

VOL. 01 | WINTER 2025

The Otway Edit

CELEBRATING
OUR FIRST
EDITION!

ANDREW STUBBINGS PHOTOGRAPHY

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up
some
space.**

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CONTACT US: THEOTWAYEDIT@OUTLOOK.COM.AU

The Otway Edit

Hi! We're new here!

We are thrilled to introduce The Otway Edit, a magazine dedicated to celebrating the people, places, and stories that make our region so special.

At The Otway Edit or TOE, we are passionate about showcasing the best of our community. From inspiring stories of local heroes and community champions to highlighting the amazing work being done by our small businesses, farmers, producers and artists, we'll be covering it all.

Our mission?

We are committed to being a platform for the people, by the people. We'll tackle tough discussions, spark meaningful conversations and amplify the voices of those who need to be heard. Our goal is to create a stronger, more compassionate community where everyone feels seen and heard.

In every issue of The Otway Edit you will find:

- Inspiring stories of local heroes and community champions
- Behind-the-scenes looks at local businesses and initiatives
- Tips and advice from experts in their fields
- Honest discussions about the issues that matter most to our community

We're excited to start this journey with you. The biggest heartfelt thank you to everyone included in our first issue, and all the supporters cheering us on. Get ready to be inspired by the amazing people and stories of our community!

Your logo here?

Get in touch: theotwayedit@outlook.com.au

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GOVERNMENT DEVOID OF
ETHICS**

MEET THE PHOTOGRAPHER BEHIND THE COVER

Andrew Stubbings



Andrew Stubbings' life took a significant turn 15 years ago when he and his wife Kathryn left Melbourne to start anew in Cobden, running the Heytesbury House B&B. But it was a personal struggle that led him to discover a true passion - photography. Diagnosed with depression and anxiety about a decade ago, Andrew found solace in capturing the world around him.

"I find being in nature calming," he says, "it helps distract me from my worries." Through his lens, Andrew focuses on the beauty of Victoria's diverse landscapes - from rainforests to coastal vistas. His work has become an integral part of his life.

Andrew's photography journey is marked by experimentation and learning. He cites his late Pa, a keen photographer, as a significant influence and he recalls him giving advice on Andrew's photos. After his Pa passed away in 2017, Andrew inherited his photography gear and some notable awards.

Today, Andrew balances his work at the Port Campbell Visitor Information Centre with his photography pursuits. His Instagram and Facebook accounts showcase his growing portfolio, capturing the essence of the places he visits.



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COOK CLEAN CONNECT

Jule Brenner

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✉ cookcleanconnect@outlook.com

🌐 cookcleanconnect.com.au

COOKING SERVICES



- We bring our **OWN EQUIPMENT**
- We cook from **SCRATCH**
- Meals are all **HOMEMADE** in your own home
- We Prep, Cook and Dish Up with **LOVE**
- We fill up your **FRIDGE / FREEZER**
- You will have enough food for **5-7 DAYS**
- We cook for **SMALL** and **LARGE FAMILIES**
- We cook with **YOUR** ingredients
- You can **CHOOSE** the menu
- We bring our own **SPICES**
- We **LOVE** chatting with you while we cook and get to know **YOU**
- We give you your spare **TIME** back
- We provide a great **ATMOSPHERE**



CLEANING SERVICES



- We bring our **OWN EQUIPMENT**
- We use mainly **ENVIRONMENTALLY FRIENDLY PRODUCTS**
- **HOURLY** or **FLAT** rate
- **SPRING** Cleaning Option
- **DOMESTIC** Cleaning
- End of Lease **ONLY EMPTY HOUSES**
- Cleaning Area **LIST** available



- ✓ Aged Care Packages
- ✓ NDIS Check
- ✓ Food Safety Supervision
- ✓ Working With Children Check
- ✓ Public Liability Insurance
- ✓ Police Check Optional



Winter Warmers

Ziibo, a boutique art gallery and homewares store in Colac, Victoria, is a haven for those seeking unique, sustainable, and high-quality products. Inspired by nature's beauty, Ziibo showcases a curated collection of original art, homewares, and gifts that evoke emotion. Here's a sneak peek at some cozy winter warmers from Ziibo, perfect for snuggling up on chilly days.

*Locally
made!*



Take up some space.

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GREEN ROLLING HILLS OVERLOOKING COLAC WITH WARRION HILLS IN THE BACKGROUND

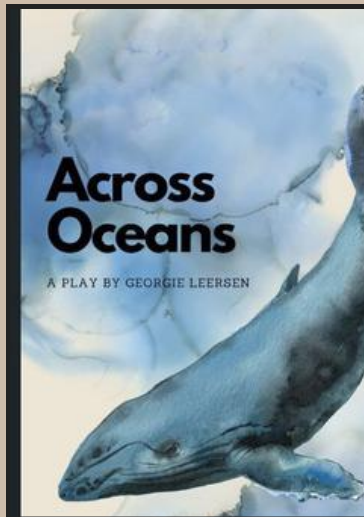
WHAT'S ON?



OF THE LAND ON WHICH WE MEET

At COPACC, explore identity and connection through acrobatics and storytelling. Three Australian circus artists share their journey, questioning what it means to be where we are.

Price: \$30
Concession: \$27
MOB/ COPACC: \$24



ACROSS OCEANS

Showing at COPACC, join Ellin Echidna and friends in a family friendly play about friendship and adventure.

Price
Adult \$18
Child \$16



VELVETEEN RABBIT

Showing at COPACC. A physical theatre adaption of a children's classic. A toy rabbit becomes real through dynamic audience participation and live music.

Price: \$20
Concession & Child \$16
COPACC Member: \$16



YES YES YES

Showing at COPACC. A theatre show exploring healthy relationships, consent, and desire for young people. Innovative storytelling and audience participation spark important conversations.

Price: \$20
Concession \$18
Child & COPACC Member: \$16



EMBRACE YOUR PERFECTLY IMPERFECT SELF

Arts therapy workshop for women to cultivate self-love and confidence through creative expression. If you book this and a Releasing Frustration session it is \$80 for both.

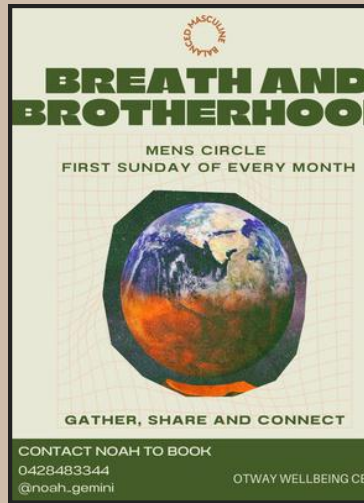
\$50 per person



RELEASING FRUSTRATION

Arts therapy workshop for women to release anger and frustration through creative expression. If you book this and an Embrace Your Perfectly Imperfect Self session it is \$80 for both.

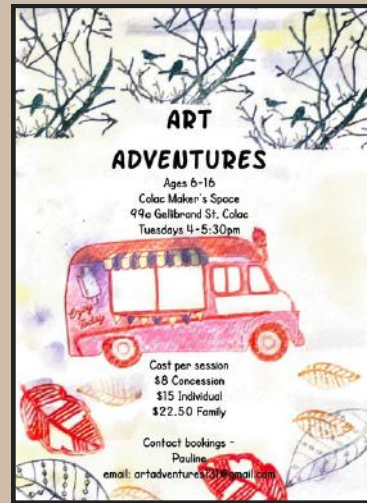
\$50 per person



BREATH AND BROTHERHOOD

Men's circle with breathwork and sharing to promote connection and personal growth. Held on the first Sunday of every month at The Otway Wellbeing Centre.

\$25 per person



AFTERSCHOOL ARTS

Art classes for children between the ages of 6-16, offering creative expression and skill development in Colac.

\$15 per person, \$8 Concession



THE PAPER ESCAPER

Puppetry production about a plucky protagonist defying their story. Inventive puppetry and physical performance feature in this delightful show.

Price: \$20
Concession: \$18
Child & COPACC: \$16



4 FUN DAY COBDEN

Family-friendly activities at Cobden's Racecourse Reserve, including mini trains, mini golf, pioneer park, and historical society.

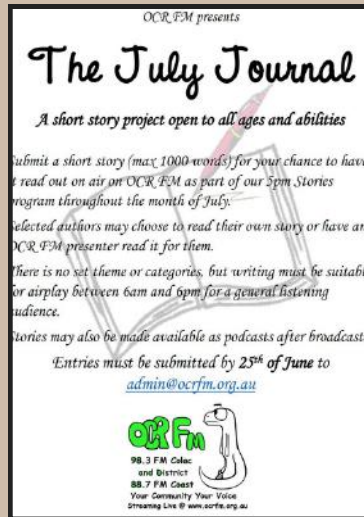
Train ride: \$3
Mini golf: \$3-6



COMEDY FOR A CAUSE

Comedy showcase supporting OCR FM, featuring Sydney and Melbourne International Comedy Festival performers.

\$35 per person
@ Colac Log Cabin
Scout Hall



THE JULY JOURNAL

Calling all writers. Enter the OCR FM 'July Journal' writing program by submitting a short story or poem.

FREE to enter



155 FAIRY STREET, WARRNAMBOOL, VIC, 3280

LIVE MUSIC WITH GEM & PHIL - JUNE 5TH

Two powerhouse performers, one unforgettable night. Come early, stay late, and soak up the sound.

5TH JUNE
5:30-7:30PM
BAR OPEN FROM 4PM
FREE ENTRY

JAZZ NIGHT

We're open to the public weekly with live music, wine, and great company. More jazz nights coming soon —musicians, get in touch if you want to play!

MUSIC FROM 5PM
FREE ENTRY

LITTLE HANDS, BIG ART

A playful collage session for parents, turning kids' artwork into sentimental masterpieces. Price inclusive of workshop, tea/coffee and light refreshments

14TH JUNE
12PM-3PM
\$65 PER PERSON

WOMEN'S EMPOWERMENT

Maddie from The Affable Soul holds a nurturing session of connection, insight, and strength in sisterhood.

15TH JUNE
6PM
PRICE: TBA



ROTARY CLUB OF TERANG

SAT, JUNE 21st 2025

SAT, JULY 19th 2025

SAT, AUG 16th 2025

9am to 1pm

CIVIC HALL, High st, Terang

Free entry. Enquiries 0418 121841

TERANG MAKERS MARKET

Rotary Club of Terang hold an indoor Makers Market during the winter months of June, July and August. The market showcases the amazing work of creators and artisans who live in the greater Terang area and our great Southwest. June 21, July 19, Aug 16. 9am-1pm

Terang Civic Hall, 131 High Street, Terang, Victoria



KAWARREN MARKET

Take a scenic drive to Karwarren's Echidna House for the Karwarren Market full of handmade crafts, local produce and much more. Live music. Sit in or take away cafe. Amazing homemade foods. 25 June, 23 July, 27 August. Echidna House, 2 Kawarren East Road, Kawarren 9am-1pm

**Mortlake
Market**



MORTLAKE MARKET

Run by the Mortlake Community Development Committee and has many local stallholders. Enjoy coffee, sausage sizzles and Sri Lankan food. Buy some plants, books, fresh produce & more. Live music. 9 June (public holiday), 13 July, 10 August.

Mortlake Market Square
9am-1pm



COLAC GROWERS AND MAKERS MARKET

Focusing on locally grown and produced products, with minimal pesticides and sustainable practices. With over 30 stall holders already on board this is not one to miss. Held the first Sunday of every month at the Colac Showgrounds. 9am-1pm

FUNDRAISING EVENT FOR COLAC AREA HEALTH FOUNDATION

OTWAYS WINTER FESTIVAL

SUNDAY 13 July 2025

COLAC SHOWGROUNDS

SHOWCASING PRODUCE OF THE REGION

A fun day for the whole family!

Food & Drinks / Produce / Entertainment

GOLD COIN DONATION

NO DOGS PLEASE

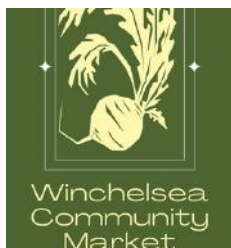
Enquiries: foundation@cah.vic.gov.au





CAMPERDOWN ROTARY MARKET

Held on the picturesque avenue of Elm trees on Manifold Street on the first Sunday of each month. Includes plants, knick-knacks, fresh produce and homemade goods.
9am-1pm



WINCHELSEA COMMUNITY MARKET

Highlighting local small businesses and their produce, products and services. Held on the first Sunday of each month at the Winchelsea Shire Hall. Full of farm fresh produce, arts and creations, jams and preserves and topped off with some local entertainment.
9am-1pm



WARRNAMBOOL UNDERCOVER SUNDAY MARKET

Something for the whole family at the Undercover Sunday Market in Warrnambool. Local fresh produce, flowers, slices and cakes, toys and even antiques. Held every Sunday at Warrnambool Showgrounds, Koroit Street, Warrnambool.
8am-1pm



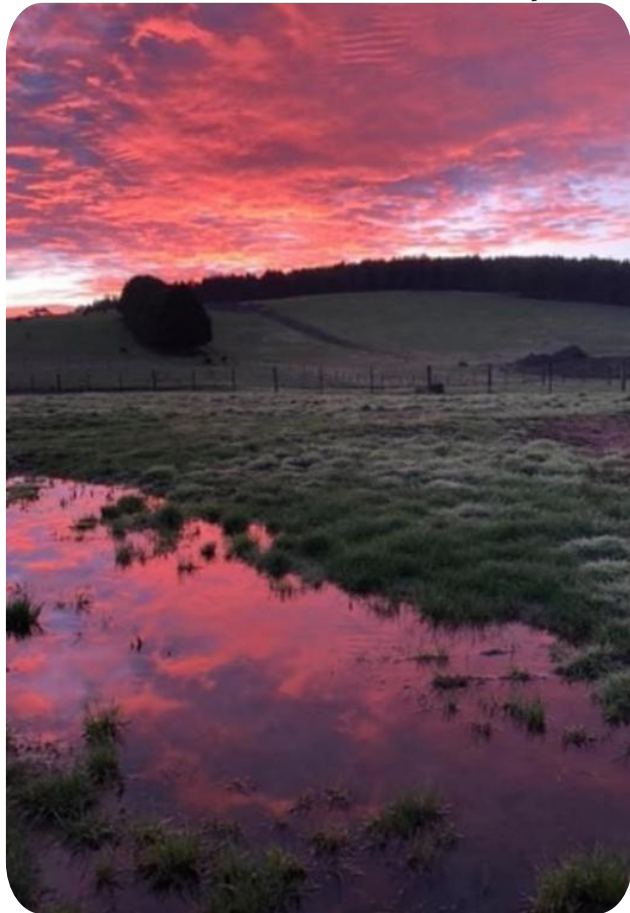
APOLLO BAY COMMUNITY MARKET

Held every Saturday at the Apollo Bay Foreshore this market is full of local produce direct from farmers, locally roasted coffee, fresh eggs, grass fed meats, freshly baked treats, ceramics, soaps, skincare and so much more.
8:30am-1pm

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Saff Bell - Photo of sunrise and reflection on
Limousine Stud Farm in Murroon Otways Vic

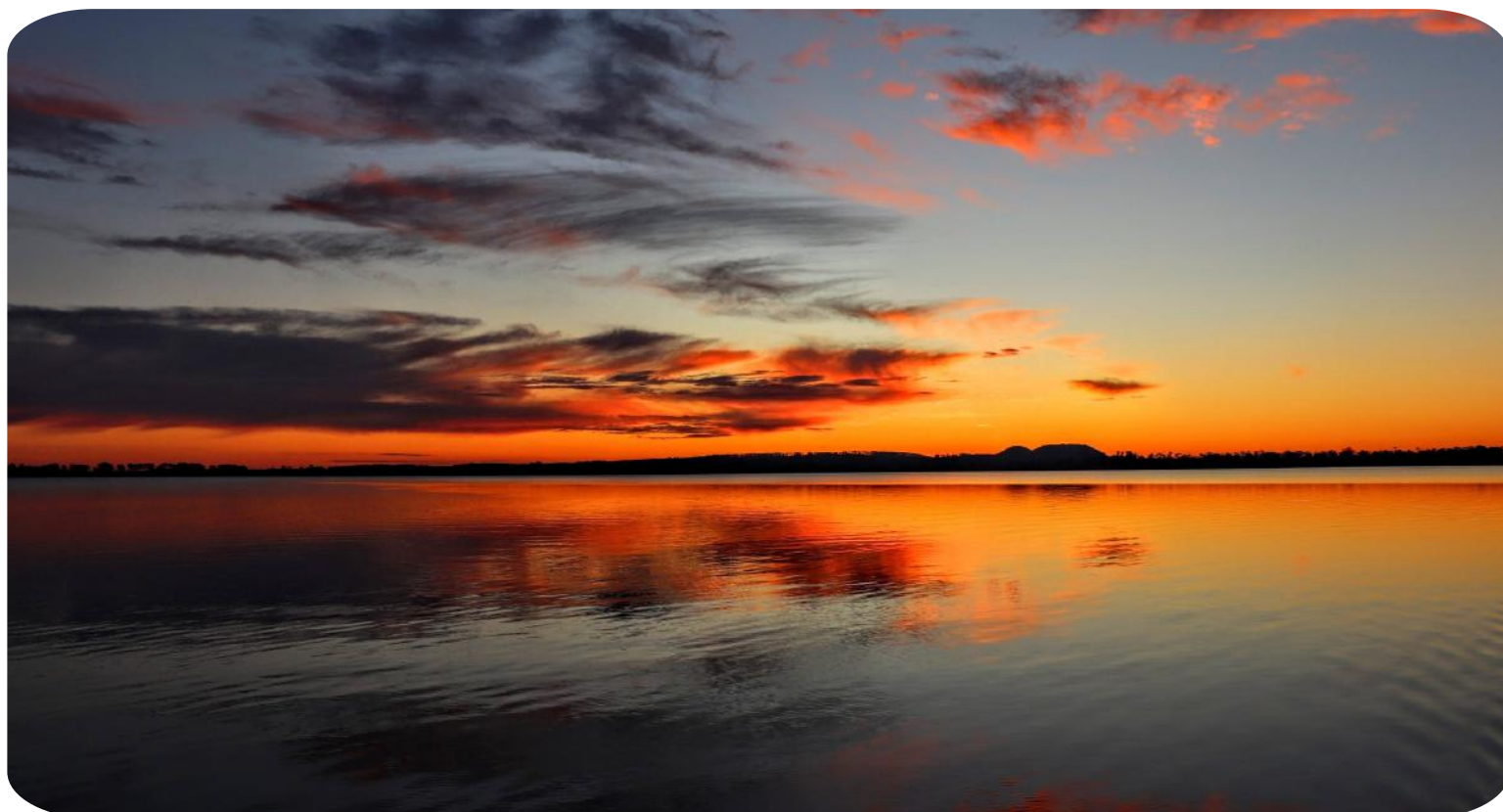


Tegan Fiscalini - Sunset in Balintore



Jo Smith - Apollo Bay Fish Co-Op

**Want to be
featured?
theotwayedit@outlook.com.au**



Dylan Baulch Photography - Vibrant sunset over Lake Purrumbete just outside of Camperdown

THE FACE BEHIND *The* Otway Edit

As I sit down and write this article, I am filled with a sense of purpose and passion. My name is April, and I am the face behind The Otway Edit. This is more than just a magazine, it's a space where stories matter, and voices are heard.

I was born in a small rural town, Kilmore, I always had a soft spot for country towns. That's why we moved our little family out of Geelong and to little ol' Pomborneit in 2021. Before I found my way to this beautiful part of the world, I struggled to find myself. Due to childhood trauma, I never got the chance to discover who I was or what I even liked. I tried and failed, time again, but it wasn't until I deep dived into my own healing journey that I discovered the person I wanted to be.

As a stay-at-home mum, I thought I'd lost touch with my passion for psychology, but photography reignited my spark. Capturing people's stories and struggles through my lens, I discovered a deeper connection to others and a sense of purpose. Now, I find joy in listening and preserving moments that reveal our shared humanity.



I've come to realise, the rocks that tried to break me, if you will, actually formed a unique perspective, a deep sense of empathy and need to help others.

Being an early school leaver, I spent a lot of my time volunteering, from animal shelters to aged care homes, I was always seeking a way to give back.



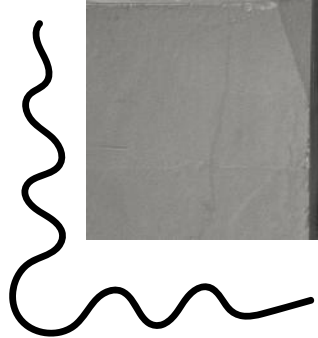
During the 2020 lockdowns, I started "Shoebox Initiative", a drive powered by a personal connection to domestic violence and hearing about the rise in cases in my local area. With the help of the Geelong community we were able to donate hundreds of boxes of essential items to families fleeing domestic violence.

My personal story is complex, with many woven storyline's and I hope one day I can share this all with you. From tears, to laughing, many people have said "you should write a book!". There are many things close to my heart that I hope I can shine awareness on, and many more. Now that I've finally found my voice, I want to use it to amplify others. Your story is important.

I dedicate this all to my late Nana, whose memory I cherish every day, and who instilled in me the belief that there's always a warm light to be found in the world, no matter what.



Photography by Tilly Jean



I'd love to hear your story
theotwayedit@outlook.com.au

The Perch at Lavers Hill

Dean, the Chef at The Perch in Lavers Hill has a deep passion for cooking and a commitment to using local ingredients. With a background in hospitality and a love for traveling, Dean has worked in various kitchens around the world, more specifically around Asia, where he spent quite some time travelling. Dean's plan was to travel through Asia and into Europe, this was ultimately cut short due to the Covid lockdowns.

Dean's favourite dish to serve up is his seafood risotto, which he recently created. Dean believes this dish is the ultimate comfort food, making it perfect for a winter visit to The Perch. He loves serving this dish and others with locally sourced ingredients from the coast, local farmers and producers, this ensures that his dishes are always made with the best, and freshest, ingredients.

Dean and The Perch team are committed to giving back to the community. In June they are hosting a charity drive to raise money for a local woman to help pay for some hefty medical bills. Dean is also proud to support a local veteran, who offers a free retreat for other veterans on the coast.

Dean believes in supporting local farmers and businesses, and he's passionate about creating a sense of community in Lavers Hill.

Lavers Hill is a unique town with a diverse range of growing environments. The town's slogan, "where the forest meets the sea", reflects its stunning natural beauty.





Dean loves the town's organic farming community to source ingredients and is proud to be a part of the community, and to play a role in restoring the historic Perch building.

The Perch building has a rich history, dating back to the founding of the town. Dean and his team have worked hard to restore the building and gardens and it's been a labour of love. A local lady who had fond memories of The Perch building as a child was overwhelmed with emotion when she saw the restoration.

The Perch also makes a beautiful wedding venue, with its stunning rainforest setting and beautiful glowworms. Dean loves hosting weddings and seeing people enjoy good food and company.

The glowworms are a unique attraction, with a 100-metre stone wall lit up at night. It's a magical experience that's perfect for couples and families.



Dean believes that The Perch is more than just a restaurant - it's a community hub. He fosters a service-minded approach with his team, ensuring that every guest feels welcome and cared for. The Perch is a place where people can come together to enjoy great food, beautiful surroundings, and a sense of community.





FAERYLAND: A LIFE OF WHIMSY & WONDER

In the rolling hills of the Stoney Rises, a family's dream of off-grid living became a reality. The Turley-Kerchevals' story is one of serendipity, hard work, and a deep connection to the land. Their property, affectionately known as Faeryland, was more than just a home - it was a manifestation of their desires, a testament to the power of vision and determination.



Kristen's journey began with a broken collarbone and a series of meditations that revealed a recurring vision of a stone two-story house. The details were precise: patchwork tile floors, mandalas, slab timber benches, and twisted fork handles on the cupboard doors. When the family found the property, it was as if the universe had conspired to bring them to this exact spot.



The Turley-Kerchevals' life on the Stoney Rises was not without its challenges. They faced the daunting task of renovating the property, learning to live off the grid, and adaption to a new community. But as they settled into their new life, they began to thrive. They threw themselves into community engagement, hosting markets, workshops, and gatherings that brought people together.

Their property became a hub of activity, with women's retreats, Indigenous camps, tiny house accommodations, and family camps. The family's children grew up learning valuable skills, from hunting and foraging to tanning hides and navigating the wilderness. As they grew older, they hosted survival quests, challenging their friends to test their skills in the great outdoors.

The Turley-Kerchevals' commitment to their community extended beyond their property. They led marches in protest of violence against women and children, secured funding for community programs, and hosted LGBTQIA+ pride gatherings that brought the community together.

As they prepare to pass on the keys to Faeryland to its next stewards, the Turley-Kerchevals reflect on the life they've built. It's a life that's been marked by moments of beauty and joy, but also hard work and dedication. They're excited to embark on a new chapter, one that will take them to the Daintree Rainforest and the Great Barrier Reef, where they'll continue to live their values and integrate into a new community.



INSPIRING YOUNG PERSON

Bentley

In a heartwarming display of determination and compassion, 12-year-old Bentley has completed an extraordinary bike ride from Mildura to Camperdown, raising over \$26,000 for brain cancer research. Alongside his dad, Gus, Bentley embarked on this 9-day journey, covering a significant distance to support a cause close to his heart.

Bentley's passion for charity comes naturally, after already organising a successful fundraiser for epilepsy, Bentley decided to take on a bigger challenge, his ride for brain cancer, which was sparked when the school receptionist lost her son to the disease. Bentley set his sights on riding from Mildura to Camperdown, a distance of over 400 kilometres, to raise money for brain cancer research.

To prepare for the challenge, Bentley trained tirelessly, riding 15-20 kilometres daily and hitting the gym with his dad. His hard work paid off, as he rode alongside his dad, through varying terrain and weather conditions.

The ride was not without his challenges. On Day 7, Bentley and Gus faced a gruelling 40-kilometre headwind, but they persevered, drawing strength from each other and the support of their family and community. Along the way, they encountered stunning views and experienced the kindness of strangers, which motivated them to keep going.

Bentley's mum, Brooke, watched with pride as her son and husband embarked on this adventure. She was touched by the bond between them and the impact their ride had on the community.

The funds raised by Bentley will go towards brain cancer research, equipment, and supporting families affected by the disease. The Brain Cancer Centre was overwhelmed by the generosity of the community and the impact of Bentley's ride. Brooke was told, "this amount of money is only raised 3-4 times a year and will make a significant difference in our research and support services".

Bentley's ride has inspired many, and humility and kindness have touched the hearts of those around him. As he looks to the future, Bentley is considering taking on another challenge, to continue making a positive impact on his community, but for now he will rest.



Bentley's story is a testament to the power of compassion, determination, and community spirit. His ride from Mildura to Camperdown has raised significant funds for brain cancer research and has inspired others to take action. As we reflect on his journey, we're reminded of the importance of supporting one another.

CELEBRATING 100 YEARS

2nd Colac Sea Scouts

The 2nd Colac Sea Scout Group is gearing up to celebrate a major milestone in 2025 - their centenary. With a rich history in the district, the group has provided countless young people with unforgettable experiences of fun, friendship, and adventure.

The group's history dates back to the mid-1940s when the 2nd Colac Scout Hall was erected near the Lake Colac foreshore. Prior to this, the group met at the iconic Log Cabin Scout Hall, a historic venue that has hosted numerous events, including weddings, birthdays, and funerals. Built in 1935, the Log Cabin Scout Hall was initially home to the 1st Colac Scout Group before being adopted by the 2nd Colac Sea Scout Group as a community preservation project¹.

To commemorate this significant occasion, the group has planned a series of events. A dinner will be held at the Log Cabin Scout Hall on Friday, August 1st, for past members and their families. The following day, Saturday, August 2nd, the 2nd Colac Sea Scout Hall will be open to the public, showcasing group information and memorabilia.

The group has set up a Facebook event page for former members to share memories and stay updated on upcoming centenary plans. Anyone with connections to the 2nd Colac Sea Scout Group's history or membership is encouraged to get in touch via the Facebook page or email gl.2ndcolac@scoutsvictoria.com.au for further information about the celebrations.

As the 2nd Colac Sea Scout Group celebrates its centenary, it's clear that their legacy extends far beyond their meeting halls. With a strong focus on community and adventure, the group has provided generations of young people with invaluable experiences that shape their lives. If you're interested in learning more about the group's history or would like to attend the centenary celebrations, don't hesitate to reach out.

Flashback!





Barbecue Bill

Meet Josh “Bill” Cockerell, a man whose life is fuelled by two things: his beautiful family and his love for barbecue. Bill’s journey into the world of barbecue began when a friend introduced him to the magic of slow-cooked meats. What started as a casual interest quickly turned into an obsession, with Bill spending every spare moment cooking, watching and studying barbecue.

Through his Instagram account, Barbecue_Bill, Josh shares his craft with the world, showcasing mouth-watering dishes that have earned him a loyal following. His passion has also

introduced him to like-minded individuals and big names in the barbecue community, who have shared valuable tips and tricks to help him refine his skills.

Josh’s ultimate dream is to open a brick-and-mortar barbecue shop in Winchelsea, where he can share his passion with the local community. When sourcing local ingredients, Bill turns to the friendly folks at Winchelsea IGA, who always deliver top-notch produce and a warm smile!

Barbecue Bill's Ham Hock

With creamy mash & beer gravy!



Pre-Start:

Light your fire and maintain a solid coal bed at a cooking temperature of 160°C/350°F. Alternatively just use your oven!

Preparing the Pork Hock:

1. Seasoning:

I like using a sweet seasoning for pork my go to is Smokey Joe's Honey Hog.

2. Injecting:

- Because the skin covers the meat, create a liquid version of your seasoning by mixing it with water.
- Inject the pork hock from the bottom up, targeting the thickest parts.

3. Rest:

- Allow the pork hock to sit for 15 minutes to let the seasoning sweat deep into the meat for maximum flavor.

4. Dry the Skin:

- Before cooking, pat the skin completely dry.
- This step is key for getting that super crispy crackling.

Cooking the Pork Hock:

1. First Hour - Direct Cooking:

- Cook the pork hock directly over the fire for the first hour.
- This allows the meat to soak up those beautiful smoky notes.

2. After One Hour - Tray Cooking:

- Transfer your hock to a tinfoil tray.
- Continue cooking for another 2 hours, catching all the juicy drippings (you'll need them for the gravy!).

3. Cooking Temperature and Time:

- Cook until the thickest part of the hock reaches 85°C/185°F.
- Total cook time: Approximately 3 hours at 180°C/350°F.

Creamy Mash:

1. Peel potatoes and cut them into quarters.
2. Place potatoes in a saucepan, cover with water, and add two pinches of cooking salt.
3. Cook over medium heat for 20 minutes (until a toothpick slides through like melted butter).
4. Drain water from the saucepan.
5. Mash the potatoes.
6. Slowly add full cream milk, and a little secret: a slice of tasty cheese(thank you, Dad!).
7. Continue mashing and whisking until your mash is creamy and fluffy.

Homemade Beer Gravy:

- 1 cup of brown sugar
- 1 full beer (I used an imported German Bier, but feel free to use your favorite: VB, Carlton, Melbourne Bitter, etc.)
- Juices collected from the pork hock cook

Instructions:

- Stir everything together on high heat for about 6 minutes until thickened.

Dishing Up:

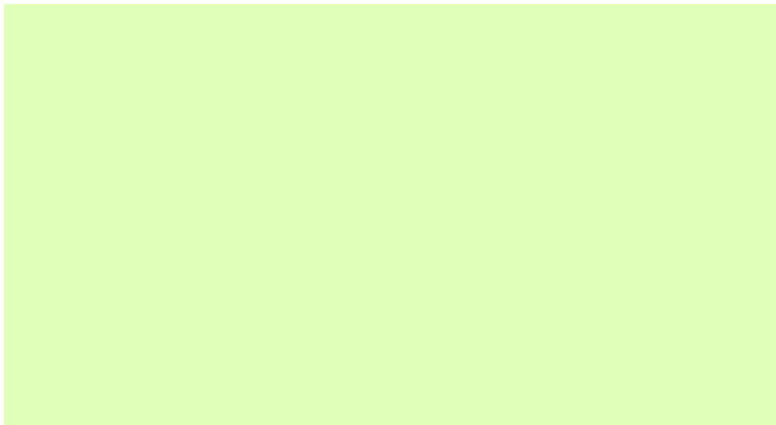
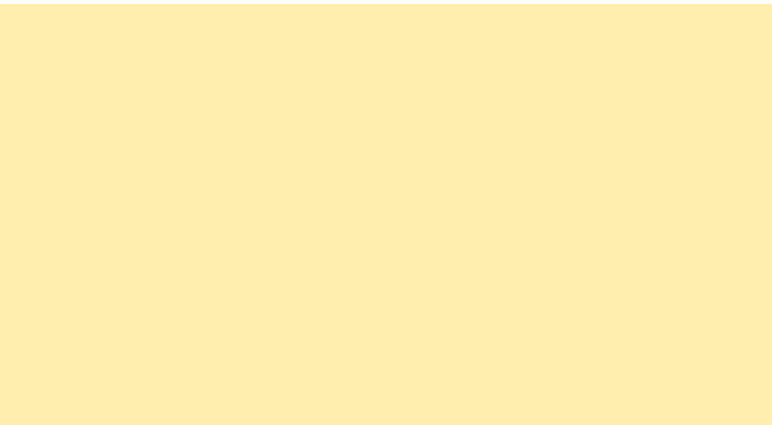
- Place a generous scoop of creamy mash onto your plate.
- Drizzle with that beautiful beer gravy.
- Crown it with your crispy pork hock.

Slice through that crackling and discover the most succulent, juicy pulled pork you've ever tasted!

Enjoy!

- Barbecue Bill

**Take up
some space.**



Heritage Alpaca Co.

Heritage Alpaca Co., Australia's oldest working alpaca farm, located in Buckley, is a hidden gem waiting to be discovered. As we stepped through the gates, we were greeted by the soft hum of alpacas grazing in the pastures. It's a peaceful atmosphere, far removed from the hustle and bustle of everyday life.

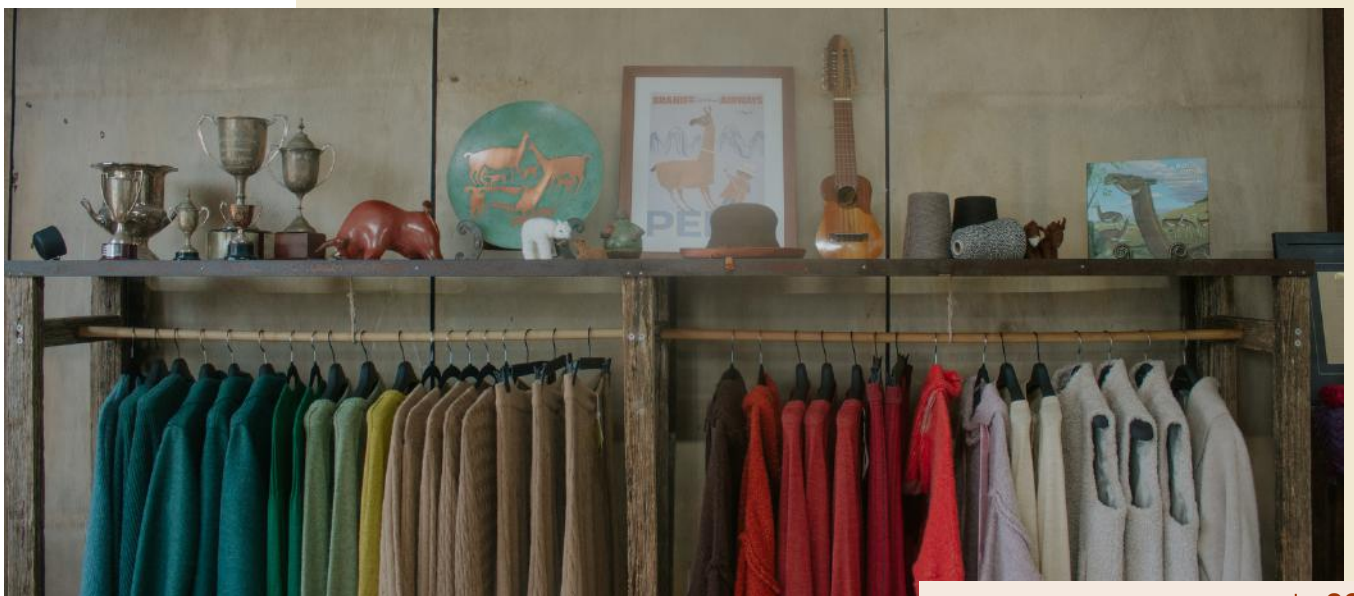
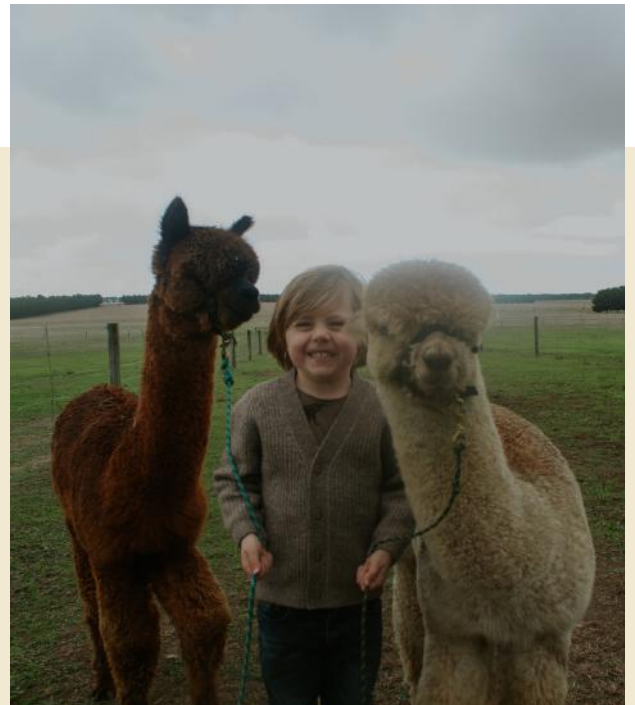
Tours are led by Rochelle and Ron, the farm's knowledgeable owners. As we stroll through the pastures, they share stories about the alpacas' gentle nature and the farm's history. We learn about the alpacas' soft fleece, their unique behaviours, and the importance of sustainable farming practices.

One highlight of the tours is being able to feed the alpacas, as well as taking one of the friendly alpacas for a walk, learning how to properly handle the lead and bond with these gentle creatures.

Step inside the shop full of handcrafted items all made with Alpaca wool. Jumpers, scarves, gloves and more. So many winter warmers to keep you cosy this winter.

The experience has been a reminder of the beauty of nature and the joy of connecting with animals. Heritage Alpaca Co. is a hidden gem, and I'm grateful to share it with you all.

If you're looking for a day out with the family head to heritagealpacaco.com.au and book in!

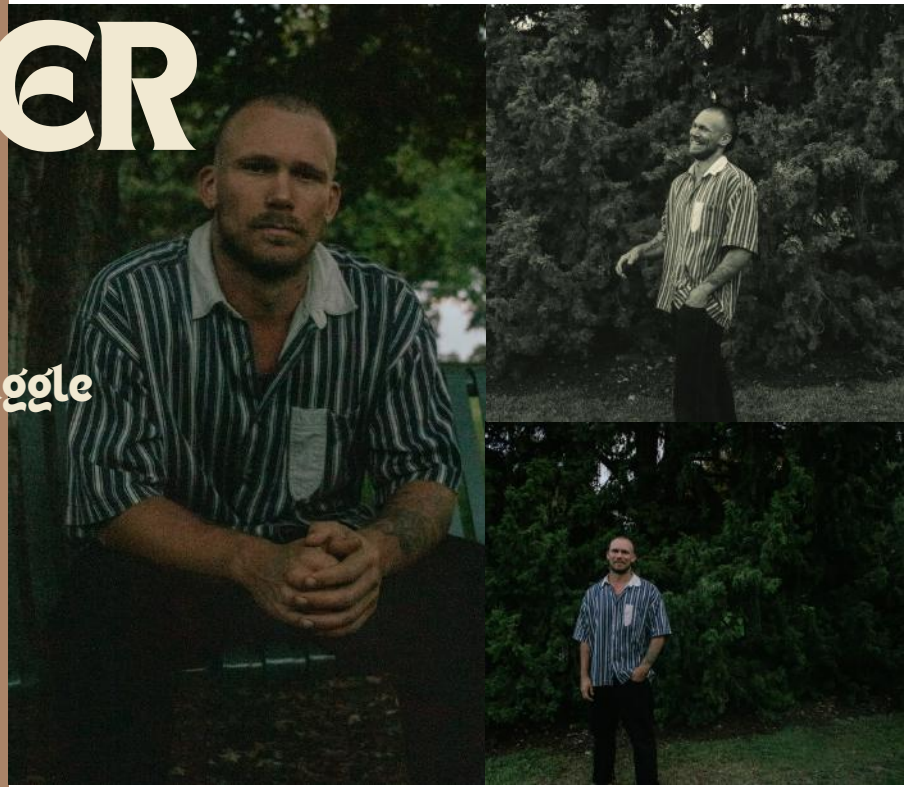


BROTHERHOOD

Unlocking the hidden struggle of men's mental health

Mental Health in a world where traditional masculinity often equates to stoicism, Noah's journey is a breath of fresh air. As the father of a five-year-old daughter, Noah's path to becoming a holistic coach for men began with his own struggles. "I realised how much I avoided working on myself", he admits. All of the suppressed emotions came to the surface and it left Noah feeling triggered and he found himself not being the dad and partner he wanted to be. Noah's odyssey into men's mental health started with traditional therapy, but it was somatic therapy that truly helped him find his footing. He discovered the power of nervous system regulation, visualisation techniques, and NLP therapy, combining movement and breath work to calm the triggers that can lead to irritation, anger, and a fight-or-flight response.

"I wanted to be the person I needed when I was struggling," Noah says, explaining why he created Breath & Brotherhood, a men's circle offered monthly at The Otway Wellbeing Centre, providing men with the tools they need to down regulate and calm their triggers as well as upregulate out of a low state.



"It's about emptying your cup before filling it up again," Noah explains. The program is more than just a series of techniques - it's a brotherhood. A space for men to come together, share their struggles, and find support in a community that understands. "Society has taken away the rites of passage for men to express themselves and embrace manhood," Noah believes. Noah is forming the path; one that's not about toxic masculinity or the superficial ideals sold to us online. Noah's approach is centred on empowerment, not fix-it solutions. He equips men with the tools they need to take charge of their lives, to find confidence in themselves, and to show up as their best selves. "We are who we show up as," he says. "Sometimes we're not aware of that at first, but when we're dysregulated, it puts us in a triggered state, making us irritable and reactive." As Noah meets his own needs through movement, breath work and a healthy lifestyle - he shows up as the best father and partner he can be. It's a lesson he's learned: taking care of oneself is not selfish, it's essential. To the men struggling, Noah's message is clear: "No one is going to think less of you. Your family and friends will love the person you become". And to younger men "Just go easy on yourself. You're doing the best you can." Noah's work is a testament to the power of vulnerability and community. As he opens up about his own journey, he creates a space for others to do the same. It's a ripple effect that could change the way we approach men's mental health - and, ultimately, ourselves.

Wildheart Brumbies



Wildheart Brumbies is a unique therapeutic program that utilizes wild-born Snowy Mountain Brumbies to provide healing and guidance for individuals. The program is led by equine therapist, Sharen, who has a deep passion for horses and a background in healing.

Sharen's journey into equine facilitated therapy began when she realised the profound impact that horses could have on people's lives. She was inspired to save some brumbies and found a way to make it sustainable by painting them and selling her artwork to pay for their feed.

As people visited and interacted with the horses, she noticed the positive impact they had on their well-being. Sharen's approach is centred around allowing the horses to be free, natural, and without conditioning or riding.

She believes that horses are natural healers and can provide guidance and wisdom. The therapy sessions are tailored to each person's needs and can include somatic coaching, horse medicine readings, and animal communication. Sharen believes the horses are raw, honest, and provide feedback without being programmed for certain responses. The natural setting and freedom of the horses allow clients to feel a deep connection and sense of inner truth.

Clients typically come to Sharen and her herd with issues such as trauma, fears, and phobias. The horses help individuals cope with these issues by providing a safe and gentle space for healing. Sharen works with the client to develop boundaries, communication skills, and self awareness.

LET'S TALK COLAC

BREAKING DOWN MENTAL HEALTH STIGMAS IN RURAL COMMUNITIES

Tash Thompson Photography



How do you think the rural setting and close-knit community dynamics impact mental health discussions in our area?

In our rural community, close-knit dynamics significantly influence discussions around mental health. While we've made strides and seen improvements, stigma still persists, often hindering open conversations. To foster meaningful change, it's vital for all community members to engage in difficult dialogues and advocate for mental health. Together, we can enhance understanding and create an environment where everyone feels empowered to share their experiences. When challenges arise, we rally together, proving that each of us plays an important role in promoting compassion and support.

What unique challenges do rural residents face when it comes to mental health, and how does your initiative address these?

Rural residents face significant challenges in mental health illnesses, primarily due to a lack of support services, especially in Colac. Options like telehealth and traveling to Geelong can be burdensome.

The LET'S TALK Foundation focuses on preventative measures by organizing community events and presentations, such as LET'S TALK rounds at local sporting clubs, to foster open dialogue about mental health. While we currently lack the resources to advocate for additional services, we are committed to building awareness and support within our community. Together, we can create a stronger network that empowers individuals to prioritize their mental well-being.

What's the most common misconception you think people in this community have about mental health, and how do you try to challenge that?

The most common misconception in our community is that seeking help for mental health illnesses struggles is a sign of weakness or individuals don't want to be a burden by speaking up. This perspective often prevents people from reaching out for support.

We wouldn't hesitate to seek help for a broken leg; a farmer would reach out for assistance, go to the hospital, and rely on support from others until they fully recovered. Mental health should be treated with the same

importance as physical health. At the LET'S TALK Foundation, we challenge this misconception by promoting the idea that asking for help is a strength, not a weakness. Through community events and open discussions, we strive to create a supportive environment where individuals feel empowered to speak about their mental well-being without fear of judgment.

How do you involve local organisations, such as farming groups or community centres, in your mental health awareness efforts?

We involve local organizations, such as farming groups and community centers, in our mental health awareness efforts by offering presentations tailored to the farming sector. However, we recognize that current challenges, like drought and fire service levy concerns, make it difficult for farmers to find the time to participate.

AT LT we, are dedicated to doing everything possible to support our farmers. By collaborating with various organizations, we aim to bring essential resources directly to them,

ensuring they have access to vital information and support. We believe in the importance of working together as a community to make a meaningful impact on mental health awareness and support for our agricultural sector.

What role do you think local storytelling and sharing personal experiences play in breaking down mental health stigmas in our rural community?

Local storytelling and sharing personal experiences plays a vital role in breaking down mental health stigmas in our rural community. Hearing from someone you know from our community speaking about their journeys with mental ill health creates a profound impact, empowering others to come forward with their own struggles. I often wish I could have a dollar to every person who has approached me after I share my story to say, "I've never told anyone this, but..." These moments highlight the importance of open dialogue and illustrate how sharing personal narratives can foster understanding and connection, ultimately encouraging more individuals to seek support.

Are there any specific resources or support services that you think are particularly needed in our rural area to promote mental well-being?

The LET'S TALK Foundation aims to continue to offer prevention presentations that underscore the importance of prioritizing mental health alongside physical health. These presentations provide strategies for coping with stress and recognizing the early signs of mental health issues before they escalate into serious conditions.



By building a comprehensive network of support services and resources, we can foster a culture of mental well-being in our community. We also offer free Mental Health First Aid training twice a year for our community members. This gives us more community members on the ground who are trained to support themselves, neighbours, friends, colleagues or family members, we highly recommend this course.

The Rural Financial Counselling Service (VicWest) does an outstanding job supporting farmers by providing financial support & wellbeing counsellors who can visit them on their farms for confidential conversations without requiring a referral. This direct access to support is invaluable however I am told this is under resourced currently. However, to further enhance mental health resources, it's essential to explore additional services. For instance, establishing peer support programs can create safe spaces for individuals to share their experiences and connect with others facing similar challenges. Additionally, implementing mobile mental health units could bring professionals directly to farmers and rural residents, ensuring access to care right where it's needed.

What kind of support do you wish was more available to our farmers struggling with mental health issues? Are there resources or services that you think would make a huge difference?

We urgently need more mental health professionals on the ground locally—this cannot be stressed enough. Access to trained GPs, psychologists, counsellors, and psychiatrists is essential for our farmers during this difficult time.

Knowledge is power, and education about mental health conditions can equip our community to recognize when someone is struggling and how to offer support. Growing up in this rural community, I've often heard the sentiment that "we don't talk." However, I believe that farmers inherently understand the importance of checking in on one another. Simple acts, such as organizing a card night or sharing a meal at the pub, can create connections and ensure that no one in our farming community feels alone or unable to speak up.

We all have a role to play in fostering a culture of support and understanding, and together, we can make a significant difference in the mental well-being of our community.

I don't think any community member would disagree. "We would rather listen to your story than attend your funeral."

Melissa Smith - Community Activation Lead (LET'S TALK Colac)

If you need immediate support, please reach out to Lifeline on 131 444 or 000.

POTOROO PANTRY

In the heart of Apollo Bay, The Potoroo Pantry is a home bakery that celebrates the beauty of native Australian ingredients and the joy of handmade treats. Owner and baker, Cathy, shares her passion for baking and her love for incorporating native ingredients into her recipes.

The Potoroo Pantry began after Cathy spent 12 months on maternity leave with her first daughter. Dreading the thought of returning to her old job, she started to explore the idea of starting her own business, selling cakes at the local market. With a passion for baking and love for the simple things in life, she decided to take the leap and start her own home bakery.

One of Cathy's favourite native ingredients to work with is ground wattleseed, with its rich, nutty, roasted aroma. She loves to use it in brownies, biscuits, and even adds it to her porridge. She also enjoys working with other ingredients like finger lime, Davidson plum, and lemon myrtle.

The Potoroo Pantry specialises in bespoke celebration cakes, sweet cakes, and packaged postal treats. Cathy incorporates native ingredients into her recipes, celebrating the beauty and flavour of the Australian landscape. From flavoured milks and creams to cakes and tarts, she loves finding ways to showcase the unique flavours of native ingredients.

One of Cathy's signature recipes is the Australian Christmas Cake, which features a unique



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blend of native fruits and botanicals. She also offers native fruit mince tarts, which are macerated for months to develop the flavours.

Working with native ingredients can be challenging, particularly when it comes to sourcing and seasonality. However, Cathy believes that the appreciation for native ingredients is growing, and she's excited to see where this trend takes the food industry. She sources her native ingredients from reputable suppliers, including Aboriginal-owned businesses, and emphasises the importance of supporting sustainable and environmentally friendly practices.

Native ingredients are adapted to the Australian environment, and require less water and chemicals. By incorporating native ingredients into her baking, she's able to celebrate the natural environment and encourage others to think about the impact of their food choices.

Cathy loves the flexibility that comes with running a home bakery. While it can be challenging to balance with a family, she's proud of what she's achieved and hopes to inspire her children to dream big!

Cathy's passion for baking is driven by her love of family, creativity, and connection to the natural environment. She believes that baking is a way to slow down, manage stress, and express herself. Every cake or treat she makes carries a little bit of that memory: of family, care, and the joy of creating something meaningful from scratch,



**New member &
community
information day
Sunday 29th June
1:00pm**



BECOME A STONYFORD FIRE BRIGADE VOLUNTEER AND GIVE BACK TO YOUR COMMUNITY



**RECRUITING FOR FIREFIGHTERS, ADMINISTRATION & SUPPORT ROLES
SCAN QR CODE TO REGISTER YOUR INTEREST OR SEND US A
FACEBOOK MESSAGE TO ENQUIRE**



Stonyford Fire Brigade Needs Our Help

The Stonyford Fire Brigade is seeking volunteers to join their team. With only four active members, they're struggling to cover a large area. Join a meet-and-greet BBQ to learn more and meet the team, including Captain "Jimbo." Bring your family and explore opportunities to make a difference in your community.



ARE WE DOING ENOUGH?



Domestic violence is a pervasive issue that affects communities across the globe, and the south west Victoria is no exception. Despite its picturesque landscapes and tight-knit communities, the region grapples with a concerning prevalence of domestic violence, exacerbated by the lack of resources.

Statistics reveal a disturbing trend: domestic violence is a leading cause of homelessness for women and children in Victoria, again the south west being no exception. The region's limited access to specialised services, coupled with its rural nature, compounds the issue, leaving many without the support they desperately need.

The scarcity of resources in South West Victoria hinders the ability to provide adequate support for victims of domestic violence. Long wait times for counselling services, a shortage of crisis accommodation, and limited outreach programs are just a few of the challenges faced by those seeking help. This resource gap not only affects victims but also strains the local community, law enforcement, and healthcare systems.

Despite these challenges, the community in the south west has shown some resilience and determination. Local organisations, advocacy groups, and individuals are working to raise awareness about domestic violence and provide support to those affected. From awareness campaigns to fundraising efforts for local services, demonstrating a collective commitment to addressing this critical issue.

The question remains: are we doing enough? While efforts are being made, the persistence of domestic violence in South West Victoria underscores the need for more comprehensive and sustained action. This includes increased funding for support services, enhanced community education, and stronger partnerships between local organisations and government agencies.

Addressing domestic violence requires a multifaceted approach that involves the entire community. By working together, sharing resources, and amplifying the voices of those affected, we can strive towards a safer, more supportive environment for all. The struggle against domestic in South West Victoria is real, but with collective effort and determination, we can create meaningful change.

IF YOU NEED HELP

1800 RESPECT

1800 737 732

NATIONAL SEXUAL ASSAULT DOMESTIC
FAMILY VIOLENCE COUNSELLING SERVICE

THE COOKIE CLAN



In the wake of unimaginable loss, one woman's determination to make a difference has given birth to a movement. The Cookie Clan, founded by Chloe, who lost her husband, Cookie, to glioblastoma, has become a beacon of hope for families affected by brain cancer.

At just 25 years old, Chloe's life was turned upside down when her husband passed away, leaving her to raise their three babies all under the age of four. But instead of letting grief consume her, she chose to turn her pain into purpose. Through The Cookie Clan, she has made it her mission to raise awareness, funds, and hope for families affected by brain cancer.

The Cookie Clan participates in various initiatives to raise awareness and funds for brain cancer research. One of their notable events is the Ride for Brain Cancer with the Peace of Mind Foundation, an organisation that provided crucial support to Chloe and her family during their darkest hour. By riding for this cause Chloe aims to honour her late husband's memory and help other families navigate the challenges of brain cancer.

The Cookie Clan is more than just a business; it's a community of support for families affected by brain cancer. Through their merchandise, they raise funds and awareness, while also providing a platform for families to connect and share their stories. The community's message is clear: "if in doubt, get checked out."

Chloe's journey is a testament of the power of love and resilience. Despite the unimaginable loss she was faced, she continues to find purpose in her advocacy work. Her message to others who may be facing similar challenges is one of hope and encouragement: never give up hope and know that you are not alone.



The Cookie Clan is a small business that has grown from a passion project into a movement. Chloe's background in beauty therapy and sewing has allowed her to create merchandise. Chloe's business is a reflection of her values and passions, and she is committed to using her platform to make a difference.

As a single mother of three, the founder has learned to balance her business and family responsibilities. She acknowledges that it's not always easy, but she's found that showing up to the best ability, even if it means doing things at her own pace, is key. Her advice to others juggling multiple priorities is to give yourself grace and prioritize your peace.

Chloe's perspective on love changed significantly since losing her husband. She believes that love doesn't end when someone dies; it changes, deepens, and becomes the fuel that keeps you going. Love is what breaks you, but it's also what puts you back together.

For those who may be hesitant to open themselves up to love again after experiencing loss, Chloe advises taking your time. There's no rulebook for grief or healing, and you're allowed to honour the love you lost while being open to the love that exists in the world.

If you're interested in getting involved with The Cookie Clan's initiatives, you can support their ride for brain cancer, donate directly to Peace of Mind, or purchase merchandise from their platform.

The Cookie Clan's advocacy work is having a lasting impact on the lives of families affected by brain cancer. Through their efforts, they hope to inspire more awareness, funding, and ultimately more time for families. Their story shows the power of love, resilience, and community.



WOMEN IN BUSINESS

DOMINOS COLAC

At just 23 years old, the franchisee of Domino's Colac, Sarah, is an inspiration to young entrepreneurs everywhere. With a passion for business and a strong work ethic, this ambitious individual has risen through the ranks to become a successful franchise owner.

Starting out as a shy pizza maker at 16, this entrepreneur worked their way up to achieve their dream. Now, they oversee the operations of Domino's Colac, bringing delicious pizzas to the community. Despite being part of a large corporation, the franchisee emphasizes the importance of independent ownership and operation. The Domino's Colac team is committed to giving back to the community. Through "dough fundraisers," and donating pizzas to the Colac Kindness Network every month. They also provide vouchers to local sports teams, demonstrating their dedication to supporting the community.



What's more, the franchisee is proud to lead an all-female management team, showcasing the power of diversity and inclusion in business. With their passion for delivering excellent customer service and quality products, Domino's Colac continues to thrive under their leadership. This young entrepreneur's story is a testament to the opportunities available to those who are willing to work hard and pursue their dreams. With a commitment to community involvement and customer satisfaction, Domino's Colac is a beloved part of the local business landscape.

SUPERNOVA SUPERFOODS

Another passionate entrepreneur who turned her dream into a reality with her mobile trailer business. With a love for creating delicious smoothie recipes and açai bowl combos, she's brought a fresh and fun vibe to the Colac community.

For this dedicated business owner, starting SuperNova Superfruits was about more than just serving tasty treats – it was about sharing her passion with others. With a creative approach to menu curation, she's crafted a unique experience that keeps customers coming back for more.

**Are you a woman
in business?**

theotwayedit@outlook.com.au

COUNTRY DAHLIA



The owners are passionate about Dahlias and enjoy sharing their knowledge and enthusiasm with others. They have a huge amount of work throughout the year, from planting in December/January to digging, dividing, and storing the tubers in June/July. August is their online tuber sale, and October/November is spent filling orders.

The owner's favourite dahlia is a dwarf single Dahlia called Asahi Chohji, which was bred in Japan in 1962. They have many favourites, but this one holds a special place in their heart.

The owners hope that people who visit their farm will be amazed by the incredible beauty and diversity of Dahlias. They believe that these flowers can bring joy and happiness to people's lives, and they're passionate about sharing that with others.

Located on the main road through Gellibrand, Country Dahlias is a family-run business that specialises in growing and selling Dahlia tubers. The business was taken over by the current owners after Jenny, the previous owner, retired after 30 years of growing her collection of Dahlias

The owners grow Dahlias specifically for tubers, which means they don't have to worry as much about pests and weeds. This approach allows them to maintain a healthy and chemical-free environment, which is perfect for their busy family life. The flowers are almost a byproduct of their business, but they do enjoy selling bunches of flowers at their open gardens.

The family hosts open gardens in March and April, which provides an opportunity for people to order Dahlia tubers while seeing the blooms in person. The event has been well-received by the community, with the Gellibrand Hall committee hosting a Devonshire Tea over a couple of weekends to raise money for the hall.



ART & ADVOCACY

Lauren is a maker and artist living on the Surf Coast of Victoria. With a deep love for colour and creativity, she finds inspiration in the natural world and the communities around her. Through her art, Lauren aims to spark joy, encourage conversation, and raise awareness about social justice issues.

Lauren's connection to the region influences her work, with her murals often representing the local environment and wildlife. She works closely with local communities to ensure that her art is a truthful representation of the space and the creatures that inhabit it.

Lauren sees art as a tool for resistance and hope, and she believes that it can play a significant role in raising awareness about social justice issues. She hopes to continue creating community events and workshops that combine art and activism, and she believes public art can be a powerful way to connect people and spark conversation.



Lauren and her mural in Winchelsea

P O T S F O R P A L E S T I N E

Lauren's recent Pots for Palestine events combined art and activism, bringing people together to create and raise awareness about the ongoing struggle for justice in Palestine. The events were a huge success, with the local community showing overwhelming support.

Lauren's art is inspired by stories of Gaza and the ongoing struggle for justice in Palestine. She hopes that her art will contribute to a broader conversation about Palestinian rights and encourage people to take action. By sharing her story and her art, Lauren aims to inspire others to join her in the fight for justice and human rights.



Take up some space.

theotwayedit@outlook.com.au

The Otway Edit

Introducing MADDIE

Your go-to guidance gal pal! Meet Maddie, a psychic medium and empowerment coach who's here to help you reconnect with your soul, gifts, and purpose. With a thriving business and a growing tribe of happy clients, Maddie's all about heart, truth, and magic.

Maddie's journey began with a TikTok Live Stream in May 2023, where she accidentally discovered her abilities. Since then, she's been on a wild ride of deep healing, lessons, and inner work. Now, she's the proud founder of multiple offerings, including readings, coaching containers, and events.



Maddie's live mediumship show, WOOWOOZY, is a unique experience that will leave you feeling uplifted and inspired. Her Empowering Women Events celebrate connection, strength, vision, and growth, providing a safe space for women to come together and support one another.

Maddie's obsessed with essential oils, healing conversations, and seeing people light up when they remember who they really are. She's all about helping others tap into their intuition and gifts, and she's passionate about creating a supportive community where people can grow and thrive.

EDITORS NOTE:

We had the chance to experience Maddie's reading services, and WOW, I couldn't believe it! The accuracy and insight she provided was truly remarkable. If you're looking for a reading that's real, imperfect, and unfiltered, Maddie is your gal!

Affable Advice

Welcome to Affable Advice - Winter Edition! Find your zodiac and receive the guidance for your Winter Solstice.

Sagittarius

These three months are all about releasing control and going with the flow. See where the current takes you. Take notice of white feathers to guide your way.

Capricorn

You're so good at being the voice of reason to others' self-love & respect, but you need to take that energy to a mirror and give yourself the pep talk. The sound of wind chimes will bring your focus back home.

Pisces

Time to stop blending in with the 'school' crowd and start leading the way. Love yourself enough to believe you are worth it. Spend some time near moving water when you need the clarity and guidance.

Aquarius

It's time to take action. You've been sitting on that inspired feeling for too long, if you don't take action now the dream will fall out of reach. The sound of branches breaking or snapping will remind you to get going!

Taurus

Take the moment to relish in your successes. There is no point in achieving the goals if you're only doing it to tick a box. Take the time to be present in your reward and enjoy it! The smell of rain upon warm ground will remind you of even the smallest reward.

Aries

You'll need to rest within the next three months while you shift through one of the biggest transformations you'll have this year. When you've slept eight hours and you wake still exhausted, listen to your body and take it easy. Meditate by an open fire to let go of the hardest thoughts and feelings.

Gemini

It's easier to keep arguing with yourself about whether to follow your dreams or stability. It doesn't need to be one or the other, you can live your dream and have stability. Stairs will be your biggest obstacle this season, take the elevator.

Cancer

When you feel like retreating and isolating, it's not always a bad thing. Your emotional roller coaster needs to be felt, and you can truly only ugly cry in the peace of your own company. Take time alone and feel whatever you need to. The numbers 3 & 8 and guiding your way this season.

Leo

You're always go, go, go and never take a moment to pause. Give yourself the task of not doing anything at all for three days. It won't be comfortable but it will be so beneficial. The world will not implode if you take a break! Common colds will make you sit still if you don't take the time on your terms.

Virgo

You can get what you want, but do you know what it is you want? Take the time to sit with your body and receive the guidance you desire. Align yourself with what you discover in these moments. Sunflowers (although rare through winter) are those glimmers to remind you to smile.

Libra

Growth may feel scary and overwhelming, you are safe to heal and grow as fast or slowly as you need to. You need to be more open to heal and grow no matter how scared you are. Those sparkles on dust on the rays of sunlight beaming through your window bring you some comfort throughout this time.

Scorpio

Keep being petty. They deserve it. Do I need to say more? The smell and/or taste of lemon signals you need another reflection of those who deserve the block button.

The Circle of Sisterhood

NONI'S JOURNEY



In a world where women are often expected to be the glue that hold families and communities together, it's easy to forget the importance of self-care and support. For Noni, a mother of two, wife, and fibre artist, creating a space for women to come together and share their experiences has become a passion project.

"I sat in a circle with another local woman, Michelle a few years ago, and it was like a remembering, or a coming home," Noni recalls. "I felt the healing power of circle, and I knew I wanted to create that space for other women once she stopped facilitating them to focus on her family." Noni's journey into facilitating women's circles began with a course with Siobhan Delaney of Kindred Womancraft. She learned the art of holding space and creating a safe and supportive environment for women to share their stories.

For Noni, women's circles are about more than just sharing experiences - they're about creating a sense of community and connection. "Women often feel alone in their struggles," she says. "But in a circle, they can feel seen and heard in a way that's rare in modern society." The benefits of women's circles are numerous, from releasing emotions to building trust and connection. Noni's circles are designed to be a judgement-free space where women can speak their truth without fear of response or criticism.

As a secondary school teacher turned stay-at-home mum, Noni knows the importance of supporting women in their personal development and empowerment. "When women are healthy and happy, our community is healthy and happy," she says.

"A healed sisterhood and community play a huge role in women's personal development and empowerment." Noni's vision for women's circles is one of ripple effect, where women who attend her circles go on to create their own connections, spreading a positive message of support and connection throughout the community.

For women who may be hesitant to join a circle, Noni's advice is simple: "Come along and try it for yourself. There is no pressure to return, and you can share as little or as much as you want. But you never know until you try." With her fibre art business, Otwild Moss, and her work facilitating women's circles, Noni is creating a space for women to connect, heal, and empower each other. As she says, "We aren't meant to be isolated - humans need connection and to release emotion, and a circle can be a really great way of doing that."



OTWILD FÖSS FÖMEN CIRCLE'S

A women's circle is a space to hear, be heard and to voice what is alive in the moment! An ancient practise of gathering with sisters. A sharing of the heart.

All are welcome.

Do you hear the call?

{Scan the barcode below to go to Otwild Moss instagram and sign up via the Linktree}

{Sign up directly to the mailing list by emailing Noni}
Otwildmoss@gmail.com



@OTWILD.MOSS



CREATIVE ARTS THERAPY WITH John

Located in Camperdown, John's Holistic Integrated Creative Arts Therapy provides a safe and nurturing environment for children and adults to explore their emotional connections and build on skills through the creative arts. As an early childhood educator, creative arts therapist, and education support worker, John is dedicated to positive outcomes for all, regardless of age or ability.

John's practice is built on the belief that the creative arts have the power to heal and empower individuals. Through a range of creative activities, including painting, drawing, music, movement, relaxation, poetry, and creative writing, participants are given the opportunity to explore their emotions and develop language and motor skills.

Research has shown that children who participate in arts programming over an extended period can experience a range of benefits, including:

- Sophisticated social & emotional skills
- Sharing and cooperation skills
- Reduced stress and anxiety
- Reduced aggressive behaviour
- Increased independence

These benefits can be found in children of all abilities, across all socioeconomic lines, and can be particularly beneficial for children presenting with developmental delays such as autism spectrum disorder or PTSD.

Music and movement are powerful tools that can ignite all areas of child development and skills, including intellectual, social-emotional, motor, language, and literacy. Music and movement can help children build motor skills, practice self-expression, and strengthen memory skills.

John's approach is holistic, integrating new treatments and therapies into his practice to provide a comprehensive and supportive environment for his clients. With a commitment to continued learning and professional development, John is dedicated to providing the best possible outcomes for his clients.

If you're interested in learning more about John's Holistic Integrated Creative Arts Therapy, you can contact him directly on 0410 409 539 or email johnshicat@gmail.com



We're neighbours!



CREATING HAPPINESS AT THE *Messy Patch*

Located in the heart of Camperdown, The Messy Patch, created by two sisters, is a vibrant and nurturing space designed for children to explore, create and thrive. With a focus on messy play, art, and imagination, the business aims to provide a safe and fun environment where children can develop their creativity, social skills, and emotional intelligence.

The Messy Patch is committed to building strong community connections in Camperdown and the surrounding areas. Through sessional messy play days, sensory experiences in local parks, community events, and markets, the business will provide opportunities for families to connect and engage with each other. The Messy Patch will also collaborate with local businesses, artists, and educators to create unique experiences that reflect the creative spirit of the space.

The response from the community has been incredibly warm and encouraging, with locals looking forward to the door opening and have a safe, fun, and creative space where their children can explore freely. The business has taken this feedback on board and is committed to creating a space that meets the needs and expectations of the local community.

The Messy Patch is focused on growing thoughtfully while staying true to its core values. Long-term, the business hopes to open more locations in other vibrant communities, similar to Camperdown and its sister site in Torquay.

Parents and locals can stay up-to-date with what's happening at The Messy Patch by following the business on social media and subscribing to its website. The business shares updates, behind-the-scenes content, event announcements, and early bird access to bookings.

Jen believes that play is essential for children's development, and The Messy Patch aims to nurture imagination, self-expression, and the joy of play in a safe and supportive environment. Jen hopes that children will leave The Messy Patch feeling confident in their creativity and curious about the world around them,

You can spread some Happiness Monday to Saturday, with parties running on Saturdays and Sundays. Memberships are available for regular users, which include unlimited plays, one free adult and a free coffee per entry.

Bookings can be made via the website - enter **THEOTWAYEDIT** upon checkout for \$5 off of your booking.



KEAYANG MAAR



Perched on the edge of a volcanic crater in Dixie, South West Victoria, Keayang Maar Vineyard is a family-run winery that offers more than just exceptional wine. This hidden gem is a space that feels both grounded and surprising, where people can gather, slow down, and connect over great wine, music and shared meals.

The vineyard was once a family dairy farm, but after a trip to France, founders Barry and Bernadette Wurlod saw the potential of the land to grow grapes and make wine. They shifted from cows to Cabernet, Pinot Noir, and Syrah, and their dream was to create a space that made exceptional wine and brought people together.

Keayang Maar's wines are grown and made right on site, and their 2023 vintage Estate Pinot Noir has already picked up 90 points from Halliday. But it's more than just the wine that sets them apart - it's the experience of visiting the vineyard. From En Plein Air painting workshops to Wine + Words afternoons and Sunday live music sessions, Keayang Maar offers a range of events that make it a special place to visit.



PHOTOS BY JOANNE O'KEEFE

When you visit Keayang Maar, you can expect great wine, genuine hospitality, and a sense of ease. The Vineyard has a vibe that makes you want to stay for the whole afternoon and tell everyone you know about it. Kids and dogs are welcome, lawn games are out, and the views go on forever.

Keayang Maar hosts a range of events throughout the year, including Winter Solstice Beats & BBQ and The Dixie Social Club wine bar night. They also offer Vines & Volcanoes tours with winemaker Jerram Wurlod, which provide a unique insight into the vineyard's volcanic terroir.

Keayang Maar has become a popular spot for weddings, elopements, art retreats, and travellers from around the world. The vineyard's unique location on the edge of a dormant maar crater makes it a special place to visit, and the team is passionate about sharing their knowledge and love of wine with visitors. They are proudly local, with a focus on using produce and partnerships from within 50km. Their cellar door serves wine and food made with local ingredients, and they love championing what the region has to offer.

If you're interested in visiting Keayang Maar or learning more about their events, you can sign up to their newsletter or visit their website. Whether you're coming for a quiet glass or a big celebration, Keayang Maar wants to feel like a place you can return to - season after season.



PHOTOS BY JOANNE O'KEEFE

OPINION: CAN DO - CAN'T DO PRIORITIES

SHOW A GOVERNMENT DEVOID OF ETHICS

Megan Lane is a former Director of Media and Communications for the MFB with experience working for the CFA and VFBV.

The character of any Government is demonstrated by what they prioritise - what they can and can't do - and the Victorian Government is showing its moral and ethical void.

It CAN allocate \$16billion to a 6.5km stretch of road in Melbourne that will cut travel times for a small percentage of Melbourne road users by 34 minutes. With a budget blow-out of \$837million (and counting).

It CAN sign a \$9billion contract with a consortium to build a rail loop for Melbournians, where just one section costs \$34.5billion (and counting).

It CAN'T provide \$1.8billion to ensure Victorians have a properly equipped and maintained emergency service system.

VicGov CAN decide it's appropriate to smack the most drought-ridden and hard-working Victorians, who put food on every Victorian's table and who are the most likely to be hit with increasing climate events and emergencies, with a 150% increase in taxes, despite the gaslighting, calling it a levy.

In our Premier's view, the people most affected by climate change, the ones who respond to those emergencies as volunteers and who are most likely to lose property or lives to them - should fund most of the entire State's emergency services. Meanwhile, astonishingly, it CAN announce fairy floss 'cost of living relief' such as free public transport for teenagers - expecting us to forget that farmers will have to increase their own costs to cover the cost of the new tax if they want to survive.



VicGov CAN make us the highest taxed State in Australia, with the highest debt, the poorest credit rating and the most costly, per capita, fire service in Australia by a large margin (according to the Productivity Commission reports).

It CAN'T fix regional roads that are dangerous and causing huge repair costs for those transporting food and goods to Melbourne.

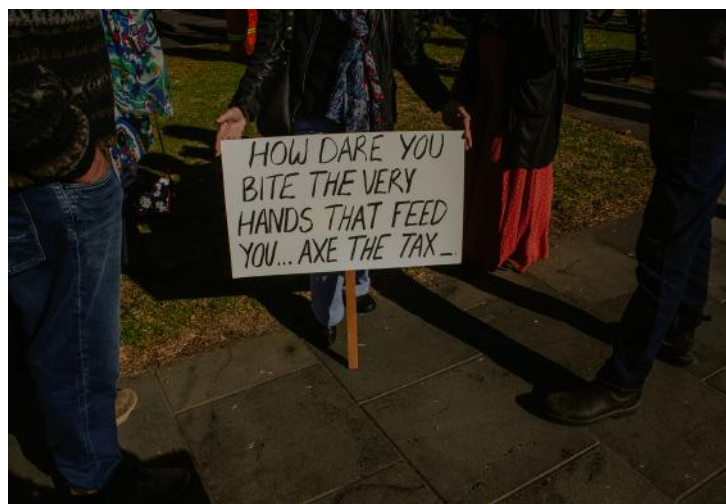
It CAN cut the CFA budget and put more towards the paid firefighter service Fire Rescue Victoria because of its ballooning inefficiencies as a union-run shop, then ask CFA volunteers and regional property-holders to pay the bulk of a tax that will mostly go to fund Fire Rescue Victoria in Melbourne.

FRV is ungoverned and ungovernable because of another dirty deal VicGov did with United Firefighters Union (UFU), taking a wrecking ball to the CFA with the sole intention of getting through an enterprise bargaining agreement with VicGov was told was illegal and discriminatory. The EBA gives the UFU total control of all the fire services because of its veto rights - basically unless the UFU agrees to any decision, even what colour pens are used for reports (true example), it won't happen.

While the UFU is still fighting for yet another EBA windfall, it's decided to leverage the good will for CFA volunteers and farmers for its own agenda. The UFU is NOT the friend of CFA or SES volunteers: who could forget that the UFU orchestrated a disinformation campaign against CFA brigades and volunteers to create a false crisis as the basis for 'reform', and actively and successfully campaigned to ensure CFA volunteers did not get the same level of presumptive cancer coverage as paid staff, despite facing the same smoke and risks. The result is the diminishing capacity to respond to exactly the major emergencies Jacinta Allen is cynically using to convince us that we should pay for the service CFA volunteers provide. But as long as the Premier and her friends get to dress up in a hard hat and hi-viz for a photo op, that's OK. No helmets and overalls to be seen. And what deal did the cross benchers get to convince them that we'd all sigh in relief and gratitude that they brought the tax down from a 189% increase to a 150% increase?

Finally a prediction: already the VicGov has taken Victorian fire services back to before 1939, when Black Saturday royal commission recommended the CFA be formed to create a single fire service that removed deadly problems caused by multiple fire services operating in regional areas. What will happen now is that CFA brigades and groups will increasingly form their own support and operational teams and separate from the CFA - a situation totally of the making of the UFU and Andrews/Allen Governments.

MEGAN LANE



**Take
up
some
space.**

YOUR AD HERE?

CONTACT US: THEOTWAYEDIT@OUTLOOK.COM.AU