

Your Positive Ageing Newsletter

2021 Community Award Winners

In a year like no other, the Mitchell Shire community showed it is truly strong and resilient as Everyday Heroes rose above and beyond the challenges of 2020. We celebrated these Everyday Heroes at the Mitchell Shire Community Awards in Wallan on Australia Day.

> **Citizen of the Year – Wandong’s John Simpson**

John Simpson is part of both the SES and CFA in the Wandong area. He has served for more than two decades and played a part in the search for young Will Callaghan at Mt Disappointment last year.

> **Young Citizen of the Year – Seymour’s Hayley**

As an informal mentor, Hayley is helping to change the lives of those around her.

> **Access and Inclusion Champions – Wallan’s Adam Georgelin**

Adam Georgelin, a Richmond Tigers Wheelchair Footy Player, defied the odds and pushed his wheelchair the entire length of the Great Victorian Rail Trail.

> **Community Event of the Year – Broadford Primary School Display by the Broadford and District Historical Society**

The group put together the Broadford Primary School display on Australia Day in 2020. The showpiece was a book created to document the rich history of the school in the community.

> **Community Group of the Year – Wallan Circle of Friendship**

The Wallan Circle of Friendship was established 40 years ago. The group fundraisers for charity groups and supports its own members through hard times. In 2020, the group stayed connected through a newsletter, delivered by the group’s own volunteers.

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Moroccan veggie burgers with lemon chilli yoghurt



L-R: Citizen of the year John Simpson, Access and Inclusion Champion Adam Georgelin and Wallan Circle of Friendship’s Lorraine.



Pioneer Library given new lease on life

Families, children, adults and history buffs alike will be able to enjoy the historic Seymour Pioneer Library for generations to come following upgrade works.

The Library building itself is more than 130 years old and Mitchell Shire Council, in collaboration with the Seymour and District Historical Society, recently completed renovation and improvement works.

“It is fantastic to bring this part of history back to life. We are so proud of our community and its history and working alongside the Seymour and District Historical Society was a pleasure to ensure the Seymour Pioneer Library is used for generations to come,” Mitchell Shire Mayor Cr Rhonda Sanderson said.

The original building was repainted a sylvan green and mystique to give the space a brighter and lighter look, while the hardwood floor was replaced and polished.

Other upgrades to the facility included:

- > Toilet upgrades

- > A refurbishment of the storeroom
- > Ceiling improvements

“The upgrades have come together really well, and we are so excited to show this off to the community in April. The new fit outs and upgrades look great,” Seymour and District Historical Society Vice President Don Wilson said. “Preserving history for our community is something we are extremely passionate about. We cannot wait to continue our partnership with Mitchell Shire Council into the future.”

The \$33,000 project was funded by Mitchell Shire Council with the support of the Victorian Government’s Working For Victoria.

“I would like to thank the State Government for its support through the Working For Victoria program which allowed us to get this job done,” Cr Sanderson said.

The general public will be able to access the building during meetings for the Seymour and District Historical Society from April – dependant on restrictions.



Mitchell Shire Mayor Rhonda Sanderson and Councillor Bill Chisholm joins the Seymour and District Historical Society at the Seymour Pioneer Library.



Mitchell Shire Council acknowledges the traditional custodians of the land, those of the Taungurung and Wurundjeri People. We pay our respects to their rich cultures and to Elders past, present and future.

Services and programs make a comeback

Several of Mitchell Shire Council's most popular services and programs are back for 2021.

Our group fitness classes are back with a new timetable, children's programs have returned to Council's libraries for the first time since March last year, Youth Rooms in Broadford and Wallan are open and we've welcomed children back to our Learn to Swim classes.



We run group fitness classes at Kilmore Leisure Centre and Seymour Sports and Aquatic Centre including sessions targeted at seniors:

- Senior Strength**
 Improve your function, mobility and strength in this low intensity program designed specifically for seniors (45 min).
- Gymtastic Seniors**
 Conducted in the gym, this circuit style class focuses on strength, flexibility, stability and posture using a variety of gym-based equipment and movements (55 minutes).
- Heart Smart**
 A very low impact class for older aged patrons. Heart Smart focuses on cardiac rehabilitation, mobility and general strength building (45 minutes).

Pre-school children can get the year off to a great start with the return of Babytime (0-18 months), Rhymetime (18 months to 3 years) and Storytime (3+ years) to libraries, with sessions at 9.30am on different days in Beveridge, Broadford, Kilmore, Seymour and Wallan. Visit mitchellshire.vic.gov.au/library-programs

The programs have been developed to encourage a lifelong love of reading and learning, to provide social connections for children and parents and to familiarise people with the important role libraries play from an early age.

Students have jumped right back in to their Learn to Swim lessons, with classes held at Kilmore Leisure Centre and Seymour Sports and Aquatic Centre 7 days a week. Lessons are 30 minutes in duration, once a week during school terms, and participants have free access to swim anytime at Council facilities.

In an exciting partnership, the Community Activation and Social Isolation Initiative (CASI) and Mitchell Shire Leisure Centres have teamed up to provide a 50 per cent discount on Learn to Swim lessons up to 30 June to encourage social connection and community activity for valid health care card holders.

Our Youth Rooms open from 3.30-5pm on Mondays and Tuesdays at the Broadford Youth Room and Wednesdays and Thursdays at the Wallan Youth Room.

Seniors Fitness Classes Timetable

Program	Monday	Tuesday	Wednesday	Thursday	Friday
Senior Strength	Kilmore 10.30am	Seymour 8.30am		Seymour 8.30am	Seymour 8.30am
Gymtastic Seniors			Kilmore 10.30am		Kilmore 10.30am

Visit mitchellshire.vic.gov.au/group-fitness for more session details.

February Council meeting update

Quarry application at 175 Northern Highway, Wallan refused

Councillors unanimously refused an application for a quarry in the growth area between Wallan and Beveridge. So much work has gone into planning future development in these areas. A quarry will undermine all the good planning outcomes we're trying to achieve in this area. It will also compromise future liveability, growth, economic development and jobs, not to mention the impacts on quality of life through truck traffic, noise and vibration.

If you would like to know more, you can view the full report online.

Draft COVID-19 Community Recovery Plan

The draft plan has been released for community input. You can read the engagement report, draft plan and take the survey at engagingmitchellshire.com/covid-recovery online.

Community Cycling Forum

Members appointed. We will now begin working with the new members to understand

how we can plan for improved cycling infrastructure within Mitchell Shire for decades to come.

Growing Suburbs Fund applications endorsed

Applications endorsed for JJ Clancy Integrated Community Facility in Kilmore, Beveridge Recreation Reserve Activation and Chittick Park Play Space in Seymour

New LG Act requirements

With the new Local Government Act and the elections last year a number of reports were presented to and adopted by Council last night to ensure we're aligned with our legislative requirements:

- Community Engagement Policy adopted
- Procurement Policy adopted
- Common Seal and Conduct at Meetings Local Law 2020
- Councillor Code of Conduct
- Chief Executive Officer Employment and Remuneration

More information: A recording of the meeting and agendas are available on our [website](#).

Free travel on public transport for seniors

Senior Victorians and Carer Card holders are being encouraged to get back out there and enjoy Victoria with eight days of free public transport from 21 to 28 March 2021.

The free public transport week is happening in March 2021, after the October Seniors Festival free travel was pushed back from 2020 due to COVID-19 and public health guidelines.

Victorian Senior Card holders and Carer Card holders will be able to jump on public transport for free to visit attractions across Melbourne as well as regional and rural locations for a variety of exciting activities and attractions.

The free travel includes Melbourne trains, buses, trams, and regional V/Line trains. Cardholders will need to carry their myki and Seniors card or



Carer card and touch on and off as usual.

V-Line bookings open for this free travel period on Tuesday 2 March 2021. From that date onwards book via PTV Call Centre – 1800 800 007 or online at ptv.vic.gov.au

To find out more visit Seniors Online at www.seniorsonline.vic.gov.au

Making friends

Friendships are an important part of life, but many of us find it difficult to find, make or keep friends. Life events, such as moving to another neighbourhood can isolate us from our former support group and make forging new friendships more important than ever. This article offers practical suggestions that may help you to expand your social circle or reinforce the relationships you already have.

Priming yourself for friendship

You may want friendship, but what kind of friend would you make? Factors to consider include:

Attitudes to others - we can drive potential friends away by demanding they share our attitudes, beliefs or behaviours. If you accept that other people have a right to be different from you, you open yourself up to experiencing relationships that bring a fresh perspective to your life.

Treatment of other people - think about how you like to be treated, then offer the same to the people in your life.

Don't expect instant results - good friends aren't made overnight. Sharing your deepest secrets in one night won't necessarily create a close friendship. Take it slowly.

Curb the urge to criticise - constantly griping about the failures and weaknesses of other people can make your listener feel wary of you.

Don't gossip - potential friends aren't going to trust you if you constantly gossip to them about the trials and tribulations of other people.

Don't compromise yourself - each one of us has standards of morality and behaviour. Don't compromise yourself for the sake of 'fitting in' with a group.

Places to meet friends

- > follow your interests. For example, if you like walking, join a neighbourhood walking group.
- > If you don't work and have no particular hobbies, consider joining a volunteer group with a charity that interests you.
- > use your existing network of family and friends to meet new people.
- > Don't turn down social invitations.



Keeping friendships

Appreciate your friends - take the time to thank your friends for enhancing your life, in whichever way suits best - for example, inviting them over for dinner for no other reason than to have fun together.

Offer time and attention - friendships need to be nurtured. Ensure you make friendship an important priority.

Be compassionate - people make mistakes. Sometimes, a friend may do something of which you don't approve. Put yourself in their shoes - would you want condemnation or forgiveness?

Respect trust - if a friend tells you a secret, keep it to yourself. If your friend finds out you abused their trust, the friendship can be at risk

Where to get help

- > Mitchell Shire Council – The CASI Officer can help (Community Activation and Social Isolation program) Tel. (03) 5734 6200
- > Consider joining your local Neighbourhood House, Senior Citizen's Club, University of the Third Age (U3A)
- > Call Mitchell Shire Council to find your local group Tel. (03) 5734 6200
- > COTA Information Line 9.30 am to 4.00 pm Monday to Friday Tel. 1300 13 50 90
- > Australian Psychological Referral Service Tel. (03) 8662 3300 or 1800 333 497

This information has been provided by the Better Health Channel at www.betterhealth.vic.gov.au

Draft COVID-19 Community Recovery Plan

We've drafted the COVID-19 Community Recovery Plan and we're looking for your input.

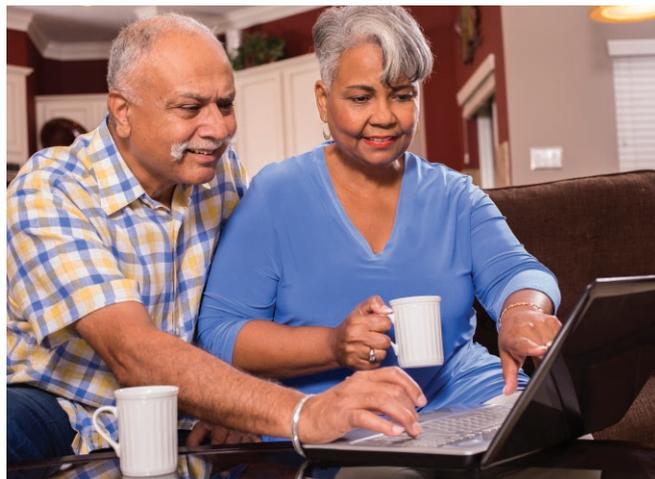
The plan presents the impacts of COVID-19 and an analysis of these impacts before presenting the priority areas for supporting the community recovery. These priority areas include a list of initiatives that can be used to support the activities and planning of community, organisations, local government and others wanting to contribute to the community's recovery from COVID-19.

Council's approach to Community Recovery is a commitment to empower those who have been disproportionately affected by COVID-19 in a community-led recovery process.

We are listening and would like to further explore your views about how Council is coordinating this recovery and how you want to participate.

We are interested in hearing from all community and stakeholders, even if you have taken part in consultation before.

31 Community groups and community service organisations, and 72 individuals in the community responded to the first round of consultation which informed the draft COVID-19 Community Recovery Plan. Their contributions were added to 26 internal consultations within Council to help build a



picture of the impacts experienced in Mitchell Shire as well as goals for recovery. This round of consultation will follow up with the original participants, allowing them to provide feedback on how their input was heard and used. This round of consultation is open to everyone, accepting feedback on the draft recovery plan.

How can you get involved?

Please start by reviewing the Plan then take part in the survey or contact us directly for assistance reviewing the plan and your options for feedback.

To see the results of the initial consultation in the engagement report Visit

engagingmitchellshire.com/covid-recovery

Pet registraion

Have you welcomed a fur baby into your home recently? We're about to send out animal registration renewal notices so make sure they're registered.

Don't forget, all cats and dogs 3 months of age or older must be registered with Council.

If you have changed address, left the Shire, or your pet has passed away, you can update your details by email mitchell@mitchellshire.vic.gov.au or call us on 5734 6200.

To register your pet go to www.mitchellshire.vic.gov.au/petregistration



Recipe Corner - Moroccan veggie burgers with lemon chilli yoghurt

For a lighter meal, omit rolls and serve patties with a leafy salad.

Ingredients:

- 420g can no added salt lentils
- 2 cloves garlic, crushed
- ¾ cup (45g) chopped fresh coriander
- 2 tablespoons tahini
- 1 tablespoon plain flour
- 2 teaspoons Harissa spice blend
- ¼ cup (20g) soft wholegrain breadcrumbs
- 6 wholemeal bread rolls, halved and lightly toasted
- ¼ cup olive oil
- 12 small butter lettuce leaves
- 2 tomatoes, thinly sliced
- 2 Lebanese cucumber, sliced into thin ribbons

Chilli yoghurt:

- ¼ cup plain Greek yoghurt
- 2 teaspoons lemon juice
- 1 teaspoon crushed chilli paste

Method:

1. Place lentils and chickpeas in a large sieve. Rinse under cold water. Press with the back of a spoon to extract excess liquid.
2. Process chickpeas, lentils and garlic in a food processor to form a coarse paste. Transfer mixture to a large bowl. Add coriander, tahini, flour and harissa. Mix well.



3. Divide evenly into 6 portions. Shape each portion into an 8cm round patty.
4. Spread breadcrumbs over a large plate. Coat patties in breadcrumbs, pressing on lightly. Transfer to a tray.
5. Heat oil in a large, non-stick frying pan over a medium-high heat. Add patties. Cook for 4-5 minutes on each side, or until golden brown.
6. To make chilli yoghurt, combine all ingredients in a small bowl.
7. Top base of rolls with lettuce, tomato, cucumber and hot patties. Spoon chilli yoghurt over patties. Replace roll tops to serve.

Recipe: Adapted from *The Heart Foundation*.

Have your say

This newsletter is a way for you to receive information about events, have your say and other information about what is happening in Mitchell.

We value your feedback about the Seniors Newsletter, so please contact us with your contributions to this newsletter or offer any feedback and suggestions as to what you would like to see in future editions via the details below.

If you would like to receive this newsletter regularly

and free of charge, we encourage you to sign up at www.mitchellshire.vic.gov.au/seniors, if this isn't an option please use the reply paid envelope on the back page of this newsletter.

Would you like to add a contribution?

Send it in to us at: community.development@mitchellshire.vic.gov.au or to: Community Development, Mitchell Shire Council, 113 High Street, Broadford 3658.

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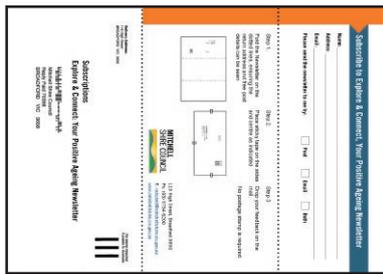
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113 High Street, Broadford 3658

Ph: (03) 5734 6200

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