chai Latte after our Sunday run. Just what we need.

Let me finish with a joke

What do you call cattle with a sense of humour?

A laughing stock.

RIDDELLS CREEK PONY CLUB

It's been quite a couple weeks over the winter at Riddells Creek Pony Club (RCPC).

In August at Barwon Equestrian Dressage Series (B.E.D.S), Michelle Woodcroft won overall champion in the Grade 4 series on her young horse, Strutin To A Tribute (AKA Tex), who she has trained herself. Big congratulations on the efforts over the multiple weekends of competing to win this championship. Also, congratulations to all riders who competed.

At the end of August, our club was well represented at Tatura show jumping championships, with Ellie Constable taking out multiple placings in the pony championship classes and winning the 80cm class on the second day to win a rug! Georgie Constable did a great job taking home second in the 80cm class. Coach Lisa North getting some practice in the



Pictured: Michelle Woodcroft

125cm, and our coach Kristy Moody for organising the show.

At the end of August, the Kilmore Combined training was a great day for Kloe Soper who stepped up to Grade 3 and was very successful to come 2nd. Grace Noal went to her first competition in the Grade 5, doing an amazing job as well as all the other riders.

At our September rally, the club got together to take a club photo which we are very excited to see and share with the community.

During our September rally we appointed our new captains. Here's a little piece to get to know our captains.

Senior Captain: Lauren Dunn

I am a 19-year-old event rider. I currently have my young horse Otto (Final Stryke) who I am slowly taking up the grades. He is doing his first Grade 3 horse trials at the end of the month. Our long-term goals are to hopefully ride at 2 stars but our short term goals are to be competing at Grade 2 in the new year.

Co Intermediate Captain: Sophie Dorian

I do eventing and I am aiming for a competitive and fit team of horses to ride and work towards the end of 2022 and start of 2023 competition seasons. I am wanting to be back out competing on Apollo and Elmo and to be smashing my goals to move up the grades confidently.

Co Intermediate Captain: Kiera Mathlin

I also do eventing. I have my two horses Bria and Skittles who have been doing great in competitions all year. My main goals

are to continue to improve and excel with my riding and to go confidently up the levels with my two horses.

Junior Captain: Cooper Owen

I do dressage/showing and eventing with my pony Cammy. My goals are to keep having fun and progressing with my riding to learn new skills. Excited to be out doing some competitions over the summer.

RCJMBA NEWS

Riddells Creek Junior Mixed Basketball Association has just wrapped up a fantastic winter season with some great finals games.



Massive congratulations to all our players, coaches, parents, refs, volunteer committee members and co-ordinators, and an especially big round of applause for our winning teams and trophy winners:

UNDER 12S: BENDIGO BANK GREEN BY 24 POINTS TO 7 OVER BENDIGO BANK PURPLE.

- Season MVP - Curtis Affleck
- Season MVP Runner Up - Hayden Affleck
- Coordinators Award - Ella Dorning
- Most Improved Player - Lila Ward



Under 14s: Purple Bendigo Bank by 33 points to 26 over Green Sunbury Dental.

- Under 16s: Season MVP - Lawson Fearn
- Season MVP Runner Up - Jayden Taylor
- Coordinators Award - Benjamin Taylor
- Most Improved Player - Chase O'Mara



Under 16s: Orange Heavy Earth Moving winners over Burgundy Mastercoat.

Season MVP - Thor Royal

Season MVP Runner Up - Caleb Glen

Coordinators Award - Dylan Weerasinghe

Most Improved Player - Max Rowland



Under 19s: Purple Stewart Build by 58 points to 54 over Yellow Riddells Creek Hotel in overtime.

Season MVP - Lincoln Brauman

Season MVP Runner Up - Brayden Boothey

Coordinators Award - Seth Smoult

Best Team Player - Max O'Connell



The biggest award of the season is always the very special Lily De Haas award, presented by James our U8s co-ordinator to Arthur - "Have courage and be kind".

With grand finals done we are looking ahead to our summer season, which runs through term 4 and term 1 next year.

Please email rcjmbaregistrar@gmail.com or find us at [facebook.com/RCJMBA](https://www.facebook.com/RCJMBA) if you have a child who is interested in playing in a friendly environment with an emphasis on having fun and learning new skills.

Just as importantly we are in need of more volunteers to help ensure our kids get out on court every week. Being part of the RCJMBA committee – in a role big or small - is incredibly rewarding and loads of fun. Just email rcjmbapresident@gmail.com or message us on Facebook for a chat if you are interested in finding out more.

MACEDON RANGES DOG OBEDIENCE CLUB



Our September, new members induction day was typical of Spring weather, but we still had 15 new members join us. With the warmer temperatures adventures in the garden will return for our canine friends. But it is also a time when, like humans, dogs suffer more from allergies and other issues that Spring weather brings.

- Ticks – more active in Spring, ticks reappear and eggs hatch. Found in green areas, lawns/bushes, they can cause serious problems including tick paralysis.
- Fleas/Mosquitoes – both can transmit disease and cause other issues like weight loss, skin problems and bleeding. Fleas will become more present and annoying.
- Allergies - Spring can cause allergies for different reasons: house dust from spring cleaning, mites and pollens from flowers and trees can cause Atopy, respiratory like hay fever and dermatitis, which can cause severe itching where your dog will chew, lick and scratch until they bleed.
- Heatstroke – Whilst more common in Summer, your canine can get heatstroke in the Spring on days where the temperature is warm.

So, this Spring keep a watchful eye on your furry friends, including your cats, and help them stay healthy during their time outdoors.

Visit our website www.macedonrangesdogclub.org.au, our Facebook page or email to info@macedonrangesdogclub.org.au and we will contact you. Take care, stay safe... a dog is family.

Carol - Instructor/Treasurer MRODC

RJR NEWS

Well - what an amazing extra long Winter 2022 season for RCR. Six out of 15 junior teams made it through to the grand finals and three of those are now premiership teams! Not bad for a small country town. Well done everyone for playing hard, playing fair and showing such respect to your opponents and the referees. We are all so proud of the fabulous efforts of our players, parents, coaches, team managers and committee members and what we have achieved in the last six years. RCR's members create such a great culture which is recognised throughout the SBA.



SENIOR LADIES WINTER 2022 PREMIERS:

Congratulations to team captain Renee and all of our senior ladies team on an awesome game to cap off a great season. This heartfelt message from Renee sums it up: 'We couldn't have made it through this long season without the twelve

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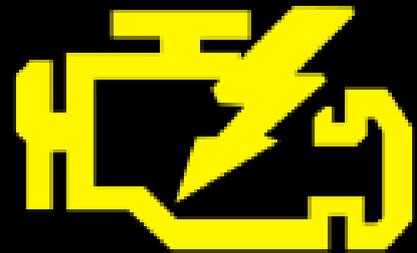
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Your Riddell Roundup

Coordinating committee: Deb Hull, David Laurie, Leanne Vandermeer, Narelle McGellin, Kate Hanlon, Julie Smith, Sharon Greenwood, Lisa Linton
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Business Development: Narelle McGellin

Printing & Distribution Team: David Laurie, Susie Laurie, Karen Hasselo, Desley Adams, Jennie Pfeiffer, Peter McGellin

Contributors: The deadline for all submissions is the 15th of the month, for the publication on the 1st of the next month (except December). Articles should be in an unformatted Word document and emailed to: riddellroundup@gmail.com.

Alternatively, submissions can be posted to:

Riddell Roundup Editor
PO Box 106
RIDDELLS CREEK 3431

The contributor's name, address and contact number must accompany each submission.

SIZE OF SUBMISSIONS AND PHOTOGRAPHS

Where possible submissions should be 200 to 300 words and photographs should be supplied as separate JPEG files no larger than 400kb.

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State Emergency Services (SES).....	13 25 00
Macedon Ranges Shire.....	5422 0333 (including emergency after-hours and access to on-call Local Laws rangers)
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Riddells Creek Kindergarten.....	5428 7207
Riddells Creek Neighbourhood House.....	5428 7836
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Wildlife Victoria – to report injured animal:..	1300 094 535
Poisons Information Centre (VIC):.....	13 11 26
Lifeline—crisis support and suicide prevention: ..	13 11 14
Legacy (Brian Moritz).....	0417 591 441
DirectLine—drug and alcohol support..	1800 888 236
Family Drug Help	1300 660 068
Suicide call back service:	1300 659 467
Kids Helpline:	1800 551 800
MensLine Australia:	1300 789 978
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registered players- so thank you to all our players. Thanks to Jane for scoring almost every game. Thanks to all our supporters for coming to cheer for us. Finally thanks to the awesome RCR committee for all of your support- we wouldn't get onto the court without you.'



Pictured above: U12RG Premiers



Pictured above: U14SW Premiers



Pictured above: U14ST Premiers RCR AGM

Peter North has returned as our President for a further year. Pete's outstanding leadership has seen the club continue to grow despite the pandemic. Pete is well supported by Jo Poyser as Vice President and Michelle O'Connell as Secretary.

Welcome to our new committee members:

- Team Coordinator – Renae Warr
- Uniform Coordinator – Eleanor Bryant
- Equipment Coordinator – Di Devine
- General Committee – Rose Montes and Jake Hawtin

We say sad goodbyes to Melanie Martin, Alanna Bowden and Jude Ellis who have retired having been RCR committee members from the very beginning. Scott Butler also leaves us for volunteering in other basketball endeavours. Many thanks to you all for such valuable contributions to our RCR family.

What's On



OCTOBER

- 2nd Riddells Creek Primary School Working Bee and Colour Run
Barrm Birrm Orchid Walk
- 3rd Term 4 Enrolment Week at the Neighbourhood House
- 11th Village Connect Morning Tea @ Vics Seasons (Free)
- 15th Riddell RoundUp Community Event
Riddells Creek Farmers Market
- 16th Barrm Birrm Flora Survey and Walk
- 23rd Montessori Pre-School Family Fun Day and Neighbourhood House Open Day
- 24th Riddells Creek Giant Zucchini Competition Opens
- 28th Friday Festival Flick "Elvis" Seniors Festival
- 30th Hello and Welcome Afternoon Tea @ Goosey Gander, 2.00-3.30pm (Free)

NOVEMBER

- 3rd High Tea at Neighbourhood House fundraiser for Legacy
- 4th Combined Halloween Disco ,Riddells Creek Primary School and Neighbourhood house
- 8th State Government Candidates Forum (TBC)
- 11th Riddells Creek Primary School Trivia Night
- 19th Riddells Creek Farmers market
- 20th Riddells Creek Neighbourhood House Annual General Meeting
- 25th CIRC movie night
- 26th State Government Election (polling Booth located at Riddells Creek Primary School with sausage sizzle and cake stall)