



RIDDELLS CREEK FARMERS MARKET SAT 19TH SEP 2020

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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 electronic copy.

The Geese of Riddells Creek

The sun is rising It's assemble time,
One by one
In an organised line.
Under the fence
They crawl and they climb,
Then waddle along
To the crossing sign.

Crossing the road
They're all in a row,
Cars honk 'Good Morning!'
And they squawk 'Hello!'
Onward they march
Up the bank they go,
A busy day ahead
All the weeds they will mow.

The morning is spent On the nature strip, Hunting and gathering Between taking a kip.
Watching the traffic
From puddles they sip,
Don't get too close
Or you'll get a nip!

Lunch time is here
To the bakery they go,
Feeling ever hopeful
'Caus they're in the know.
Delicious prizes
Await below,
At the feet of the diners
No time to go slow!

Here come the fans, Some photos they'll take. As they pose and they flap, Eating left over cake. And crusty old bread, But make no mistake. They'll eat and they'll eat, Till their bellies ache.

In the arvo they wander
All over town,
The Primary School to FoodWorks
You'll see them around.
Post office to the station
Poultons to the play-ground,
Then back to the bakery
Where snacks abound.

The sun is setting
Over Macedon's peak,
It's back to the lake
Some sleep they seek.
Huddled together
Beak to beak,
Dreaming of another day
Roaming Riddells Creek

By Elaine

BENDIGO BANK GRANTS OPEN

Community Bank Gisborne & District, part of Bendigo Bank, invites applications for Spring 2020 community investment until 30th September.

It's been a really tough year and the team and volunteer board of Community Bank Gisborne & District feel for local community group members and committees who have had some of their favourite activities and sources of connection interrupted by the pandemic. We understand many community groups will need rebuilding once restrictions allow, and may need help to keep their club alive while the pandemic continues, and we're here to help as we can.

If you have a great project idea to get your club back on track but lack funds to make it happen, download a community investment application form from the Gisborne Bendigo Bank website and submit it by September 30. If you have any questions about the program or want to discuss your project before completing an application, please email mrcepublicrelations@gmail.com.

We are always interested in new ways we can support our community, and especially so at this time.



Pictured: Edtya Wyatt from the Gisborne bank branch that returns local profits to the community

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A treat for the kids of Riddells Creek

We have been lucky enough to get our hands on some show bags and they will arrive in store over the next few weeks!

Keep an eye on our Facebook page and instore for details of a date and time of when you can purchase them.



We would like to thank all our customers for helping keep us Covid-19 safe.

Local Council News ...

CALL FOR CANDIDATES FOR THE UPCOMING MACEDON RANGES SHIRE COUNCIL ELECTION

Nominations to stand as a candidate for the Macedon Ranges Shire Council election open on Thursday 17 September. The election will be held entirely by post.

'If you would like to represent your community, I encourage you to nominate as a candidate this election,' said Electoral Commissioner Warwick Gately.

'The eligibility requirements for candidates have recently changed. If you are thinking about standing for election, make sure to confirm your eligibility and complete the mandatory online candidate training before lodging your nomination. This includes candidates who are currently or have previously been a councillor.'

Due to COVID-19 restrictions, the Victorian Electoral Commission's recorded candidate information session will be able to be streamed online from Thursday 3 September and will be complemented by state-wide interactive candidate seminars based on the information session video.

To watch the information session and find out how to join an online interactive seminar, candidates can visit the VEC website at vec.vic.gov.au. The Candidate Handbook is also available on the VEC website.

Candidates must make an appointment during business hours with the Election Manager to lodge their nomination forms and pay their \$250 nomination fee. They must have completed the online candidate training, as this is required by law and will be shown on each candidate's nomination form.

Candidates may make a nomination appointment with the Election Manager by calling 1300 116 415 from Wednesday 16 September. Candidates can also pre-fill a nomination form using the online Candidate Helper at candidatehelper.vec.vic. gov.au, available from Thursday 3 September.

Nominations must be lodged by 12 noon on Tuesday 22 September. Late nominations cannot be accepted. It is an offence for a person to nominate as a candidate if they are not qualified to become a councillor.

More information on nominating as a candidate is available at <u>vec.vic.gov.au</u>, and Candidate Information Kits can be requested from the Election Manager.

HOLISTIC FARMING WEBINAR SERIES FOR LOCAL FARMERS

Council is hosting a series of online webinars for local farmers throughout September.

The first webinar will be on Tuesday 8th September from 7pm, with Sam White a sixth-generation grazier from Sidonia. Sam will speak about how he manages an 800 hectare property, raising wholly pasture-raised Black Angus cattle.

The second webinar will be on Tuesday 15th September, also online and starting at 7pm. Patrick Francis from Moffitts Farm in Romsey will talk about 'comfortable farming' management on his 56 hectare lamb farm and how he transformed four bare paddocks in 1986 to 22 paddocks with 23 percent of farm area now forestry, riparian and revegetation corridors.

The third webinar, from 7pm on Tuesday 22nd September, will feature two farmers new to regenerative grazing. Breanne Francis from Gisborne and Gerard Noonan from Malmsbury will speak about the trials they have implemented on their respective properties and the lessons learnt.

Each webinar stands alone so participants can attend all or select their topic of choice. Bookings essential to obtain the online meeting details. Visit mrsc.vic.gov.au/sustainable-farming. For further information, call Jason McAinch on 0455 210436 or email jmcainch@mrsc.vic.gov.au

Concern For The Geese of Riddells Creek

Dear Editor,

My wife and I moved to Riddells Creek seven years ago and we love it here. Our concern is some irresponsible drivers are not taking care when approaching the Geese on their daily walk around the community, going around them tooting their car horn to move them.

The geese are a icon in the community and we do not want anything to happen to them. I don't know how we can educate people to be patient with the geese. Do we need more signage?

Regards, Peter & Rosemary O'Malley Riddells Creek Volunteering, Safety, Commmunity Building and Socialising

RIDDELLS CREEK CFA

FIRE SEASON PREPAREDNESS

With the weather extremely wet and cold, it is a bit hard to comprehend that it's time for those who live near dense forest, bush or grassland need to start preparing their property for bushfire. To assist in preparing your homes the following simple steps should be completed:

FLAMMABLES

- Remove flammable items from decks and verandahs, such as boxes, furniture and doormats.
- Store flammable liquids away from your house. Where possible, store in flame proof containers.
- Keep wood piles away from the house. Stray fire embers can easily ignite woodpiles.

GARDENS

- Keep grass cut to less than 10cm. Fire can ignite and travel quickly through long grass.
- Get rid of dry grass, leaves, twigs and loose bark.
- Prune lower branches of shrubs to separate from surface fuels underneath as well as away from branches of mature trees.
- Use pebbles and rocks in your garden (not flammable mulch).
- Cut back overhanging tree branches close to property no branches in 10 metre defendable spaces.

HOUSE

- Keep gutters and roof areas clear of leaf litter
- Do not have large shrubs next to or under windows.

CAN A FIRE TRUCK ACCESS YOUR PROPERTY?

Did you know that the typical fire truck is 3.02 metres wide and 7.7 metres long? To ensure that firefighters

can access your property in times of emergency it's imperative that your driveway has sufficient clearances to allow room for the safe passage of appliances. Ideally, allowing a small margin for human error, a 4.5 metres clearance is required horizontally and 4 metres vertically for access by a fire truck. For those in more rural areas, where practical, it's also important to ensure that fire trucks can access each part of a property with a minimum gate size of 3 metres. As a rule, driveways and access tracks should:

- be free of overhanging trees and shrubs to a height of four metres
- be capable of bearing a load limit of at least 15 tonnes
- ideally have a turning circle with a minimum radius of 10 metres or a T or Y turning area with each leg of the turning area at least eight metres long

TURN OUTS

As we continue to abide by restrictions on being able to train and undertake other regular activities due to COVID-19 it's fortunate that the brigade remains quiet, only being called upon to respond to emergency incidents on 7 occasions in the last month. These incidents have consisted of 3 structure fires, 1 rescue, 1 alarm and 2 grass & scrub fires. For these incidents there were 4 support calls to Gisborne and 1 support call to Romsey with 2 incidents in the Riddells Creek Brigade area.

For the 2020 calendar year to date the brigade has responded to a total of 75 incidents.

BRIGADE CONTACT DETAILS

Fire Station Phone: 5428 6000 www.facebook.com/ RiddellsCreekFireBrigade www.instagram.com/riddells_creek_cfa www.cfa.vic.gov.au EMERGENCIES ONLY - 000

SENIOR CITIZENS

Hi Everyone,

I do hope you are all keeping well and warm and trying not to worry too much over our lockdown. We all know it's for our own good, so stick with it please. We all look forward to our time together once again, so please keep safe, keep your chin up and we will have a great reunion ONE DAY.

Best wishes to all. Edna 5428 6163

THE MEN'S SHED

It has been months since we have had a report from the Men's Shed but due to COVID and me being away for six weeks, I have not been able to write an article – but here goes....

The Men's Shed team leaders have instigated a ring-around every Thursday evening for a health/welfare check and general chat to see if anyone needs any kind of assistance. This commenced on Thursday, March 17th and is ongoing for the foreseeable future. Members greatly appreciate this contact every week as it keeps us all in touch when we can't physically be at the Shed.

The Men's Shed initiated a Tuesday weekly walk around the town as an exercise alternative to our normal gathering in the shed. Unfortunately, we had to suspend these walks due to the implementation of Stage 3 restrictions last week.

Team leaders conduct a weekly zoom meeting to discuss current situations and to check on each other's welfare. Necessary decisions are made depending on COVID-19 changes. Online meetings organised by MRSC keep local Sheds connected and discuss any assistance that the Shire may be able to provide. To date, most

members are handling the changes and restrictions well. Many members comment on how lucky they are to have a shed to keep them occupied.

Now that the vacant land behind our shed (the unofficial supermarket car

park) has been fenced off, we will have to park on the Main Road outside the RCNH and use the concrete path around the outside of the Neighbourhood House for access.

We are all looking forward to the

reopening of the shed. It is sure to be welcomed by us all and there will be many stories to share over plenty of cups of tea.

Jeff Shepherd

FARMERS MARKET UPDATE

We were back at Memorial Drive for the August Market. This is currently on a temporary basis whilst the school grounds are too muddy. We are in a fortunate position to have a viable alternative location as several Farmers Markets have not been able to go ahead recently.

Many thanks to our wonderful team of volunteers manning the gates to help ensure everyone follows the current rules, so that we can all enjoy a safe place to shop. We did have a bit of a queue for a period as we do have to restrict numbers in line with DHHS guidelines, but it was a nice opportunity to chat (socially distanced and all with masks of course) and great to find quite a number of local people attending for the first time.

We are always adding new stallholders and this month we were able to welcome Melbourne Organic Microgreens, supplying delicious varieties of nutritious microgreens, and Black Cat Truffles with fresh black truffle and related products. And perennial favourites OMG Donuts were back. It was great to see our local police supporting the market also.

Our market is on every 3rd Saturday of the month, 9am-1pm at Riddells Creek Primary School and the next market is on Saturday, 19th September. Follow us on Facebook for more updates. Look forward to seeing you there!













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

THE MAKING OF RIDDELLS CREEK

by Robin Godfrey

Major Thomas Mitchell's expedition into Wurundjeri Woi Wurrung lands in 1836 was an exploratory one, the aim of which was to develop and expand the British colony of New South Wales and to seek potential grazing and farming land, as well as sites for new settlements. Major Mitchell had given Mount Macedon its European name during his expedition's survey of what he termed 'Australia Felix'. The importance of his expedition was soon proved by the rapid development of settlements; about 90% of his route, through what was to become Victoria, was claimed by settlers who farmed wheat, sheep and cattle.

John Carre Riddell and his cousin, Thomas Ferrier Hamilton, were in the right place at the right time in 1840 when they were successful in purchasing, at auction for around £2,000, the 16,000 acre (65 square kilometre) Mount Macedon Run which earlier had been established by Henry Howey. Howey had perished with his whole family in a shipwreck when he was on his way from Sydney to Melbourne to occupy Mount Macedon Run. The land was not owned outright, or 'freehold', but was occupied by Riddell and Hamilton under a Squatter's licence for which they initially paid the New South Wales government £10 per year. In 1841/1842, Riddell and Hamilton established a homestead beside the Macedon River (later named Riddells Creek) on a site which is now part of the Daffodil Farm south of the town. They named their

homestead 'Cairn Hill' after the geographical feature of that name in Scotland which had connection with their ancestors.

The township of Riddells Creek came into being as a result of the construction of the Melbourne and Murray River Railway. Riddells Creek, in 1859, was initially a railway town – a scattered collection of canvas huts, a few weatherboard houses of a more permanent character, and a wilderness of ballast heaps. Riddells Creek was the main depot for the ballast required for the railway line. Its quarries supplied the ballast material, and the whole slope of the hill was covered with the tents of the men engaged in the work of breaking up the stone to the required dimensions. The quarry (within what is now known as Wybejong Park) provided the bluestone for the Rail-over-Riddells Creek-Bridge and the nearby Rail-over-Riddell Road-Bridge.

The completion of the railway from Melbourne to Echuca on the Murray River, in September of 1864, encouraged establishment and expansion of agricultural enterprises to Riddells Creek. It also attracted agricultural service industries.

Dairy farming initially was the principal occupation of the townspeople, who found that it was much more profitable to devote their time to the making of butter and cheese than to grow crops.

In 1866, a flour mill, driven by a water-turbine, was opened by James McKenzie, producing flour and oatmeal. A weir was created in the creek about 2 kilometres upstream and a head



Pictured: Cairn-Hill Homestead with various Out-Buildings on the hill above the eroded bank of the Macedon River (later named as Riddells Creek). Photo circa late-1880s.

race, cut into the southern bank of the valley wall, enabled a nine metre water drop to power the turbine. Today, the ruins of the mill foundations are at the bottom of Flour Mill Lane and, in that same laneway, the original bluestone Mill Residence still stands as a private house.

By 1867, John Smith and his three sons had established Smith's Nursery which initially was devoted chiefly to the raising of fruit trees. The railway enabled the export of nursery stock all around the Colony of Victoria and, through the Smith's association with Baron Von Meuller, supplied nursery stock to help establish the Melbourne Botanical Gardens. Riddells Creek is noted for its oak trees, many of them sourced from Smith's Nursery. In August of 1909, a disastrous flood practically ruined the nursery and the remnants along the creek lay abandoned for over 100 years. The recent subdivision of the land which formerly incorporated Smith's Nursery will ultimately provide a 'Botanical Gardens of Riddells Creek' on the easement, beside and alongside the creek, created by the subdivision.

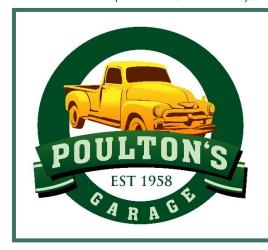
In the 1870s, the Rosenberg Vineyard had been established in Riddells Creek on the south side of the railway line. The property included 42 acres (17 hectares) altogether, of which 13 acres were planted with grape vines of various kinds. The predominant variety was Hermitage, covering seven acres. There was about an acre of Cabernet, three-quarters of an acre of Chasselas, and Reisling, Verdelho, and other kinds in lesser proportions. The vines made vigorous growth due to the soil type being strong black loam. By 1884, the vineyard had cellars storing 36,000 litres of wine.

Riddells Creek in the late 20th and early 21st century has essentially become a commuter town and dormitory for people who work in Melbourne. Many of today's townspeople are not aware of the rich history of Riddells Creek and of the times when the area was an important agricultural centre, to the Colony, and soon after to the newly declared State of Victoria.

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Pictured: The Site of Cairn-Hill, as seen today, on the hill a few hundred metres south of the Railway Station. Photo by RLG, 2013.



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HOW ARE YOU GOING?

Hopefully you are well and adjusting to the latest restrictions as a result of COVID-19. It's funny that in a strange time like this, quite often there are little bonuses that occur as well.

The only certainty we have at present is change and to realise the importance of being flexible and adaptable. It is not always easy to see the positives in things, but this is something we should try to do. If you are struggling, that is OK too, please reach out for support. You can always ring us at the House and we will try to assist.

As a Neighbourhood House, our role is to support our community. The Board, staff and volunteers are committed to ensuring that we have a healthy, thriving, connected community.

FREE MEDITATION AND YOGA CLASSES ONLINE

To help support your wellbeing during this time, we are offering free meditation and yoga classes online for the rest of the year. For more details visit our website www.riddellscreekneighbourhoodhouse.com/ or our Facebook page www.facebook.com/rcneighbourhoodhouse.

Feel free to share with your friends, this could be an activity you can enjoy together. Remember we can socially connect, we just need to be physically distanced at this time.

RECONNECTING RIDDELL

We are very pleased to announce that Riddells Creek Neighbourhood House was successful with our funding applications for both the Festival and a community project.

Unfortunately, due to COVID-19, we will not be able to run this year's Riddells Creek Community Festival event like we started to plan back in March. However, we are aiming to still have an event - one that everyone can enjoy.

We need to be very creative in how this event may run, knowing that there may still be restrictions. A challenge, but something we can do, with some innovative and exciting ideas.

We want this event to promote all the community groups and local businesses in the area, hence we'd like everyone to be involved. We are looking for people to be on the planning working group and for donations for prizes and sponsorships.

We are open to any wonderful ideas and are asking you to get your creative juices flowing and share your ideas - the more ideas we have the better.

This is a newly funded community project that aims to make a concentrated effort in supporting all members of Riddells Creek and form a singular vision for community renewal.

In the context of the COVID-19 crisis, we want to capture people's stories and experiences during this unprecedented time of loss and isolation. We hope that by sharing our

community's experiences during this time, it will help people move forward and support each other. We hope it will build a more resilient and self-sufficient community for future major events, whether that be festivals or emergencies.



We are currently doing a volunteer drive to assist us with the projects we have mentioned and applications close on the 11th September 2020.

If you wish to be involved please do not hesitate to contact us. More details will follow into the future.

CONNECTED FUTURE WEBINARS

We will be running Connected Future Training at the end of September. These webinars will focus on simple ways to keep your money safe online and tools and tips to keep your budget on track. Enrolments for this free course are now open.

Although our doors are closed to the public, the staff are available by telephone or email. We are here for people who are in need. Let us know what we can do for you.

MASKS

We still have a limited supply of free masks available, so let us know if you need one.



DO YOU HAVE A TIP, TRICK OR HOBBY YOU'D LIKE TO SHARE?

Have you found yourself doing something you have not done for a very long time, because somehow now we have the time to do it? Have you picked up a new hobby or learnt something new? Have you been doing more in your garden or going for more walks? Are you looking for something fulfilling to do that can give back to our community?

Have you thought about sharing your talent, hobby or volunteering?

Riddells Creek Neighbourhood House is looking for people who are keen to share their crafts, hobbies or DIY jobs online. A few examples may be how to brew the perfect cup of tea, make a simple scarf, how to cook the perfect BBQ, prune the lemon tree etc. We are looking for people who may wish to do a small video of tips and tricks to share with other people in the community. If this is you, please contact us.

RIDDELL TRIVIA WITH NEAL

Have you checked out the Riddell Trivia? Neal Furze is doing an awesome job keeping our minds active with some interesting questions and facts. The Riddell Trivia hour comes live every Thursday (or thereabouts!) via our Facebook page. Join in and email your answers through to riddelltrivia@ gmail.com. There are prizes to be won too, so get involved, Neal will keep you thinking.

Pictured right: Neal Furnze

Please stay happy, healthy and safe,

Kind regards Carol and Celia Ph: 5428 7836 manager@riddellscreeknh.com.au



If you have any of these symptoms, however mild, get tested and stay home.



Runny nose



Sore throat



Cough



Chills or sweats



of breath



of smell or taste

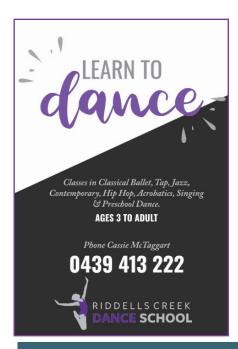
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JOKE OF THE MONTH

Q: What did the traffic light say to the car? A: Don't look. I'm about to change.

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Year 7, 2022 Enrolments Closing Soon



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When: 26 August & 8 September - commencing at 9:30am

How: Register using the online booking form on the Tours page of the College website. A Zoom link will be sent by email.

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COUNTRY LIVING

The barricades went up this week at Barrm Birrm. MRSC Operations laid great thumping trunks of trees across the entry tracks, along with signs stating plainly: 'Private Property'. Even before the crew was done, a 4WD pushed through light scrub on Gap Road to avoid the blocked access, and let his dogs run there - him driving, dogs running behind. 'Hey, what are you doing, that's illegal?!' yells a passing walker, as he flattens saplings.

Prince of Wales Terrace on the north end remained open and the trail bikes have found the tree trunks no impediment. Saturday, then again on Sunday, bikes spent three hours tooling around the slopes, carving their tracks and turning up the clay ready to be washed downhill next rainfall. A regular weekend for them.



The Operations Crew were back Monday morning, lifting out the logs they had mistakenly placed across Princess Street and Prince Albert Street. These are gazetted roads and the Council must keep them open to the public. This obligation doesn't extend to maintaining the roads, nor yet to blocking the tracks running up and down the slope.

What's next? A trail bike for Senior Constable Johnson? Surveillance cameras, with Shire Local Laws staff dropping in for a quiet word to trespassers? Education, public shaming or legal action? There are no obvious solutions here. Bring your trifocals to Barrm Birrm. First, a fine-grained lens to enjoy the small glories unfolding as winter lightens up and spring sneaks in, a second lens to see the damage being done, and a third to see, behind it all, the struggle to control intemperate youth and cultivate a deeper care.

Riddells Landcare cleans up after the vehicles and patiently explains – 'This is a fragile hillside, and you're damaging it.'
But any reason to walk into Barrm Birrm is a good reason.

Days of showers and sunshine now, the bright purples of hardenbergia coming through and wattles bursting overhead, bracing air. As well as the distant wail of chainsaws, and a plume of mud and stones as a trail bike roars past. Real country living!

Ross Colliver, Riddells Creek Landcare

THE SUBDIVISION OF BARRM BIRRM

Barrm Birrm covers approximately 250 hectares, including 120 hectares known as the Shone and Scholz subdivision. The subdivision was established in 1883 and consisted of 162 allotments – 42 of these are owned by the MRSC, with the remaining 121 in private hands.

In the 1970s when the Shone and Scholz allotments were put up for sale by the then owner, the former Shire of Romsey notified purchasers that they would not be able to develop these lots. Despite this fact all lots were sold and to this date no development has occurred on the land.

The MRSC has endeavoured to resolve this situation over many years via a 'gift back' program and an amalgamation of smaller allotments into more saleable sizes, with little success.

In the recently released MRSC Biodiversity Strategy 2018, it states under the 'Permanent Protection for Barrm Birrm Actions' their intentions to:

- commit to creating a nature conservation reserve and improving the biodiversity health of Barrm Birrm
- in partnership with RCLC, promote and allocate resources to Council's 'gift back' program to expedite the transfer of land to public ownership
- in partnership with Riddells Creek community environment groups, continue to advocate for the public acquisition of Barrm Birrm by the state government and integration of the area into adjoining public reserve system. This area needs long-term protection for the importance of its diverse, rare and endangered flora. I believe we as a community, and the MRSC, should be lobbying our local member to access funding to acquire all the forested lands within Barrm Birrm and protect them for future generations.

Huon Damm - Consultant

THIS MONTH IN MY GARDEN

Melanie Kinsey

Each day the sunlight lasts a little longer, the birds start their morning chorus earlier and colour is seeping into the garden. I'd forgotten about my white daphne until I caught a waft of divine scent one morning. I peered over my Euphorbia 'Silver Swan' and there it was covered in flowers! After 3-4 years it is really settling in and putting on some growth. Not so its older sibling who was wasting away in a different part of the garden – out it came as well as a few other bits and pieces. The rose 'The Fairy' was moved to a position more accommodating to its size and I discovered that my sweet peas were finally putting on some growth!

Looking eye-catching at the moment are the bright red berries of Nandina domestica 'Richmond'. The bush is covered in large bunches and the birds (mostly) leave them alone because they are pretty hard and dry. Although I did just scare a currawong away – I didn't think they ate berries! The red hot pokers have so far avoided any frost damage and are delighting the honeyeaters. The Clematis napaulensis flowers have turned into the fluffy seedpods that the birds will soon be using to line their nests. The manzanita's lily-of-the-valley-like flowers are delighting a huge number of bees that I can hear buzzing away happily in the weak sunshine.

My little nursery keeps growing and I have just divided a clump of miscanthus and potted up six pots for my future garden. I also dug up a Lomandra 'Lime Tuff' and divided it – the first time I have ever attempted to divide a native grass and I hope it survives because it is a great upright bright green grass as the name suggests!



PROTECT YOUR HOME WITH A 'HEALTHY' ORG

Western Water says customers can protect their home from costly and damaging sewer spills by keeping their ORG 'healthy'.

The ORG – or Overflow Relief Gully - is a special drain that diverts sewage away from inside the property in the event of a blocked pipe.

Chief Operating Officer, Graham Holt said that to work correctly the ORG should not be covered or blocked.

"There's been cases where customers have blocked their ORG by covering it with stones or pot plants, or it's been jammed with overgrown tree roots or grass".

"To work properly, the grate lid needs to be able to pop-off easily," he said.

While sewer mains are managed and maintained by water corporations, Western Water says property owners are responsible for looking after their ORG. To find out more visit www.westernwater.com.au/ORG

DON'T FORGET OUR FRONT YARD BLITZ -LETS GET RIDDELL LOOKING GORGEOUS THIS SPRING!

We are starting to see the first glimmer of warmth and buds are starting to show. What better time to get into the garden and bring some beautiful spring colour to Riddells Creek!





1ST RIDDELLS CREEK SCOUT GROUP

"Scouting is a World Wide Family", but what does family mean? Technically, it's a group that shares common characteristics but it means



something so much more. It's a feeling of belonging and being part of something bigger, sharing, and enjoying things with others of like mind.

But it's not just the Scouting members who become part of that family, non-Scouting members of the same family inevitably get drawn in, especially now that Scouting is at home

During this second period of Stage 3 restrictions, 1st Riddells Creek Scout Group have discovered what a strong family we have. In the last month, we have hosted three whole group family activities, with many entire families in attendance.

Our first event was a Fun Family Feud night where families were pitted against each other to find out just how many items of clothing Scouts could lose at a camp, or forget to take to camp. The winning team may have had an advantage, but whether it's because it contained our longest running Leader, or our most forgetful Scout, we're not sure.

Our second event was our Annual Report and Presentation night. Sound boring? Not when it's run by Scouts. We had Kahoot quizzes, video reports and "Have You Been Paying Attention?" games. We acknowledged the seven members of our group who achieved the Peak Awards in their section over the last 12 months.

Congratulations to Finn Smyth for achieving his Joey Scout Promise Challenge; Lachlan Costello, Ben Neilson and Nathan Bartasek for achieving their Grey Wolf Awards; and Will Flisar, Daniel Smyth and Finn Walker for achieving their Australian Scout Medallions.

Our third event was being part of Scouts Victoria's "Statewide Cookalong". Recipes and instructions were provided via Scouts Victoria's Facebook page and everyone was invited to join in. However, 1st Riddell Creek decided that a bit more interaction was required so we met online and cooked along together. It was a lot of fun and our youth members did a great job, as you would expect them to, considering the amount of cooking they've been doing on Zoom meetings! It was nice to once again see families interacting (as well as getting dinner cooked for them).

So even though August may have felt like a long, cold month, we have had three fun-filled family evenings to break the monotony. Something that every family has appreciated, and with a whole group virtual camp planned for September, we know we will be seeing members of our 1st Riddells Creek family again soon!





Riddell's Riddles

Answers on page 31...

A girl has as many brothers as sisters, but each brother has only half as many brothers as sisters. How many brothers and sisters are there in the family?

You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy. What am I?

You see a boat filled with people. It has not sunk, but when you look again you don't see a single person on the boat. Why?



CHRISTMAS IN RIDDELLS CREEK

A COMMUNITY PROJECT AUSPICED BY THE LIONS CLUB OF RIDDELLS CREEK



2020 Sponsorship is OPEN

2020 has been a tough year and we want to continue to bring joy to the community. We are now in year 3, this project is from the community for the community.

Project support is welcome from all members of the Community.

This project has been kindly auspiced by Lions Club of Riddells Creek Inc.





RIDDELLS CREEK PRIMARY SCHOOL STATEMENT TREE SPONSORSHIP

\$1,500 2.5m Trees 5 years

A new Statement Tree is planned for the verge on the service road. This could be your opportunity for supporting the children and a prime advertising position for a local business.



SPONSORSHIP CATEGORIES

GOLD \$1,000 2m Trees

SILVER \$500 1.5m Trees

BRONZE FAMILY TREE \$150 1m Trees

SPONSORSHIP:

Tree Sponsorship will include a Sponsor's name plaque on the tree for a period of 5 years. Financial contribution and donations of smaller amounts will be used to purchase materials such as lights, tinsel and decorations and pay for any contractors, labour or other works which will require a financial payment (not for volunteer labour).

A SPONSORS BOARD will display the names of all sponsors for the installation duration

CONTACT: DESLEY ADAMS PHONE: 0419 286 586

E-MAIL: christmasrc3431@gmail.com

2020 SPONSORSHIP CLOSES 25[™] OCTOBER





CHRISTMAS IN RIDDELLS CREEK

A COMMUNITY PROJECT AUSPICED BY THE LIONS CLUB OF RIDDELLS CREEK

SPONSORSHIP COMMITMENT CONTRIBUTION			
Group:			
Name:			
Address:			
Contact No.:			
Email:			
Commitment/Contribution:			
Financial Contribution: \$	Tree Sponsorship: \$		
☐ Please ☑ tick if you wish to decorate your tree.			
☐ Please ☑ tick if you wish to choose the location of your tree (subject to availability from approved permit locations).			
Note you will need to provide contact details.			
Locations will be determined by VicRoads permit approved sites.			
☐ Please ☑ tick if you consent to your details being published.			
Contributions may be made directly into the Christmas in Riddells Creek Bank Account.			
BSB:	633-000 A/c No. 165 741 281		
Referei	nce: Your Name/Business Name		

SEND YOUR COMPLETED FORM TO CHRISTMASRC3431@GMAIL.COM

CONTACT: DESLEY ADAMS PHONE: 0419 286 586

E-MAIL: christmasrc3431@gmail.com

2020 SPONSORSHIP CLOSES 25TH OCTOBER



Celebrating Creativity Across the Ranges

LET'S STICK TOGETHER IN AN UNDERWATER WORLD

Kyneton Town Hall's school holiday program KTH Kids has gone online, offering a fun creative and crafty workshop for kids during the upcoming school holidays.

The KTH program will feature an underwater world collage-making workshop.

Working with local artist Joanne Mott, kids can create a mural using recycled sticker materials that explores the colourful oceanic underwater world of corals, sponges and wonderful sea creatures.

Children can join the workshop at any time during the school holiday period. They can sign up to receive their materials pack and then tune into the online workshop to learn how to create a mural.

For information about how to participate in the workshop, visit mrsc.vic.gov.au/arts-workshops





THE MOUNT PLAYERS REMINISCE

WITH RICHARD WHITELEY

With our theatre quiet I thought you might like to hear from past members who played a huge role in our Theatre's history. This month, Richard Whiteley shares his memories. Richard resides in Gisborne and of course still enjoys coming to see our wonderful productions.

I was a member of the Mount Players' Committee for the first 12 years of its independent life from 1976, having first

becoming involved when I auditioned for the lead role of Todd in 'The Golden Legion of Cleaning Women' when the group was being managed by its founder, Neville Thurgood. My favourite performance was as Col Pickering in the first production of 'My Fair Lady.' I also remember playing a soldier in 'Oh! What a Lovely War!' directed by Margaret Cameron.

We were at the time a small group of just 20 thespians and all of our shows were performed in the original little theatre, which held only 50 seats. However, it was our home and we loved it! Imagine our thoughts then, when we inspected what the Ash Wednesday bushfires did to our home in 1983. The theatre and everything in it was burnt to the ground.

I remember it as if it was yesterday. I was appointed, from the Committee, to oversee all theatre planning and construction. Were we in for a few surprises? The original little theatre was only insured for \$50,000 and the only other cash we had was small. The plans were offered to four well-known builders in the area and the quotes came in – all between \$475,000 and \$550,000. What were we to do?

The Committee was absolutely determined to proceed with building a new theatre, but without borrowing any money and this is where I would like to highlight this Committee because they made a very courageous decision... to find a builder who would literally build on an hourly rate and stop when we ran out of money. Everybody could then see a partly completed theatre in the course of erection and respond to our regular fund-raising. And, we found that builder in the name of Philip Honeyman, who in fact ultimately saw the theatre through to its final stage of construction four years later.

The Committee at this time were:-

President - Alan Cameron
Secretary - Margaret Woods
Treasurer - Margaret Cameron

Committe Members: Jan Mill

Roger Jones - OAM

Fred Blake Richard Whiteley

Special mention must be made of Bruce Nunan, who donated the seats for the new theatre. Also, our fund-raising attracted some considerable interest as we wrote to every theatre group in the country. Of note were the locals with Castlemaine Theatre Group sending us the proceeds of their current production, as did Adelphi Theatre Group in Melbourne and Williamstown Theatre Group with whom we had close connections. We were also helped by donations from Kyneton Theatre Group and Boilerhouse in Sunbury.

Last but by no means LEAST was the massive help we received from the Shire of Gisborne in the form of multiple donations per Terry Larkins and management of the final construction towards the end of 1989.

So, when I go to the Mountview Theatre now, I always have great pride as I walk through the door and think to myself "WE DID IT!" Then I think, THIS NEARLY DIDN'T GET

BUILT AT ALL. Congratulations to all those many people, who helped with fund-raising and contributed in any way to the effort of getting the job DONE!"

By Richard Whiteley & Karen Hunt





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Wills, Powers of Attorney, Probate, Survivorship

Contact our office to arrange a consultation today. www.macedonrangesfamilylaw.com.au Local Council News ...

SUPPORT URGED FOR GO LOCAL FIRST CAMPAIGN

Council is encouraging residents of the shire to show their support for small businesses in their local communities in line with a nationwide campaign.

The Go Local First campaign, an initiative of the Council of Small Business Organisations Australia (COSBOA), will highlight the vital role small businesses play in the nation's economic recovery from COVID-19 and in keeping local communities thriving.

The campaign will encourage Australians to choose local small businesses when they are purchasing products and services to help get the economy back on its feet.

Director of Planning and Environment, Angela Hughes said small businesses accounted for just over one-third of Australia's gross domestic product (GDP) and an economic recovery would not be possible without small businesses trading and hiring people.

Research commissioned by COSBOA shows Australians are spending more at local businesses since the COVID-19 lockdowns began earlier this year, but temporary and permanent closures are preventing them from doing more to support them.

The research reveals Australians see broad economic improvements as the most important issue for the country, after managing the spread of the coronavirus.



The Go Local First campaign will be rolled out over the next six months through outdoor, print and digital advertising, with residents being urged to spend locally first.

To find out how your business can be involved, call Danni Findlay on (03) 5422 0333 or email dfindlay@mrsc.vic.gov. au. For more information, visit mrsc.vic.gov.au

PREPARING YOUR PROPERTY FOR THE FIRE SEASON

Spring is here so it is time to shake off the winter cobwebs and 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 begins. These jobs include:



- removing any 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 defendable 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.

Remember, being fire ready is everyone's responsibility. For more information, call (03) 5422 0333 or visit mrsc.vic.gov.au

GETTING OUR SPORTING CLUBS MENTALLY ACTIVE

Are you a sporting club in the Macedon, Riddells Creek or Gisborne postcode?

We are looking for two clubs to help us pilot the Macedon Ranges Mentally Active Sports program. Participating clubs will receive up to \$10,000 to trial mental health and suicide prevention activities chosen by their club over the next two years, and record their experiences to be shared with other clubs.

A recent survey of GoodSports identified a third of the clubs surveyed were concerned about the emotional and mental health and wellbeing of their members.

The major project worth \$30,000 will be managed by the Macedon Ranges Suicide Prevention Trial Site based at Macedon Ranges Health and funded by Community Bank Gisborne & District, part of Bendigo Bank, as part of its investment in community wellbeing.

Shelly Lavery, Chair of the Macedon Ranges Suicide Prevention Trial Site said 'We recognise this is a really difficult time for our local clubs. They play a critical role in keeping our community socially connected. We are excited to work with clubs to help implement this program, and share their journey to encourage other clubs to think about how

they support the mental health of their own members'.

Gary McSwain, Chairman of Macedon Ranges Community Enterprises, the local public company that operates Community Bank Gisborne & District and reinvests local profits back into the community, hopes the collaborative project will provide significant benefit to the participating clubs and generate learnings that can be shared across codes and communities in the future.

If your club is interested in participating in this project, please contact deepa.patel@mrh.org.au to find out more about the application process. The deadline for applications is 30th September. If you or someone you know is in need of immediate mental health support, phone Lifeline on 13 11 14 or text 0477 13 11 14 (6pm-midnight).





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Education in Riddells Creek



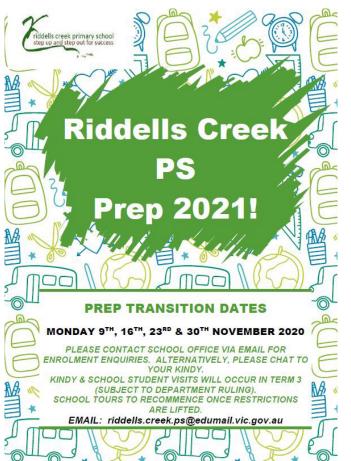
RIDDELLS CREEK PRIMARY SCHOOL

THANK YOU

I would like to take this opportunity to thank our entire school community for the kindness you have shown each other in our transition to remote and flexible learning and during our closure. The respect and care are greatly appreciated.

REMOTE AND FLEXIBLE LEARNING

We have made changes to the way we deliver learning remotely, based on overwhelming feedback from our community, and will continue to tweak things over the course of the term. Remember to follow us on Instagram to stay connected to each other and our school.



BUILDING AND GROUNDS UPDATE

I know the community cannot necessarily see what has happened to our portables, but the transformation is incredible. It feels like we are one school, rather than two distinct areas. We will be appointing landscaping architects for the senior courtyard and building a new quiet space where the Japanese Courtyard is currently.

ARTWORK IN OUR FOYER

Our foyer is currently home to the Grade 5 and 6 'Op Art', inspired by New York artist 'THANK YOUX'.



REMINDER

PLEASE do not come on site (or allow your children to come on site) during school hours. We are currently operating an onsite program.

2021 ENROLMENTS

Enrolments are now open. If you are yet to enrol your child for 2021, or know of any new families who are yet to enrol, please get on it so we can accurately plan. Enrolment forms and information are on our website www.rcps.vic.edu.au

Currently we ask that you post the completed forms back using PO Box 255 Riddells Creek 3431. In the meantime, please take the time to have a look at our virtual tour (see link below).

VIRTUAL TOUR OF OUR SCHOOL

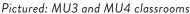
Please watch the following You Tube link, it is our virtual video tour of our school.

https://www.youtube.com/watch?v=VyrSix9kktl

Stay safe and connected,

Emma Brooksby Principal







Pictured: Drama and music classrooms



Prep Enrolment Tours 2020

(for Preps Starting 2021)



VIRTUAL TOUR - refer to our website to have a look!

Note: COVID 19 restrictions mean access to the school is restricted. At this stage, the following tours are scheduled, however this will be dependent on what the restrictions are at that time. Please refer to our website to keep up to date.

Term 4 2020

Monday October 26th 2020 at 9.30am - FULL TBC Monday October 26th 2020 at 2.30pm - TBC Monday November 23rd 2020 at 9.30am - TBC

- Bookings required, contact the school 5428 7277 or email riddells.creek.ps@edumail.vic.gov.au
- Please refer to the school website for enrolment requirements.
- •On arrival come to the front office first to sign in.
- Closing date for 2021 enrolment applications is **Friday 11 September**.

Caring for our Community

BRIDGING THE GAP TOWARDS BETTER HEALTH IN THE MACEDON RANGES

A new project, funded by VicHealth, will support creative LGBTIQA+ young people in the Macedon Ranges to participate in arts, cultural and creative activities and build social connections.

The grant will fund the scoping phase of the project, and will explore the potential of developing and running an arts-based program in the shire to provide access to appropriate social supports for young people aged 12 to 25 years, who identify as LGBTIQA+ and live in the Macedon Ranges.

This project is designed to explore the potential of such a program and finalise the design of a program with the feedback and assistance of local stakeholders and young people.

At the completion of the project there will be the opportunity to seek VicHealth funding of up to \$150,000 to design and deliver an arts program in the Macedon Ranges Shire.

Council is working with project partner, The Dax Centre, to co-design creative solutions to local health and wellbeing challenges and enhance health promotion strategies. The Dax Centre in Melbourne is a leader in the use of art to raise awareness of and reduce stigma towards mental illness.

Queer My Head art project is one of 12 initiatives sharing more than \$1 million in funding, as part of VicHealth's Art of Good Health grants. The project will involve the co-development of an arts program featuring works from LGBTIQA+ artists, creative workshops, education programs and resources for local youth organisations. To learn more, visit vichealth.vic.gov.au

HELPING OTHERS TO BE DIGITALLY CONNECTED

A major contributor to good mental health is keeping in touch with other people and in these COVID times real face to face connection is often difficult or even impossible. Most of us naturally reach for our electronic devices as a substitute. In the last twenty-four hours, how many times have you used your phone or tablet to call someone, connect via video, checked your Facebook page, watched something on YouTube or searched the internet for news or amusement? How different your day would be without those devices. Just for a moment, think about your family, friends and neighbours. Do any of these acquaintances struggle with

their phone or tablet or maybe don't even have such a device? They're missing out on what you're getting. If you can't help them yourself, perhaps we can.

Loan devices and support are available!

Call Macedon Ranges Shire Council on (03) 5422 0237 for further information and to register your interest.

This Digital Connection Project for Seniors is a joint initiative of Central Victorian Primary Care Partnership, Cobaw Community Health, Macedon Ranges Shire Council, Goldfields Libraries, Kyneton Community House, Gisborne Men's Shed, Macedon Ranges Health and Lancefield Neighbourhood House.



RIDDELL COUNTRY PRACTICE UPDATE

MENTAL HEALTH DURING LOCKDOWN

COVID-19 cases in Melbourne throughout July see us back in lockdown and now wearing masks. Thankfully we are seeing numbers decreasing as a result. A sense of fatigue and risk of worsening mental health is possible. We may have a personal experience of having COVID or knowing someone seriously affected. Tragically some of us may have even lost loved ones in difficult circumstances. So be kind to yourself and others. How are you feeling? It is OK to reach out for help in dealing with the persisting uncertainty and many stressors.

GP telephone and video consulting has prevented transmission of COVID - you can book via our website www.riddellcp.com.au. Face to Face appointments remain available - please call reception first on 5428 7591, wear your mask and hand sanitise as you enter the clinic.

The Government has announced an increased number of medicare rebateable counselling sessions under a Mental



Health Care Plan. Up to ten sessions per calendar year are usually available. Now a further ten sessions can be obtained after GP review. This applies until March 2021 in areas of further Stage 3 and 4 Covid restrictions.

- Taking care of yourself during COVID-19 pandemic practice self compassion
- Don't ignore usual health care needs ring your GP for telehealth advice or arrange a face to face appointment
- Look after your body- get enough sleep, exercise, safe sun exposure and eat well
- Spend time outdoors in nature: "Forest Bathing" is really a thing for our wellbeing
- "Take Ten to be Zen" with free mindfulness apps: Insight timer or Smiling Mind $\,$
- Breathe: take slow, deep breaths it helps induce a calming response
- Take a break from the news and social media even if only for a few hours
- Listen to music or read, listen to or watch something uplifting

- Learn something new a hobby, craft, language, musical instrument
- Have a daily gratitude practice: what are you grateful for despite COVID-19
- Stay in contact with family and friends by phone, online or physical distanced walk within Public Health guidelines

IF YOU FEEL OVERWHELMED, SEEK SUPPORT

Lifeline 13 11 14 lifeline.org.au

Kids Helpline 1800 55 1800 kidshelpline.com.au

Eheadspace for 12-25yo headspace.org.au/eheadspace/

Mensline 1300 78 99 78 mensline.org.au

Suicide Call Back Service 1300 659 467 suicidecallbackservice.org.au

Online Support Forums include https://au.reachout.com/ and blackdoginstitute.org.au

Dr Jude Ellis

Riddell Country Practice 9 Station St Riddells Creek 5428 7591



"Think about who you love, then think about them in ICU."

For Sarah, who's been battling coronavirus for nearly 8 weeks, being separated from her two little boys, has been heartwrenching. On top of coronavirus attacking every one of her body systems, intense pain and acute breathing difficulty, she still has no idea when she will be well enough to see her boys. Sarah's hope is that by us all doing the right thing, no one else will have to experience the heartache her family has.

Please, play your part and help stop the spread of the virus. If you have symptoms - please get tested. Payments of \$450 are available to help you stay home and wait for your test result.

To learn more of Sarah's story go to vic.gov.au/CORONAVIRUS





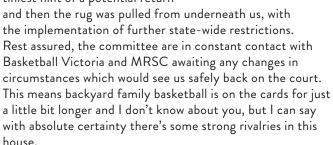
Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne

Celebrating our local sports clubs and teams

RCJMBA NEWS

Hello RCJMBA and Raptors families,

Well, July proved to be a bit of a whirlwind didn't it? There was the tiniest hint of a potential return





While we can't see you in person, we'd still love to see you all. Upload your best trick shot, drills or even your basketball bloopers to our Facebook page (details below). If videos aren't your thing, we'd love to see photos or drawings especially from our JD's, who I am sure are very much missing their weekly court time.

Upload your videos, images and artwork to our Facebook page or tag our hashtag - Riddells Creek Junior Mixed Basketball Association.

Above all else, we wish all of our RCJMBA and Raptors families well during this uncertain time. We understand that this means something different to all of you. Remember, we are not all in the same boat but we are definitely all in the same storm, so please remember to reach out to your basketball family and check in with each other from time to time.

MAKE THE MOST OF SUMMER AND JOIN THE RIDDELL CRICKET CLUB

The year so far has been a tough one for community sports but we're hopeful we'll be able to get out and enjoy our cricket this summer.

For those who know little about the Riddell Cricket Club, we're a family-friendly club that fields both junior and senior teams and encourages participation from the age of 5 up!

The Club held our AGM earlier in the month with our 2020-2021 committee:

President: David King

Vice-President: Heath Wadden Jr Vice-President: Susan McNair Treasurer: Angela Dempsey Secretary: Melissa King

General Committee: Heath Brown,

Ben Arthur, Brendon Johnson, Andrew Hewitt, Tim Gray, Michael Rosacker, Maxine Casson

Tewner, Tim Gray, Whender Rosaeker, Waxine Gasson

At this stage, while things are still a little uncertain, we're encouraging all current and aspiring cricketers to help with our planning and register your interest in playing this season.

If your kids are keen to get back to sport ASAP, or just want to give cricket a go, either visit our Facebook page and complete the Junior EOI form, or email susan@curriecommunications.com.au

We are always keen for new senior players to join us too. If interested, please get in touch via Facebook or call David King on 0409 116 005.

Check out www.riddellcricketclub.com.au and like our Facebook page to stay up to date on Club activities.





FLY FISHING BELLARINE PENINSULA

We hope we can soon venture further away from our local Riddell Lake. To energise our interest two members of the Bellarine Fly Fishing Association, Steve Attard and David Davies, recently gave our members a stunning Zoom presentation on fly fishing around the Bellarine Peninsula. The presentation not only exemplified the camaraderie between like-minded fly fishers but the amount of knowledge that can be gained from a couple of skilled, good natured gentlemen generous with their time.

The presentation was wide ranging, covering the Barwon River and Estuary, bays, favourite beaches, piers, jetties, and harbours. Maps and pictures showed significant locations and the fish species usually present.

Tides and water depths led to technical summaries of various fly lines, flies and the leaders. The main lesson I took away was matching the sinking rate given by the DI number (density index) of a sinking line to the conditions so as to get the fly down to the depth of fish, especially in a fast tide.

Anecdotes lightened the talk, such as 'sometimes fishers can pull in half a salmon because a big tailor (good eating if you can catch them) with teeth sharp like a knife has bitten off the other half'.

I got the strong impression that there were numerous species of fish available to enable a successful Bellarine outing if armed with the knowledge gained from a presentation of this high calibre.

If you'd like to know more about the Calder Fly Fishing Association please visit www.calderflyfishing.com.au/

Louis Bokor



Pictured: Steve Attard and Barwon Heads salmon

ROMSEY GOLF CLUB

On July 22nd those RGC members who were watching the MRSC 2020/21 Budget Zoom meeting got a wonderful surprise. Our application for funds to carry out improvements to Romsey Park was approved with RGC contributing at least \$15,000 of the total cost of this project.

LEVELLING AND DRAINAGE

We have had a second visit to Romsey Park by Cameron Newnham (NewEarth Constructions) to go over the works and agree on a method of attack for each element of this program. Sowing down the disturbed areas will happen immediately after the drainage and levelling works are completed.

IRRIGATION

We have already got moving with all the pipe and fittings for these works on their way. A professional trencher, assisted by RGC members, will also be putting the irrigation extension works into place.

IMPROVED SURFACE

In the first few weeks of October the fairways will be sown down with couch grass sprigs. This grass uses 40% to 60% less water than other grasses and should free up some of our allocated recycled water for other use around the town.

BOOKING SYSTEM

Under Stage-3 Lockdown everyone who uses the course must book via our website. Golf can only be played, at your closest course, off the 1st tee and in pairs, unless cohabiting. Please use https://www.bookatee.com.au/romsey/

GOLF FOR NON RGC MEMBERS

Given that so many golfers are unable to get to their home courses RGC is offering reciprocal rights to all golfers. Once again just book a round via www.bookatee.com.au/romsey/

NO COMPETITION GOLF

Stage-3 Lockdown also means that no competition golf is to be played. All golf is social golf. Roll on end of Lock-down!

COVID-19

All of RGC would like to thank our health workers, police and members of the ADF for their dedication and everyone for "just doing the right thing".

All bookings at www.bookatee.com.au/romsey/. For detailed reports on all results at www.romseygolfclub.net/ results/2020/

RIDDELLS CREEK BASKETBALL CLUB - RCR

What a roller coaster ride for youth sports and all Victorians during this pandemic. We got so close to restarting some sort of SBA Winter season but the increasing COVID-19 case numbers throughout July meant the brakes had to be reapplied at least until mid September. Stage 3 restrictions in

rural and regional areas and Stage 4 in metro Melbourne has meant delaying any plans to recommence both training and competition. Though much uncertainty remains, let us look with hope to a Summer season of Basketball within a COVID Recovery framework. The tips in this article are a great basis for helping us all adapt.

Check our Riddells Creek Basketball Club Facebook page for updates.



The major professional leagues have suspended play for safety reasons, but **sports** are still our common language and help kids understand the world around them. Below are some tips to speak to youth about the coronavirus (COVID-19) public health situation to minimize anxiety...



LIFE IS A TEAM SPORT

We are in this together. Adults in your life are here to talk about the situation, answer your questions honestly and openly and discuss any emotions you may be having. Your "team" may include your family, friends, coaches, school, health providers, mentors, and anyone else in your life that supports you.





In order to be the best we can be on and off the fields and courts, we need to talk with one another. Coach K., Duke University's Basketball Coach, famously said, "Effective teamwork begins and ends with communication," which means we have the potential to be great if we can all communicate. Teams check in on one another, support each other, are open about their highs and lows, and what they need from others to thrive.



CHAMPION YOUR LIFE

Commit to yourself and be the best you can be during good times and bad. On the courts and fields this may mean practicing that move that has escaped you all season, off the court right now it means washing your hands and making your health your priority.



BE A DIFFERENCE MAKER

In difficult times, whether it be a game against a challenging opponent or when times are tough in life, you have a chance to make life better for others (to be a good friend, a neighbor, brother/sister, etc.)

The tips and pointers above have been provided courtesy of Doc Wayne Youth Services, an award winning non-profit headquartered in Boston that seeks to reimagine mental health through the lens of sport. For more support, training, or information contact: Rebekah Roulier, LMHC at support@docwayne.org.

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Riddell Riddles Answers

- 1. Four sisters and three brothers (Yeah, this one had a little maths involved!)
- 2. A candle
- 3. All the people were married__

(from page 19)







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Alternatively, submissions can be posted to: Riddell Roundup Editor

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RIDDELLS CREEK 3431

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

SIZE OF SUBMISSIONS AND PHOTOGRAPHS:

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