

IN THIS EDITION
Your Christmas Guide
Community Updates
School Holiday Activities
What's Happening



Buninyong COMMUNITY GROUPS

ART LESSONS with TRUDY NICHOLSON

When – Every Tuesday
Times – 5:30pm to 7:30pm
Where – Uniting Church Hall
Contact – Trudy ph. 0407 613 038

ATA ACTING CLASSES

When – Tuesday during School Term
Time – from 6pm & 7pm
Where – Buninyong Town Hall
Contact – Adam ph. 0419 593 257
Website – www.ataactingstudio.com

BUNINYONG BOOK SHOP BOOK CLUB

When – Monthly on Tuesdays
Time – 1pm
Where – Buninyong Community House

BUNINYONG BRIDGE CLUB

When – Every Tuesday
Time – 10am to 12pm
Where – Buninyong Community House
Contact – Ange ph. 0402 098 267

BUNINYONG COMMUNITY PLAYGROUP

When – Every Friday – during school term
Time – 9:30am to 11:30am
Website – www.buninyongcommunityplaygroup.square.site

BUNINYONG & DISTRICT HISTORICAL SOCIETY

When – 3rd Saturday of Month
Time – 9:30am to 1pm
Where – Buninyong Town Hall
Website – <http://home.vicnet.net.au/~buninhis/>

BUNINYONG SENIOR CITIZENS

When – Every Tuesday
Time – 11:30am to 3pm
Where – Buninyong Community Facility
Forest Street, Buninyong
Contact – Jan ph. 0409 174 605

CWA BUNINYONG GENERAL MEETING

When – 1st Thursday of Month
Time – 7pm
Where – Buninyong Community House

CWA BUNINYONG MONDAY CREATIVES

When – 2nd Monday of Month
Time – 10am to 12pm
Where – Buninyong Town Hall

CWA BUNINYONG MASTERCLASS MONDAY

When – 3rd Monday of Month
Time – 6pm onwards
Where – Buninyong Town Hall
CWA Contact – Sonya ph. 0417 168 456
Facebook – CWA Buninyong

DE SOZA PARKRUN

When – Every Saturday
Time – Briefing starts at 7:50am
Where – De Soza Park
Contact – desoza@parkrun.com

ELDORADO LINE DANCING

When – Every Friday
Time – 10am to 2pm
Where – Buninyong Town Hall
Contact – Ella – ellaeldorado@gmail.com

HANDMADE AT THE HALL

When – 4th Monday of the Month
Time – 6:30pm to 8:30pm
Where – Garibaldi Hall
Contact – Carli or Kristy
Email – garibaldicommunity@gmail.com

PICKLEBALL BUNINYONG

When – Tuesday & Wednesday Nights
Time – 6:30pm to 8:30pm
Where – Buninyong Primary School Gym
Cost – \$10 or 2hrs for \$15
What – Play all year around when we have at least 8 players and when the gym is available
Contact – Wendy ph. 0458 372 906
Email – wendyvorstenbosch629@gmail.com

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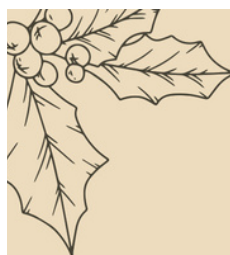
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CHRISTMAS TRADING HOURS

Mon 22nd: Closed
Tues 23rd: Lunch & dinner
Wed 24th: Lunch & Dinner

Dec 25th - Jan 21st
CLOSED FOR SUMMER BREAK



BDCA AGM Wrap Up



The Buninyong and District Community Association (BDCA) held its AGM on 30 October at the Buninyong Community House. Reports were received and new office bearers elected.

Incoming President, Darren Holland paid tribute to past president Sue Yorston and to Kevin Zibell who, after years as association Secretary, has moved into the Vice-President role for the coming year. Other committee members are, Lisa Cressey (Secretary), Gabby Allen (Treasurer), and ordinary committee members Darren Bowden, Robert Elshaug, Ross Pilkington and Merle Hathaway.

The committee was unanimous in celebrating the success of the Village Voice and thanked both the Production Team, the Community Bank and the general community for supporting our local publication and making the Village Voice's first year a great success.

Other notable achievements of the association were progress on developing an RV friendly stopping place in Buninyong, works for traffic safety improvement and ongoing advocacy for improved maintenance and facilities on Mount Buninyong.

Looking to the coming year, the BDCA will continue to advocate for local matters with all levels of Government, support other community organisations and continue to look for ways to represent, enhance and showcase Buninyong and district communities.

If you are interested in supporting your community and joining the BDCA please contact the secretary – secretary.bdca@outlook.com.

Contributor: Darren Holland, President, Buninyong & District Community Association.

PARK RUN in Buninyong is UP & RUNNING

After a number of trial events, Parkrun was officially launched in Buninyong on Saturday, 22 November at De Soza Park. The organisers would like to give a shout out to the Buninyong Community Bank and the City of Ballarat Council for their support and financial contributions in helping to establish the event.

The organisers welcome everyone to come along to walk or run the course. If anyone is interested in volunteering, they can contact the De Soza Parkrun page on Facebook or speak with one of the friendly volunteers on a Saturday, who will happily explain the roles and show them the ropes.

Parkrun will now take place every Saturday at De Soza Park. The briefing begins at 7:50am, and the event starts at 8am. The meeting point is near the playground off Warrenheip Street. The course consists of four laps, run in an anti-clockwise direction. If you want to get in contact to volunteer or ask questions, email De Soza Parkrun – desoza@parkrun.com

Come and join the fun of Parkrun!

Contributor & Photo Supplied by: Vicky Hallam, Event Director, De Soza Parkrun.

Walking Through Communities: A life of purpose, connection and service

Throughout our lives, we move within many communities – sporting, creative, academic and professional – and each one helps shape who we are. These groups offer connection, meaning and the chance to contribute to something greater than ourselves.

For me, the martial arts community has been a cornerstone. Over thirty years, karate became more than a discipline – it became family. I ran a Dojo in Ballarat for two decades, and my wife Monica led a Dojo at Buninyong Primary School in the early 2000s. Many students trained in that school hall and today we see them as adults with careers, families, and values shaped in part, by those early lessons in discipline and respect.

More recently, life took a turn when I was diagnosed with prostate cancer. Under the care of BRICC in Ballarat, I found not only excellent treatment but also a new community: the Prostate Support Group. By meeting monthly, this group offers a space for men to share ideas, frustrations and encouragement – an environment built on empathy and understanding.

Community involvement naturally leads to volunteering. The support group itself is run entirely by volunteers. Simone, who manages the BRICC Wellness Centre, coordinates volunteers who offer coffee, conversation and comfort to patients every day. Their presence is a quiet but powerful reminder of how small acts can make a difference.

My diagnosis led me toward retirement, but I still felt the need for purpose. That's when I joined The Soup Bus. Volunteering there has grounded me, offering perspective and a renewed sense of service. The people I've met – both volunteers and those we serve – continue to teach me what truly matters.

Volunteering and community involvement aren't just worthwhile – they're essential. They empower individuals and uplift entire communities. Through connection, we foster optimism, resilience, and hope for the future.

Contributor: Steven Hardy.



Junior Speaking Awards

The Lions Club of Buninyong-Mt. Helen, with the support of the Community Bank hosted the 2025 Junior Speaking Awards on 10 November 2025. 19 children from Buninyong, Emmaus, Mt. Clear, Magpie and Napoleons Primary Schools were brave enough to stand in front of a packed room to deliver their speeches.

The topic for the grade 3/4 was "If I could invent anything, what would it be?" which had some most entertaining ideas. The winning speech was by Chantelle Ndlovu.

For grades 5/6, the topic was "AI – Is it growing too fast for society?" This prompted a variety of ideas with a lot to think about for the audience of parents, grandparents and teachers. The winning speech was by Margot Jackson. Both winners are from Mt Clear Primary School.

Congratulations to all the participants, their teachers and families.

Contributor & Photos Supplied by: Tony Cooper, Lions Club of Mt. Helen and Buninyong.



Photos: Chantelle Ndlovu and Margot Jackson.

Feeling Right at Home

A new in-home aged care provider has opened in Buninyong, offering personalised support to older residents across the Ballarat region.

Right at Home – Goldfields, Grampians, Murray (Right at Home – GGM) is led by lifelong Buninyong local and critical care nurse Tamara Sproull, whose deep community ties and extensive nursing experience shape every aspect of the service.

Tamara grew up in Buninyong, attending local schools and raising her own family – Annie, Jack, and Ned – with her husband Andrew, a local builder. Her strong family values and upbringing continue to guide her- always ready to help others without expecting anything in return. These lessons, along with 28 years working in ICU and ED, helped inspire her to bring a new standard of home care to the region.

Her father Brendan's journey with Alzheimer's was a profound challenge that played a pivotal role in shaping her perspective and commitment. Tamara often worried about who could be trusted to care for him when he needed support. That concern opened her eyes to the gaps in aged care. "I want families to be cared for the way I'd want my own cared for. Good,

old-fashioned care. The basics done properly, and with dignity."

RAH–GGM is locally owned and approved for Support at Home Program (SAH), formerly Home Care Packages. Care should be accessible for everyone no matter what your financial position, because Tamara believes "no one should miss out on the essential support they need to live safely and comfortably at home." Services are flexible, ranging from occasional help to comprehensive daily care. They include companion and personal care, skilled nursing, respite and overnight support, live-in and couples care, and social and lifestyle assistance. Affordable home-maintenance packages such as gutter cleaning, pruning, deep cleaning, and home modifications, are also available and professionally delivered.

Tamara's high-acuity nursing background influences her approach: "Care shouldn't stop once someone leaves hospital. Often that's when things unravel.

I want to bring that same standard of care into people's homes."

One early client reminded her why this work matters: a daughter overwhelmed caring for both parents. With the right supports in place, both parents returned home safely, and the daughter was finally able to take a much-needed break.

With the commencement of the major aged care reform, "Support at Home" on 1st November, Tamara hopes Right at Home becomes the trusted support families turn to. "My goal is to make aged care simple, clear, and supportive – always putting care, dignity, and community first."

📍 Visit us in Buninyong
☎ Call (03) 7071 4606
🌐 Learn more at rightathome.com.au

*Contributed by Tamara Sproull with Gabby Allen, Village Voice Community Reporter.
Photo supplied by: Lisa Cressey.*



History Buninyong – a book town

In the process of researching a book, I discovered many literary figures that Buninyong can claim as its own. One of these notable figures is Samuel Goode, who displayed remarkable foresight in meeting the demand for publishing and printing – so much so that Buninyong could have claimed the title of the “book town of Victoria,” had Clunes not jumped in first!

Samuel Thomas Goode was a multifaceted individual: emigrant, family man, author, bookseller, printer, publisher, engineer, historian, miner, Freemason, Baptist, benefactor, and so much more.

He was a leader in the publishing trade in Melbourne and Geelong, with several publications to his credit. He incurred the wrath of the Colonial Secretary, facing libel action, he disappeared for five years, eventually resurfacing in Buninyong. By 1856, he owned a property and a goldmine shaft, built printing works, and published his own paper. He became a prominent community figure in both Buninyong and Ballarat, establishing the first free library, and expanding his business.

Goode's vision was far ahead of his time. Quick to recognise the need for a free press, he also saw the demand for printing services to serve the rapidly growing gold mining companies in the area. In the 1857 Buninyong Trade Directory, Samuel Goode is listed as a printer at 409 Warrenheip Street, although the date of the printing office's construction is unknown. The vacant block at Warrenheip and Forest Street was ideal for Goode's printing shop. He carried out many agencies there and was a distributor for several magazines. Bookbinding was part of the business, which also handled all aspects of printing and communication.

He did not forget the needs of miners who could not read or write, helping them by managing their letters and responses. He took care of documents and plans for major mining companies, making his office resemble an Officeworks of today. There were school exercise books to print and slates to manufacture, presenting him with a vast array of opportunities.

His mentor, John Pascoe Fawkner, had introduced him to politics, fostering Goode's growing interest in community concerns and miners' rights.

Samuel published at least 3,000 editions of the twice-weekly Buninyong Telegraph. I call him “the voice of Buninyong,” which equates to approximately 6,000 words per year from 1857 to 1890. You do the sums.

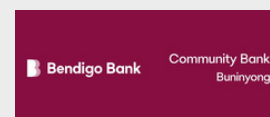
Contributor & Photo Supplied by: Tony Webb, local historian.



Former site of the printing office is now Dynamite Cycles Buninyong.

PRODUCED BY

This is a community project of the Buninyong and District Community Association, with the support of the Community Bank Buninyong.



Buninyong and District Community Association
Registration Number A0039386K
ABN 63 951 689 126



Management Committee

Village Voice: Buninyong and District Community News
Production Team under the direction of Buninyong and District Community Association.

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Publication cut-off is STRICTLY 14th of the month prior to production.

How to Contribute

Contact – news.bdca@outlook.com

Max 400 words per article. Longer submissions **WILL** be edited down.

Electronic submissions must be in either Microsoft Word or plain text only. Photographs or images **MUST** be in jpeg format.

The photographer must be identified, and have provided permission for publication prior to the photo being published.

Hand-written articles or photographs may be posted to - Village Voice: 408A Warrenheip Street, Buninyong VIC 3357. Please provide a stamped, self-addressed envelope if any material needs to be returned.

The contributor's name **WILL** be published.

Where to read the Village Voice or see guidelines

Online via the website:
www.buninyongcommunityassociation.com.au

Facebook: Village Voice - Buninyong and District Community News

Via Poster QR codes on local noticeboards, for you to read or download to print at home.

Advertising

For any advertising enquiries, please contact
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This publication can be viewed using this QR Code.



Disclaimer: Views, opinions, and responses expressed in “Village Voice: Buninyong and District Community News” belong solely to the author and do not necessarily represent their employer, organisation, or committee.

BUNINYONG VILLAGE MARKET

New Market Manager!

Buninyong Community Events Inc. is delighted to announce a new Market Manager for the Buninyong Village Market!

After 11 years as Market Manager, Lisa Cressey is handing over the reins to Sarah Suttie – a long-time market regular with over a decade of experience. She is currently completing a marketing degree. Lisa says Sarah is the perfect fit for the role:

"Sarah is bringing so much more marketing experience than I could ever hope to keep up with. Marketing changes every year, and having someone who's trained, passionate, and up with the latest trends is exactly what the Village Market needs."

The Buninyong Village Market is the primary fundraiser for Buninyong Community Events Inc., helping to cover insurance, licensing, and essential costs for a wide range of local events and activities including the Smart Living Expo, Buninyong ARTpreneurs, the Buninyong Film Festival, Bard in Buninyong and many more community favourites throughout the year.

Sarah, who has already been out and about putting posters up around town, said, "I'm really looking forward to reinvigorating the market, bringing in some fresh ideas, and connecting with the stallholders and community who make it all possible."

Sarah has already refreshed the market's social media presence and created a new website –

www.buninyongvillagemarket.com

– and is strongly promoting the Christmas Market on Saturday 6 December from 1pm to 5pm. Traditionally this is one of the biggest and best-attended markets of the year.

Keep an eye on social media for more Village Market updates and the release of the 2026 market dates.

Contributor & Photo Supplied by: Lisa Cressey, Buninyong Community Events Inc.

Name: Oscar

Age: 12 months

Breed: Border Collie

Bio: Oscar lives on 10 acres and can be seen on occasion walking and training with his owner in De Soza Park. He also often walks in Union Jack Reserve. He enjoys fetch and loves food, which may on occasion include the odd shoe lace. Whilst dog size he is still an excitable puppy. If you meet him he loves to say hello!

Oscar says, "I live a busy life primarily supervising all that happens. After breakfast I need to remind my owners to take me for a walk as they are not always reliable in looking after their health. I spend part of my day giving other reminders such as telling the sunlight patterns on the ceiling to stay in place. I also spend time communicating with others in the neighbourhood. If they bark I need to answer, loudly. After all they live some distance away. All this work means that I do need to spend part of my day snoozing. At the end of the day after the evening walk, I again have to give further reminders for things like fetch, tug of war or something simple like making sure I get my dental chew. I am sure my humans' world would fall apart without me."



Meet a Local!



Sarah Suttie & Lisa Cressey at the Spring Village Market in October in hand over mode!

Have Your Say: Ballarat Bus Network Under Review

The Ballarat Bus Network is currently undergoing a major review, and the Department of Transport and Planning (DTP) is inviting community feedback to help shape a modern, connected system that supports our growing regional city.

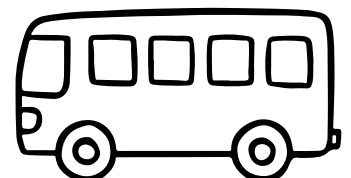
If you missed the recent pop-up information sessions, there's still time to get involved. An online survey is now open for individuals, businesses, and organisations to share their experiences and ideas.

Visit the Engage Victoria website to explore the current Ballarat bus network and complete the survey—this is a great chance to speak up for Buninyong and ensure local needs are heard.

Community consultation closes Sunday, 7 December.

Please note: This review does not include V/Line or school bus services.

*Contributor: Gabby Allen,
Village Voice Community Reporter.*



Blessed Be the Paw: My Unexpected Day at Church

I've seen things across the span of my nine lives you people couldn't imagine. Dust motes colliding in a sun beam, shot from high, in the laundry, as I pooped.

I have dreamt of the evisceration of birds and purred as you stroked my fur. I have watched the wind from within the living room window for hours, pausing infrequently to lick my paw. But I had never been blessed before.

This changed recently when myself and an assortment of other creatures attended the annual blessing of the animals at Buninyong Uniting Church. It was auspicious, yet confusing, and I'm still not sure how I feel about it. So far, I don't feel any change, but I received a fat scoop of jelly and meat when I got home, and that is never a bad thing.

"This is your special day, Melvin!" one of the humans cooed through the grate at me, "You are going to be blessed!"

"Is that what they are calling it now?" I indicated to Agatha with my eyes, and she paused, momentarily, from nervously licking her sphincter.

We arrived soon thereafter at the foot of a white building shaped like an isosceles triangle that echoed with the tolling of a bell. Agatha meowed quietly as we were transported within.

Through the mesh in the container, I could discern little; a high ceiling, rows of seating, multiple humans with varying degrees of white hair and uniform pink faces.

There was no scent of food I could detect, wet or dry, but I could smell three dogs, and I could hear them breathing, and my hackles elongated briefly until I verified that they were restrained.

The day began like any other, with meowing by my bowl and accusatory stares at the humans I reside with. I recall a desire to go outside and hunt, when suddenly I was gently plunked into a container with the other cat, Agatha. This usually means an injection, or a finger in my bottom, neither of which I particularly enjoy, so with some trepidation I was carried to the car, destination uncertain. This is outside, I

considered glumly. You should be careful what you wish for.

I confess I dozed once the speaking started and opened one eye as songs rose and ended. It was curious to me that no one appeared to notice the glad apparition that formed above, near the ceiling, among the wooden rafter belts, and how it smiled when some children spoke through animal hand puppets. A tiny yet magnificent tear appeared in its angel eye, taking in this strange gathering of man, woman, boy, girl and beast below. The band played "All Creatures Great and Small", which is a song I remember well from my time in the seminary.

Suddenly I was lifted out of my container by my human and carried to the front of the gathering. Is this when they clip my claws? I wondered with alarm. But no, I was placed in the lap of the lady who seemed to be in charge, and she stroked my head and shoulders with a calming combination of delicacy and firmness. She told me that I was a good cat, and all shall be well, and all manner of things shall be well. Which I knew already, but it was reassuring to be reminded of this, and the people seemed to dig it.

Once returned to my container I fell immediately into a deep sleep. I dreamt of a donkey towering over me, looking down, and it said, "Yes. I saw it too". I asked it, "When am I going to be fed next?" and it said, "Soon".

Contributor: Andrew Sutherland.

Photos Supplied by: Cathy Sutherland, Buninyong Uniting Church.





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Buninyong Art Prize & Exhibition Wrap Up

Back for the second time since the pandemic, Buninyong ARTpreneurs (a subcommittee of Buninyong Community Events Inc.) ran another successful art prize and exhibition over the weekend of 10–12 October in the historic Buninyong Town Hall.

More than 130 artworks were on display and available for purchase, and all were entered into the award competition. One of the ARTpreneurs members, Trudy Nicholson, said, “We were amazed by the support shown by our community again this year. We had over 800 people through our exhibition and sold many works on behalf of the exhibiting artists.”

The Art Prize kicked off on Friday night with a gala awards event featuring guest judge Katrina Jens, along with drinks and a delicious supper of charcuterie boats—which, according to feedback, was the best opening-night catering some attendees had ever experienced. The night was very well attended, with more than 100 were people present, including many artists. They were waiting in anticipation for the announcement of the seven award categories.

Buninyong ARTpreneurs thanks the Community Bank Buninyong for its ongoing support of the Acquisition Prize, which this year was awarded to local artist Amanda Western for her linoprint of De Soza Park. Amanda received \$750 for the prize, and her artwork will be displayed at the new Community Bank building. Other award winners—including the new “Packing Room Prize”—were as follows:

Community Bank Acquisition Prize

Amanda Western – De Soza Park

Abstract

1st Prize – Gail Trembath – Monoscape #2
2nd Prize – Helen Eldridge – Spheres Merging

Animalia

1st Prize – Lyn Cooke – Close Encounter
2nd Prize – Jane Reyne – Underbelly

‘Scape

1st Prize – Loyes Gedye – Afternoon Delight
2nd Prize – Rosalind Lawson – Napoleons Fungi

Urban Sketching

1st Prize – Helen Lunt – Ceramic Pots, Cefalù, Sicily
2nd Prize – Jon Crawley – Lost Heritage



Some of the Art Prize Winners: L-R – Helen Eldridge, Rosalind Lawson, Yvonne Wells, Gail Trembath, Helen Lunt, Chantal Arts.

The Buninyong Art Prize is now re-established as a solid feature of the Buninyong Event Calendar. Buninyong Community Event Inc President, Darren Holland said, “We are proud to be able to support these community activities and foster the arts in our local community.”

“There are big plans afoot for visual arts in Buninyong”, said Lisa Cressey, subcommittee Member of Buninyong ARTpreneurs. “Buninyong Community Events Inc. is looking to run a series of visual and creative arts events over the next 12 months, focusing on engaging and developing artists’ talent and collaboration in our village.”

Contributor: Darren Holland, President, Buninyong Community Events Inc.

Photos supplied by: Lisa Cressey, Subcommittee Member, Buninyong ARTpreneurs.



Still Life

1st Prize – Jennifer Sutterby – Sunlit
2nd Prize – Yvonne Wells – Large Bird Nest

People’s Choice

Daryle Davis – Dog Day Afternoon

Highly Commended

Amanda Western – Ridgeline
Sonya Duffy – BirdRock
Anne Prescott – The Oranges
Rosalind Bancroft – Hakes Francisiana
Chantal Arts – Pollination

Packing Room Prize

Loyes Gedye – Boat Shed



Amanda Western – Prize winner of the Community Bank Buninyong’s Acquisition Prize of her linoprint artwork, De Soza Park.

Buninyong Primary School Bursts into Colour

Buninyong Primary School turned into a sea of colour for its recent Colour Run, as students, staff and families enjoyed one of the most anticipated days of the year. While the morning started off cloudy and cool, spirits were anything but dampened.

Students ran, walked and danced their way around the course through clouds of colour, wearing white shirts to make the bright powders stand out. The Buninyong CFA added to the carnival atmosphere with a few well-aimed sprays of water to keep things lively and very colourful.

Adding to the fun, students took great delight in seeing buckets of slime poured over principal Bernie Conlan, a fitting finale to an exciting day and a well-earned reward for everyone's fundraising efforts.

The Colour Run was not only a lot of fun but also a major fundraiser for the school. Close to \$20,000 was raised through sponsorships and donations, with funds going towards insulating the school gym and supporting Buninyong Primary's involvement in the Energy Breakthrough program.

A huge thank you goes to teacher Jarrod Rodgers for his time and effort in planning and running the event, to the Buninyong CFA for joining in the fun, and to all families, donors and sponsors who contributed so generously.

Contributor & Photo Supplied by: Narelle Sullivan, Assistant Principal, Buninyong Primary School.

Photo: A very colourful Ivy enjoying a wash down by the Buninyong-Mt Helen Fire Brigade after the run.

Answers from page 18: 1. Koala 2. Tasmanian Devil 3. (Fruit) Bat 4. Red-Back Spider 5. Emu 6. Joey Kangaroo 7. Shark 8. Crocodile 9. Echidna 10. Platypus 11. Wombat 12. Human being 13. Kangaroo 14. Human being 15. Sheep

Heads up Buninyong – the Community Bank has moved!

They've packed up and shifted just a few doors down into their brand-new forever home at 407 Warrenheip St (right between the Community House and Dynamite Cycles).

Think fresh paint, new carpet, and the same friendly faces you were used to seeing every day. They've reopened and are already welcoming everyone back!

Community Bank Buninyong said, "Thanks, everyone, for your patience while we made the move, particularly on the days we were closed. We really can't wait for everyone to come through and see the new space!"

Be sure to drop by if you haven't seen it yet!

Contributor: Sam Elshaug, Community Bank Buninyong.



Merry Christmas and we hope you enjoy our favourite Christmas recipes from the Village Voice Team!



CHRISTMAS HAM

Contributor: Lisa Cressey

"I have been making this glaze every Christmas for about 20 years. I'm originally from Brisbane and we lived down the road from the Golden Circle Cannery."

Prep time: 20 mins

Cook time: 50 mins

Serves: ~20

INGREDIENTS

- ½ cup pineapple juice
- 1½ cups brown sugar
- 1 cup sweet mango conserve (or mango or passionfruit sauce / tropical jam – something that is sweet and tropical)
- 2 tablespoons Dijon mustard
- 1 x whole leg of ham (~7kg is standard for this recipe)
- Whole cloves (about ½ cup, or enough to stud the ham)

METHOD

- Preheat your oven to 180°C and position the shelf in the centre.
- Make the glaze: Place the pineapple juice, brown sugar, mango conserve, Dijon mustard and 1½ cups water into a medium saucepan.
- Stir to combine, bring to the boil, then reduce heat and simmer for 5 minutes.
- Prepare the ham:
- Remove the skin by gently running your thumb beneath the rind – it should loosen as you go.
- When you reach the shank, cut a straight edge and remove the rind completely.
- Trim away any excess fat if needed.
- Score the ham: Using a sharp knife, score the fat into a neat diamond pattern, cutting about 1cm deep.
- Stud with cloves: Press a whole clove into the centre of each diamond.
- Glaze & bake: Place the ham on a roasting rack in a large baking tray.
- Brush the glaze generously over the ham, then bake for 40–50 minutes, basting every 10 minutes until the ham is golden brown, glossy and irresistible.

CHRISTMAS PUDDING WITH BRANDY CREAM SAUCE

Contributor: Greg Dow

"One of my favourite memories of Christmas was the smell of the Christmas pudding cooking as it boiled over many hours. The next day the combined aromas of the warmed pudding and brandy sauce as it was it served on Christmas day will forever remind me of joys of Christmas."

Prep time: 30 mins

Cook time: 5 hours boiling time

Serves: 12

INGREDIENTS

- 375 g of raisins
- 375 g of sultanas
- 250 g of currants
- 185 g of prunes, chopped
- 1 tbsp of grated lemon rind
- 100 g of blanched almonds, chopped
- 1 carrot, grated
- 250 g of fresh white breadcrumbs
- 1 cup sugar
- 1 cup of plain flour
- 2 tsps. of mixed spice
- 4 large eggs
- ¾ cup of milk
- 1 cup of brandy
- 250 g of butter, melted



METHOD

- Grease a 2 lt or 8 cup pudding basin. Mix together the sultanas, raisins, currants, prunes, lemon rind, almonds, carrot, breadcrumbs and sugar.
- Sift the flour and spices, then add to the fruit mixture described above.
- Lightly beat the eggs, then add the milk, brandy and melted butter.
- Stir into the dry ingredients and fruit then mix well.
- Fill the prepared basin, leaving 25mm in space at the top.
- Cover with greaseproof paper and foil then tie securely with string
- Cook in a large pot of boiling water that comes three quarters of the way up the sides of the basin.
- Replace the lid of the pot and gently boil for 5 hrs. Top up with more boiling water as necessary.
- Remove the basin from the pot and allow to cool.

INGREDIENTS – Brandy Cream Sauce

- 2 eggs separated
- 300 ml of cream
- ½ cup of caster sugar
- 6 tablespoons brandy

CHRISTMAS PUDDING WITH BRANDY CREAM SAUCE continued . . .

METHOD – Brandy Cream Sauce

Beat the cream until soft peaks are formed. Mix in the brandy. Beat the eggs whites until they form stiff peaks and gradually beat in the caster sugar. Continue beating until all the sugar has dissolved. Beat in the egg yolks, then fold in the brandy cream.

SERVING

On the day of serving, reheat the pudding by boiling in the same manner as done before for 2 hrs. Serve the warmed pudding and allow guests to apply the sauce as required. Substitute the brandy cream with ice-cream for those who don't want the brandy component.

CHRISTMAS RICE SALAD

Contributor: Shell Corcoran

"I love this recipe for its Christmas colour and nutritional value."

Source: Christmas Brown Rice Salad | QCWA Country Kitchens.

Prep time: 15 minutes

Cook time: 0 minutes

Serves: 10

INGREDIENTS

- 3 cups brown rice, cooked
- 3 spring onion sprigs, thinly sliced
- ⅓ cup cashews, roasted
- ⅓ cup sunflower seeds, roasted
- 2 cups currants
- 2 red capsicums, finely diced
- 3 cups spinach, finely chopped
- ½ cup parsley, finely chopped

SAUCE

- ⅓ cup reduced salt soy sauce
- ⅓ cup olive oil
- 2 garlic clove, finely diced
- 3 tablespoons lemon juice
- 1 teaspoon cumin

METHOD

- Mix soy sauce, olive oil, garlic, lemon juice and cumin in a small bowl. Set aside.
- Add brown rice, spring onions, cashews, sunflower seeds, currents, capsicum, spinach and parsley to a large bowl.
- Pour sauce over brown rice and other ingredients.
- Mix all ingredients together and serve cold.

SPELT CHRISTMAS CAKE

Contributor: Pauline Roche

"Spelt flour is available in most supermarkets and health food stores. It is an ancient grain and often used by those who are sensitive to wheat. It is not a gluten free substitute but does have less gluten than conventional flour. This makes a lovely, boozy and fruity cake. This cake does not contain egg and vegan friendly options are described below."

INGREDIENTS

- 350 g wholegrain spelt flour
- 175 g margarine (vegan friendly if you wish)
- 175 g dark brown sugar
- 1 teaspoon mixed spice
- 150 g sultanas
- 200 g raisins
- 150 g dates
- 50 g flaked almonds
- 1 tablespoon treacle
- 100 g glace cherries, halved (or skip them if you are like me)
- Grated zest of an orange
- 2 tablespoons ground almonds
- 120 ml milk (soy will work)
- 2 tablespoons red wine vinegar
- ¾ teaspoons bicarbonate of soda
- 90 ml brandy (with only 30 ml on the day of baking).

METHOD

- Preheat oven to 150 Celsius (Spelt flour cooks at lower temps than conventional flour).
- Grease an 8 inch cake tin and line with a double layer of baking paper
- Sieve flour and spice. (Put the chunky bits of spelt flour back in)
- Stir in the flaked almonds and treacle
- Add the sugar, dried fruit, glazed cherries, orange zest and ground almonds and mix
- Warm half the milk in a small pot and add the red wine vinegar
- Dissolve the bicarb soda in the other half of the milk then add this to the warm milk and vinegar mix (Watch it fizz).
- Stir this fizzy mix into the flour and fruit mix until well combined
- Spoon mix into greased tin and smooth the top
- Bake for two hours until a skewer comes out clean
- Leave cake in the tin to cool then turn out and peel off the paper.
- Prick the cake with a tooth pick or skewer and pour over a third of the brandy
- Feed with the rest of the brandy at weekly intervals for the next two weeks.
- The cake will keep for four weeks.

MULLED WINE

Contributor: Lisa Cressey

"This is a variation of Jamie Oliver's recipe that I have been making for ages. I always get compliments when I make it for events. This method creates a syrup first before adding the rest of the wine so as not to burn off the alcohol of the wine."

INGREDIENTS

- 2 clementines (I use tangerines when I make this in July as I've never been able to find clementines - at Christmas time you can just use oranges & mandarins)
- 1 lemon
- 1 lime
- 200 g caster sugar
- 6 whole cloves
- 1 stick cinnamon
- 3 fresh bay leaves
- 1 whole nutmeg, for grating – 10 to 12 gratings
- 1 vanilla pod, halved lengthways
- 2 star anise
- 2 bottles of a good Shiraz wine



METHOD

- Peel large sections of peel from your fruit.
- Place sugar in a large saucepan over a medium heat, add the pieces of peel and squeeze in the juice of your clementines/tangerines.
- Add the rest of the ingredients and pour in just enough red wine to cover the sugar.
- Let this simmer until the sugar has completely dissolved into the red wine and then bring to the boil.
- Keep on a rolling boil for about 4 to 5 minutes, or until you've got a beautiful thick syrup.
- When your syrup is ready, turn the heat down to low and add the rest of the wine.
- Gently heat the wine for approximately 5 minutes.
- When it's warm and delicious, ladle it into glasses and serve.

GRANDMA'S CANNONBALLS

Contributor: Gabby Allen

"My mother-in-law absolutely loved Christmas. She cherished spending time with her family, especially seeing the grandkids and helping them put together their presents – usually Lego! Every year, she would make beautiful little Christmas decorations for the tree and for whoever was hosting that year. She also made a gorgeous terrine that we all looked forward to and batches of her famous "cannonballs" for her own boys and eventually the grandkids. Continuing the cannonball tradition in our family has become a lovely way to keep her memory alive – so simple, and so moreish! Adding a festive touch of rum has become my tradition- I'm sure she would approve!"

INGREDIENTS

- 1 can sweet condensed milk
- 1 pkt plain sweet biscuits (Marie)
- 2 heaped tablespoons cocoa
- mixed dried fruit
- 1/2 cup coconut plus extra to roll

METHOD

- Crush biscuits in a large bowl, add in cocoa and condensed milk and coconut. Mix well.
- Add in chocolate chips and mix well. Roll a tablespoon into balls and roll in extra coconut.

You can replace the mixed fruit with any of the following: chocolate chips, diced dried apricots, dried cranberries, a dash of vanilla extract.

Lions Members setting up the nativity scene in De Soza Park. L to R – Bill Arnold, Scott Bedggood, Gary White, David Page, John Nunn, John Podilinsky.



The Buninyong Christmas Festival Returns!

The Buninyong Town Hall Committee is proud to bring to the local community a wonderful event, the Buninyong Christmas Festival. It is a free event run by volunteers and raises funds for the up-keep of the heritage listed Buninyong Town Hall. It is intended to run annually.

The festival will run over two weekends, 5-7 December and 12-14 December between 10am and 5pm daily. Head over to the Town Hall and you will find Santa photos (Sundays 11am - 2 pm only) and a Santa Letter Station, along with an interactive "Stars of Buninyong" Stage Display, created by committee member and local creator Zlatko Balazic. You can bring along your own star to add to the stage installation. Look for these stars in local shops.

Further to this, the CWA will offer Devonshire Teas and the Christmas Pop-Up Shop will operate during opening hours to showcase unique gifts for everyone!

The popular Buninyong Elves will also return to the township during the month of December in the Spot the Elves of Buninyong Competition, where you can win Community Gold courtesy of the Community Bank.

Community Bank Buninyong and The Buninyong & Mt Helen Lions Club are joining in and are proud sponsors of this event which will bring fun, adventure and connections to the community! The Buninyong Town Hall Committee also wishes to advise, for those who would like to contribute to the Ballarat Toy Run, the Buninyong Town Hall, Maggie & Kate and Espresso Depot are collection points. Bring your NEW toy donations to one of these locations to support this cause. The Motorcycle Toy Run will come through Buninyong mid morning on Sunday 14 December.

Contributor: Miranda Donald, Buninyong Town Hall Committee.

Note: The Buninyong Town Hall Committee is auspiced by the City of Ballarat to manage the former Buninyong Shire Town Hall.



Christmas Services 2025 at the churches of Buninyong and Mt. Clear

Family Life Church – Mt Clear

Christmas Eve – 6pm

1185 Geelong Road Mt Clear

More information – Andrew Battistella on 5330 1637 or email – familylifechurch.com.au

Buninyong Uniting Church

Christmas Eve – 7pm

Learmonth Street, next to the old CFA

More information – Cathy ph. 0474 695 350

Buninyong Anglican Church

Christmas Eve – 5pm

Christmas Day – 9am

Corner Warrenheip and Scott Streets Buninyong

More information – Mark Schnerring ph. 0401 022 107 or email – buninyonganglican.org.au

Buninyong Baptist Church

Christmas Day – 9am

meeting at Buninyong Uniting Church (Learmonth Street, next to the old CFA)

More information – Craig Semple ph. 0438 438 175 or email – byongbaps@gmail.com

Buninyong Catholic Church

Christmas Eve – 7:30pm

St Peter & Paul's, 701 Fiske Street, Buninyong

More information – Parish Office on 5332 6611

BUNINYONG VILLAGE MARKET

ANNUAL CHRISTMAS MARKET

6TH DECEMBER BUNINYONG TOWN HALL PRECINCT

Food | Art | Music | Craft

FIND OUT MORE



First 72 Hours Workshop

A highly engaging and informative community workshop was held at the Buninyong Fire Station on Sunday 12 October. Headed by Andrew Hancock, Municipal Resilience Officer, Ballarat City Council, together with local and state CFA representatives, the workshop was presented by the Ballarat City Council Emergency Management team. The workshop enabled participants to discuss hazards to their lives, by identifying the dangers of disasters in their locality and how to deal with them in the first 72 hours.

The workshop enabled participants to connect with others in our community, sharing concerns and obstacles, and work together to overcome their impacts with a plan, especially with the fire season fast approaching.

Participants formulated a draft plan including information such as:

- **Who do I need to consider?** e.g. Myself, family, neighbours, friends, animals. Who do I need to tell? e.g. Family, friends, neighbours
- **What do I need to know? What do I need to do?** e.g. What type of disaster, Bureau of Meteorology for weather information, use of Vic Emergency app, local, ABC radio and Sky tv for up-to-date information. A battery-operated transistor is a great idea, in case of a power outage tuned into 102.3 FM
- **Where will I go?** Discuss and plan ahead with family or those affected

- **How will I get there?** Look at alternative ways as conditions might affect your route. The earlier you evacuate, the better.

Participants were shown a wide variety of things to have ready to evacuate quickly, prepared and put in an accessible place. Some examples included three days' supply of clothes, medication, first aid kits, torch, fuel and water containers, esky, masks, hand sanitiser, photos, a safe with passport, private papers etc (or USB with photos of this information).

For further information, contact –

Andrew Hancock, Municipal Resilience Officer, Ballarat City Council
Ph.0418616478
andrewhancock@ballarat.vic.gov.au

At the completion of the workshop, Gareth Smith, Captain of the Buninyong Fire Station, gave us a tour of the wonderful facilities in the station. We are very lucky to have such a great up to date facility in our town. He encouraged local people to participate in any local Brigade family days or activities, and showed us washing machines which were purchased using donated funds. These are used well and appreciated by the Brigade. He reminded us also about the annual local calendar drive collecting donations that are appreciated and used effectively.



Photo: Jai, Andrew, Jessica and Emma from Ballarat Council Emergency Management and Gareth from Buninyong Fire Brigade.

Contributor & Photos Supplied by: Rosemary Barr.

Book Review

THREE DAYS IN JUNE BY Anne Tyler

About the author

Anne Tyler is a very popular and prolific American author and Three Days in June is her 2025 novel. It is the story of Gail Baines and the three days surrounding her daughter Deborah's wedding..... The day before, the day of and the day after.

About the story

The day before doesn't go well, as Gail quits her job as assistant principal of a school; her daughter doesn't invite her to the pre-wedding spa treats and her ex-husband Max arrives with a cat and nowhere to stay. Deborah, the bride,

also discovers a "situation" involving her husband-to-be.

The day of the wedding transpires well enough, though Gail is rather removed from the events and can only offer "you look very nice Deb" as a compliment to her only child on her wedding day.

Gail herself has her own secrets that are rekindled the day after the wedding and her future becomes entangled with her past. This has her pondering what to do about her job, the cat, Deb and Max.

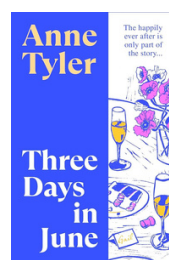
Reviewer's comments

This is a short novel, only 165 pages long and written in a chatty, easy reading style. Even

though it covers only three days, the reader gets to know the characters personally and in its short form, looks on a deeper level at family dynamics, marriage, motherhood, identity and mainly, forgiveness.

A charmingly relaxing read that packs a lot into its 165 pages. It is a novel I can confidently recommend. It may even introduce Anne Tyler to new readers or just confirm her qualities even more to her faithful millions. Delightful, witty, compassionate, engaging, a book to enjoy and perhaps read again sometime.

Contributor: Bev Elshaug.



What to do these school holidays?

Explore and Discover Nature These School Holidays

School holidays are the perfect time for our younger readers to try something new – and spending time outdoors exploring and photographing native wildlife, plants, and landscapes is a fun and meaningful way to enjoy the break. You don't need any special equipment or scientific background – just curiosity, enthusiasm, and a sense of adventure. With a phone or camera in hand, you can capture the incredible diversity of local animals, birds, insects, and plants right in your own backyard or community park.

Taking photos of native flora and fauna helps you see the world in a new way. You might discover a colourful butterfly resting on a leaf, a lizard basking on a rock, or tiny wildflowers hidden among the grass. These small moments of discovery turn ordinary walks into mini expeditions. You can also use apps or online guides to identify the species you photograph and learn fascinating facts about them –like where they live, what they eat, and how they contribute to the local ecosystem.

Exploring and recording nature isn't just enjoyable – it's educational too. Observing animal behaviour or noticing how plants change with the seasons can teach you about biology, climate, and the environment in a hands-on way. It's an opportunity to connect what you've learned in school with the real world around you. You'll also develop valuable skills such as patience, observation, and creative photography, which can inspire future hobbies or even careers in science, art, or conservation.

Best of all, exploring nature creates lasting memories and deepens connection to the outdoors.

So, during these school holidays, grab your camera or phone, head outside, and start exploring. Whether you're spotting frogs by The Gong, snapping photos of wildflowers in Union Jack, or watching birds in flight from Mount Buninyong, you'll be helping yourself and discovering the magic of nature. Remember to stay safe and respect

the environment while you explore. So get started, search the internet for "Walks in Buninyong", or call into the Buninyong Tourist Information Centre for maps and information.

If this activity sparks a new hobby, you can explore becoming a citizen scientist or start adding your photos and observations to online databases like iNaturalist, where your discoveries help scientists and nature lovers all over the world.

Parks Victoria's Citizen Science Toolkit
[get-started-with-citizen-science.pdf](#)

How to Get Involved – [Citizen Science Projects](#) - [Conservation Volunteers Australia](#)

Contributor & Photo Supplied by: Shell Corcoran, Village Voice Community Reporter.



Image courtesy of Michael Leunig.

FREE Frolicking Fun in Forest Street

Yes, you read that correctly!

When the Buninyong Aquatic Centre opens for our summer season, the entry fee will be free for residents in the Ballarat Local Government Area. Further details can be found below.

Swimming is a central part of most Australian childhoods. For many kids swimming, whether it be in the ocean, a pool, dam or river, it is where summer days are passed. It is the activity and the places it occurs which fosters imagination, excitement, friendship and thrill. Our pool also offers us a place to create memories and connections so when it opened on Saturday 29 November 2025, the opportunity for new memories was created!

The pool has been diligently prepared by Council staff- water has been cleaned, filtered, and lightly chlorinated, and the ducks have once again been encouraged to find a new place to relax. Now all we have to do is wait for days above 23 degrees for the pool to operate. Grassy surrounds with trees and shade cloth for sun protection will add to the welcoming environment.

The kiosk, available for refreshments, will be particularly sought after by local children following long, hot days in the classroom. In addition, the pool provides safe water toys for kids, and more importantly, lifesavers will also be on duty.

While the VICSWIM Summer Kidz Program was conducted in January this year, at the time of printing this edition we sadly report that, due to funding constraints, VICSWIM will not operate the program in Buninyong in 2026.

During the 2025-26 summer season, the pool will be open during the following hours:

Outside of school holidays
Monday to Friday: 4pm to 7pm
Weekends and public holidays: 1pm to 6pm

During school holidays
Monday to Friday: 1 pm to 7 pm
Weekends and public holidays: 1 pm to 6 pm
(In hot weather, it may stay open even later.)

Free Entry Details

The City of Ballarat has recently announced free entry to the Buninyong Outdoor Pool for the 2025/26 summer season.

Residents within the Ballarat Local Government Area can enjoy unlimited access to our community-favourite pool by registering for a free Season Pass.

Claiming your FREE Season Pass is easy. From Monday 17 November 2025, simply follow these steps:

- Click on the link and sign up via the Online Portal found at Season Pass – Ballarat Aquatic & Lifestyle Centre.
- Select Buninyong Season Pass and create an account.
- Visit Buninyong Aquatic Centre during opening hours to collect your card with valid ID.

A season pass is available to anyone that lives in the Ballarat Local Government Area. You will need to show proof of ID and residency when you collect your pass.

If you are a current member of the Ballarat Aquatic and Lifestyle Centre, you already have free access to all City of Ballarat managed outdoor pools.

Pay Per Entry

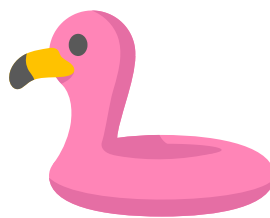
The alternative to the free pass is pay per entry as shown below. Admission fees as per Ballarat Aquatic and Lifestyle Centre website

Adult – \$7.40
Concession – \$6.50
Child 5 -15yrs – \$4.50
Family – \$19.40
Child under 5 – Free

Should you have any further questions or enquiries please contact the Buninyong Aquatic Centre Ph. 5329 1167 during opening hours.

Contributor: Greg Dow, Village Voice Community Reporter.

Photograph Supplied by: Alana Burgess, Marketing and Communications Officer, Ballarat Aquatic & Lifestyle Centre.



Baths Update

The former swimming baths, situated in the picturesque Buninyong Botanic Gardens, are listed on the Victorian Heritage Register and represent an important piece of Buninyong's recreational and social history.

First constructed as a bluestone water reservoir in 1860, the baths were used as a swimming pool from 1872 until they were closed due to a high E-Coli count in the 1930s.

The concrete wall was erected in the early 1920s by returned servicemen under the direction of Shire Engineer C.P. Wilson, an early advocate for reinforced concrete.

In the early 1990s, the baths were transformed into a garden to celebrate their historical significance.

Specialist heritage and conservation firm Ivy Constructions have been appointed to remediate the historic walls of the former swimming baths.

The conservation works will provide additional foundations to support and provide long-term stabilisation for the concrete walls of the baths, which have shown varying degrees of leaning.

The works include minor concrete wall panel replacement, filling cracks, sealing vertical cracks at the joints of wall panels and posts, and laying gravel to improve surface drainage away from the wall footings.



Heritage Victoria has been involved in the development and approval of the restoration proposal, and a heritage permit has been granted for the works.

City of Ballarat Deputy Mayor and Buninyong Ward Councillor Ben Taylor said the project will preserve and enhance this important heritage-listed asset for future generations. "The former swimming baths are a much-loved heritage asset of the Buninyong Botanic Gardens," he said. "These conservation works are designed to preserve this invaluable heritage asset without impacting on the heritage values of the site."

Works to remove all internal woody vegetation, including hedges, climbers, poplar suckers, blackberries and dead elms on and around the

heritage swimming baths walls recently commenced with locals showing their appreciation on social media. The removal of the vegetation is in preparation for the restoration works to be undertaken by Ivy Constructions.

The garden will be restored once the wall conservation works have been completed.

The works are expected to be completed by February 2026, subject to weather delays or unforeseen issues and will be supervised by a Heritage Victoria-endorsed Heritage Engineer and the City of Ballarat.

Contributor & Photo Supplied by: City of Ballarat Council.

A New Chapter for Real Estate in our Region

Stone Real Estate, has been operating from an office in Warrenheip Street in Buninyong for the past few years, while Doepel Lilley & Taylor has been part of Ballarat's history for the last 130 years. Since 1888 this familiar name has stood beside generations of Ballarat families – from the Great Depression to Gold Booms, through two World Wars, and eras of growth and change, Doepel Lilley & Taylor has helped shape the region's property landscape through trust, integrity, and results.

Now, that proud legacy enters an exciting new era. The company has joined forces with Stone Real Estate, Buninyong to create a stronger, more dynamic business that's part of an Australian network known for innovation, cutting edge marketing and client-first service.

The Principals of the two companies Stu O'Brien and Rob Cunningham said they had cultural alignment from the start and bringing them under one umbrella made sense for the strategic direction of the business, the team and their clients. "It's a win, win scenario to blend these two businesses to lift our offering in the market and expand our operations. It's really exciting for the future of clients."

From 11 November 2025 the business will operate from 44 Armstrong Street, Ballarat and will be known as Stone Real Estate Ballarat blending the deep local knowledge and community roots of the Buninyong office with the history and experience of Doepel's. The result is a powerful combination of experience, tradition, technology and modern marketing reach – all delivered by the same trusted local faces.

While the name evolves, the commitment remains the same: exceptional service, genuine care, and a continued dedication to Ballarat and Buninyong's people, past and future.

Contributor: Stu O'Brien, Principal, Stone Real Estate.

A Busy Buninyong Men's Shed

Buninyong Men's Shed (BMS) has had a busy time lately, with lots of items to repair or build, including, a tricycle restoration, more birdboxes, samples for turned wooden heater handles, lots of broken chairs, a small trailer, a large sign frame, plus lots of private jobs.

The State Men's Shed Association recently held its annual conference in Melbourne, where three BMS members attended to explore ways to strengthen our relevance within our community. The full-day event included presentations, discussions, and idea-sharing with other Men's Sheds, focusing on different approaches to better engage older men and support local communities.

Another highlight for BMS was a visit from a Japanese delegation on a fact-finding tour. The visit was facilitated by Barry Golding AM, with a view to showing how Australian Men's Sheds operate. Australia is credited with starting the global Men's Shed movement, and other countries are keen to learn from us.

Apparently, there are only five small Men's Sheds in Japan, all working from private garages/sheds, so a visit to Australia to view how our Men's Sheds operated was an interesting eye-opener for Dr Ayahito Ito, and Dr. Risa Takashima. We treated our guests to a dinkum Aussie BBQ and tour, with explanations on what we do and how we are organised, as well as the benefits to members and the community. Friendships were made and their trip was deemed a great success by giving Ayahito and Risa lots of ideas to help Japan start a similar program.

Contributor & Photo Supplied by: David Senior, Buninyong Men's Shed.



Thunderstorm Asthma

Thunderstorm asthma usually occurs during grass pollen season that runs from 1 October to 31 December each year. Grass pollens get swept up in the wind gusts that come before a particular type of thunderstorm. These pollen can burst open and release microscopic particles that can quickly trigger asthma symptoms, such as feeling shortness of breath, wheezing and tightness in the chest.

This reaction can be sudden, serious and even life threatening. Those most at risk are people with a history of asthma, undiagnosed asthma and/or springtime hay fever, however it can also affect people who have never had asthma before.

With plenty of hay and pasture farming around the Buninyong region, residents may face a higher risk during this period. You can protect yourself and those in your care by following these simple steps:

- Check the VicEmergency Thunderstorm Asthma Forecast webpage: <https://www.emergency.vic.gov.au/prepare/#thunderstorm-asthma-forecast>
- Download the VicEmergency app and set a local watch zone to receive advice and warnings.
- Avoid being outdoors in a thunderstorm, especially during the winds that precede it. Turn off any air conditioner systems that draw air from outside into the home or car.
- Make sure your asthma symptoms are well controlled and that you have an asthma action plan in place.
- Keep reliever medication (such as Ventolin) on hand during these months, even if you're symptom-free, and know how to correctly use it.

Knowing asthma first aid can be lifesaving. One of the most common reliever medications in Australia is known as salbutamol (brand names include Asmol, Ventolin and Zempren) and puffers are usually blue/grey in colour. If you're unsure whether someone is having an asthma attack, it's still safe to use reliever medication.

Asthma First Aid Advice:

- Sit the person upright.
- Shake reliever puffer and give 4 separate puffs, using a spacer if available.
- Wait 4 minutes. If the person still cannot breathe normally, give 4 more separate puffs.
- Call 000 if symptoms continue and keep giving 4 puffs every 4 minutes until the ambulance arrives.

Speak to your pharmacist or health professional if you would like further information, advice or a review of inhaler technique to ensure you're getting the optimal dose.

Contributor & Photo Supplied by: Pharmacist / UFS Pharmacy Manager, Shane Ingeme.

Catherine **KING** MP

FEDERAL MEMBER FOR **BALLARAT**

Wishing everyone
a safe and peaceful
Christmas and a Happy
New Year!



Standing up for our community!

(03) 5338 8123
Catherine.King.MP@aph.gov.au
www.catherineking.com.au

Authorised by Catherine King MP,
5 Lydiard St Nth, VIC Ballarat 3550

SEASON'S GREETINGS

CELEBRATING THE SPIRIT OF COMMUNITY

This time of year is all about
community, kindness and
connection — the things that
make our region so special.

Wishing everyone a Merry
Christmas and a happy, healthy
start to the new year.

Michaela Settle MP
Member for Eureka

michaela.settle@parliament.vic.gov.au 5331 7722 /MichaelaSettleMP





How healthy is your home loan?

With the current cost of living, there's never been a better time to review your home loan.

We'll look at your rate, term, repayments, and equity, giving your loan a full check-up to make sure it's still right for you and your current needs.

Enquire online at [bendigobank.com.au/healthcheck](https://www.bendigobank.com.au/healthcheck) or visit your nearest branch.

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All loans are subject to the Bank's normal lending criteria. Fees, charges, terms and conditions apply. Please consider your situation and read the Terms and Conditions, available online at www.bendigobank.com.au or upon request from any Bendigo Bank branch, before making a decision. Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL 237879 (2083101- 2126290) (02/25)

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Doepel Lilley & Taylor is now Stone Real Estate Ballarat.

Your trusted local team, now backed by a national network, elevated marketing and smarter technology.

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