



## Supporting healthy ways to live in our community

# Warburton Community Hydro all powered up



**'The project offers us an unparalleled opportunity for self-reliance'**

By Lindy Schneider

**W**arburton is leading the way in community-owned renewable energy generation.

The Warburton Community Hydro Electricity project hopes to secure funding through the State Government's New Energy Jobs Fund. An official announcement is expected to be made within the coming month.

For the Warburton community, this project will represent a new era in sustainability, generating enough electricity to power around 150 households by feeding energy back into the national grid.

'The project offers us an unparalleled opportunity for self-reliance, best use of our natural resources and builds community resilience,' says Geoff Vickers from the Upper Yarra Community Enterprise (UYCE).

To be located on Ythan Creek, the route

of the pipeline runs the western length of the Warburton Golf course. Environmental impact assessments have been completed and the project satisfies all requirements. Water used will be 'non-consumptive' in that environmental flows will continue to keep the waterway healthy. The water used to generate electricity will be returned to the creek system.

The team behind The Hydro project (formed 2010) includes Geoff Vickers from UYCE, Luke Whiteside, Nick Killey, Julian Guess from Yarra Ranges Council and Peter Van Loon from electricity retailer Powershop.

Upper Yarra Community Enterprise will part fund the project together with (subject to approval) the New Energy Jobs Fund Grant auspiced by Yarra Ranges Council. The combined investment in the project will amount to around \$1 million. Profits from the project will be shared with the community by supplementing the current Community



**VALE Peter Kimberley**

It is with deep sadness that we announce the sudden loss of our Chairman Peter Kimberley on 18 July 2017. Peter was a champion for our local community. He contributed his time and expertise to a range of local and international groups.

He has occupied the role of Chairman of the Upper Yarra Community Enterprise since 2012, and had served as a board member since 2010 (including two years as Deputy Chairman). There is no doubt his skills, expertise and willingness to give have helped make our towns what they are today and his contribution will be felt well into the future. He will be greatly missed professionally and personally.

Our love and condolences are extended to Peter's wife Sue, his children and grandchildren.

Bank® sponsorship program.

The Warburton Community Hydro Electricity project anticipates commencing construction in late 2017 (a permit application is now with the Yarra Ranges Council), with the community producing its own energy during 2018.

**For more information, FAQs and updates: [Facebook.com/Warburton-Community-Hydro](https://www.facebook.com/Warburton-Community-Hydro)**

# Feed your Awesome!

3-9 September 2017

## - Love your Body



Louise Wigg



### A 'whole-of-community' approach to promoting positive body image

By Lindy Schneider

**I**n the first week of September, many health, education, community and fitness representatives from the Upper Yarra Valley will join together to present 'Love your Body – Feed Your Awesome' coinciding with Body Image & Eating Disorders Awareness Week, a 'whole-of-community' approach to promoting positive body image.

During the week, attendees can enjoy a range of free seminars and workshops designed to educate and raise awareness related to positive body image and eating disorders and obesity prevention.

According to project leader Louise Wigg, 'Feed Your Awesome' will provide many

opportunities to learn simple strategies for bringing health enhancing behaviours into our everyday lives. 'We want to raise awareness in many parts of our community, but especially for young people and the adults who are role models for them,' she says.

Some of the program highlights include a Q&A session with Professor Susan Paxton (Latrobe University), a leading voice in the area of public health and body image, two interactive workshops – one for school children/teenagers and one for parents, carers and community members hosted by The Butterfly Foundation, a 'Healthy Body, Healthy Mind' education workshop debunking the myths of eating disorders with a fitness focus, a healthy nutrition and intuitive eating workshop, and a sem-

inar that explores body culture and helps with practical strategies for self-esteem and healthy choices.

The week will conclude with a screening of renowned body positive documentary 'Embrace' at the Warburton Arts Centre.

It is the first time 'Love Your Body – Feed Your Awesome' has been offered and the goal is for it to be an annual event.

Programs such as this represent the combined resources and funding of many key groups in our community and the Warburton and Yarra Junction Community Bank® branches are proud to be part of this exciting effort towards a healthier community. For more information: see Events on [www.yarraranges.vic.gov.au](http://www.yarraranges.vic.gov.au)



### Move to a local bank.

Become a customer of Warburton and Yarra Junction District **Community Bank®** branches today and you'll have access to great banking products and enjoy premium customer service.

Drop into your nearest branch at 3399 Warburton Highway, Warburton - 5966 2122 or 2452 Warburton Highway, Yarra Junction - 5967 1919 to find out more.

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## The Community Bank® story

# Supporting your Community Bank®

Since 2010, the Warburton and Yarra Junction Community Bank® branches have been operated under franchise by the Upper Yarra Community Enterprise (UYCE) with the core purpose of advancing the Upper Yarra community.

More than \$3.7 million has been invested in worthy local community-based projects through the allocation of sponsorship funding that is generated via the profit-for-purpose business model. The Community Bank® prospers because local people do their everyday banking at the Warburton or Yarra Junction branches.

Funds are distributed to community projects through Sponsorships and Donations. Every year, important investments are made in areas as diverse as sports and recreation, education, arts and culture and civic organisations that support the successful operation and growth of essential community initiatives.

Sponsorship is the purchase of an association with an event, entrant, activity or organisation. Applications are accepted based on their ability to increase Community Bank® awareness and patronage, and communicate key messages regarding community development.


Find helpful information and application forms on our website [www.upperyarra.net.au](http://www.upperyarra.net.au).

## LocalLife newsletter

 Like us on Facebook

 [upperyarra.net.au](http://upperyarra.net.au)

 [geoff@upperyarra.net.au](mailto:geoff@upperyarra.net.au)

 To subscribe to our electronic newsletter, visit our website

 @UpperYarraCommE

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### Local Life Digital – doing our bit

Minimise your eco-footprint and receive Local Life via email instead of hard copy. Join our mailing list and be first to know about the great things happening in your community and reduce waste at the same time. Let's do our bit together!  
Subscribe online via our website: [www.upperyarra.net.au/about/contact-us/](http://www.upperyarra.net.au/about/contact-us/)

Request more copies of **LocalLife** at your Community Bank® branch.

# 'My Place, My Community' Calendar Competition

Our popular calendar completion attracted a record number of entries with 131 submissions this year including 39 photos from local children. Local photographer Paul X Stonyey judged the competition selecting two winners for Judge's Choice. In total twelve images have been selected including the winners of the People's Choice, branches choice, Directors' Choice and the online public voting competition.

Paul Colcheedas was awarded the Judges Choice for his photo 'A walk on the White Side' an image he says speaks of the untouched mystical qualities of a snowy covered Mt Donna Buang.



Dan Mathers, Paul Colcheedas, Joy McConachy, Adam Whitworth

Organiser Suyin Chan has seen the calendar competition grow year on year and is thrilled with the community engagement. 'This year children from Warburton Primary School came to visit this exhibition as a school excursion. Many of them had also entered their work. They were very proud to see their photos on display,' she says.

Our calendar goes all over the world with many people sending them internationally as part of Christmas packages! Pop into the Warburton or Yarra Junction branch to pick up your copy of this free calendar that celebrates our local community and talents. Thank you to everyone who entered this year. Calendar available November.

Congratulations to the winners:

Paul Colcheedas, Lara Bennett, Rose Sherriff, Hetty Thomas, Gary Ockwell, Thomas Osborg, Ally Stirland, Jael Taylor, Sarah Illman, Doug Greenall, Kate Baker and Graeme Edwards

See the winning photos on our website or at the Warburton Arts Centre.

# Futsal comes to the valley

Futsal, or indoor soccer, is a dynamic and well-loved sport that is now available at the Yarra Centre, Yarra Junction every Friday night between 8 pm and 9.30 pm. The goal is for this regular training night to be developed into a competition providing greater access for people in the Upper Yarra Valley. Futsal offers many benefits for health and wellbeing, supports positive social connections and can have great mental health outcomes. Anyone in the community is welcome to pop in on Friday nights and give Futsal a go! The cost to participate is \$5 a game. (We're proud to sponsor equipment to the value of \$5909, with support also by the Rotary Club of Upper Yarra.) For more info: [upperyarrafutsal@gmail.com](mailto:upperyarrafutsal@gmail.com)



## Latest Sponsorships May Quarter 2017

- Warburton Junior Netball Club – Uniforms and Equipment 2017 \$3,000
- ECOSS–River of Light Festival \$3,000
- EACH–Upper Yarra ‘Love Your Body’ Week 2017 \$7,650
- Warburton Up & Running–Fun Run \$2,000
- Warburton Christian Playgroup–Facilitator Wages for 12 months \$4,000
- Rotary Club of Upper Yarra–Futsal@the Yarra Centre \$5,909
- Melbourne Bushwalkers’ Club–Federation Walks Weekend 2017 \$500
- Redwood Community Centre–Kids Safety and fun in the sun and rain \$968
- Redwood Community Centre–Friday Fitness \$3,060
- Yarra Ranges Council–L2P Learner Driver Mentor Program \$5,540
- Yarra Valley Arts Council Inc–Open Studios \$5,000
- Adanac–Youth Camps \$2,200
- River Valley Church–Careworks \$1,440

**Total this quarter: \$44,260**

**TOTAL since 2000: \$3.7 million**

***‘We don’t call it community investment for nothing!’***

**Next Sponsorship Round closes November 12.**

**Apply online: [www.upperyarra.net.au/sponsorships](http://www.upperyarra.net.au/sponsorships)**

More than \$3.7 million has been reinvested back into the projects, groups and activities that you value most. Imagine our towns without all the benefits we enjoy every day. Banking with your Warburton or Yarra Junction Community Bank® branch is part of belonging to a great community.

- 80% of profits are reinvested in our community – yes 80%!
- Sponsorship benefits every person in our community.

The Local Life connection – bank with us and your community benefits.

### **Open an account today:**

Warburton Community Bank® 3399 Warburton Highway, Warburton. Tel 5966 2122

Yarra Junction Community Bank® Shop 1, 2452 Warburton Highway, Yarra Junction. Tel 5967 1919

# A Wellspring for Community Health

By Lindy Schneider

**T**he Wellspring is a community wellness collective that opened its doors at the end of July in the newly renovated ‘old CFA’ building on the main street of Warburton.

It is a gathering space for cultivating growth, wellness and positive community that offers a range of services such as yoga, mindfulness, counselling, psychology, acupuncture, pregnancy and birthing support, and more.

Belinda Lloyd, together with a collective of six passionate individuals, has spent more than twelve months transforming the space into three practitioner rooms, a yoga studio, breakout space/kitchen, indoor garden and flexi-space. The collective has been further supported by around one hundred people from the community, who have donated time, skills, funding and more to the initiative.

Local tradespeople and local artists have added their own special touches with

timber feature walls, artworks and render designs providing a uniquely Warburton feel. The philosophy that everyone involved ‘be well in the process’ has added another layer of beauty and energy to this delightful space.

One of the first projects to be undertaken by The Wellspring is to research and publish a comprehensive community guide to health and wellbeing services in the region. This will further enhance The Wellspring’s role in the community as a central point for all people to enjoy improved access to information about services and practitioners in the region. Plans are being put in place to roll out a range of subsidised or funded services such as community yoga, free meditation and mindfulness sessions.

The Wellspring is open every Monday for locals and visitors to pop in and say hello or ask questions. There will be services available at The Wellspring 7



days a week depending on practitioner timetables and workshop activities. Room hire is also a possibility.

A full yoga and mindfulness timetable will commence from Monday 9 October. We have been proud to contribute funding to this project and offer our congratulations to all involved.

Grand Opening – Saturday 30 September  
For more information: [www.wellspring.net.au](http://www.wellspring.net.au)





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# Special \$100 credit offer for the Upper Yarra community!

Warburton and Yarra Junction Community Bank® branches and Powershop are very excited to partner to bring the Upper Yarra community a great electricity offer. Electricity bills are a significant expense for many households. At Powershop, we provide access to the information you need to achieve long-term reductions in your electricity usage, as well as ongoing competitive rates and top-notch customer service.

All Victorian Powershop customers can access up to a 34% discount off usage and daily supply charges which is comprised of an 18% guaranteed discount and an additional 16% discount if you pay your bill online and on time. Powershop's online account and mobile app also make payment a quick and easy process; simply log in and pay using your credit card, bank details or BPAY.

There are also a bunch of other great reasons to switch to Powershop:

#### Usage tools

Take advantage of our online usage tools and app to better understand and manage your energy usage. Powershop hopes these tools will help you use less electricity and lower your bills. How many energy retailers can say that?

#### No risk

No lock in contracts, exit fees or setup fees and if you are not satisfied after 60 days, Powershop will switch you back to your previous retailer.

#### No fixed benefit period

No need to worry about losing your discount after a fixed period, you can always access Powershop's best deal.

Switching to Powershop takes around five minutes. There won't be any interruption to your power supply and Powershop will contact your old retailer for you to let them know you're switching.

Visit [powershop.com.au/uyce](https://powershop.com.au/uyce) or speak to your branch consultant today!

Terms and Conditions apply. Energy Price Fact Sheets can be found at [powershop.com.au](https://powershop.com.au)



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