

# Rachel's journey

It's not every day that someone who hates heat and exercise would commit to completing the arduous Kokoda Track.

But Rachel Hall has no ordinary cause to support.

The mum of two is determined to trek the 96 kilometre jungle track in October to raise funds to support Windermere Child and Family Services' efforts to end family violence.

As a Family Support Worker for Windermere, Rachel has seen first-hand the long lasting and extensive impact of family violence. The mum of two wanted to set a challenge for herself and at the same time do something positive towards ending family violence in our community.

During her six years with Windermere, Rachel says she has seen the effect of family violence in many different forms and perpetrated by many different people.

"We don't just work with the stereotypical victims of intimate partner violence, rather we recognise that family violence has many different faces, and by its nature has multiply layers of complexities. Each type of family violence is different and therefore different responses are required," she says.

Windermere provides prevention, early intervention and support services for people experiencing family violence in Melbourne's south east. A team of 27 have committed to completing the Kokoda Trek and each raising \$3000 towards supporting Windermere's goal to end family violence.

"When working with victims who have experienced family violence, we understand it's not so simple for them to just leave a relationship," Rachel said.

"There are so many factors to consider such as safety, children and their routines, finances, employment and housing while experiencing a huge emotional rollercoaster. You have to respect the decisions that each individual makes



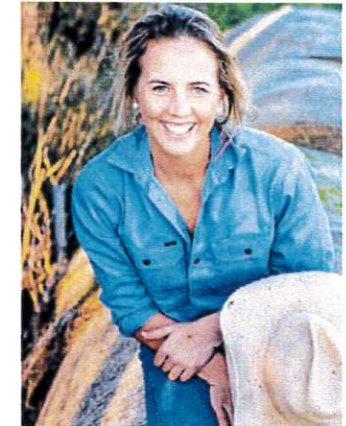
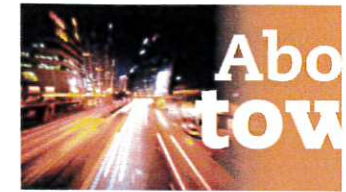
Rachel Hall is training to trek the 96 kilometre Kokoda Track in October in a quest to stop family violence.

about staying or leaving and understand that they are on an emotional journey and their reasons for staying are usually multifaceted."

Rachel has changed her weekly routines in order to meet her trek commitments of fundraising and training. From doing no regular exercise a year ago, she is now regularly completing ten kilometre hikes. She is fundraising by baking cakes weekly and providing dinners at a local sporting club.

"Kokoda's going to be totally outside my comfort zone," she said. "But I see every day what the money raised goes towards and know that it definitely makes a real difference."

If you would like to support the fundraising efforts of the team in their 2018 Trek to End Family Violence please go to [www.windermere.org.au/kokoda](http://www.windermere.org.au/kokoda) or call Windermere's fundraising office on 9705 3286.



Square Mile Meats founder Claire Templeton.

## Fair bit of hype for Square Mile

Claire Templeton's star is on the rise. The 25-year-old fourth generation primary producer from Maryknoll struck a chord with her Square Mile Meats business over the past 18 months.

Her successful start-up business has attracted a lot of attention in a short time and Claire and her team featured in the Farm Magazine in this week's Weekly Times.

Square Mile Meats takes the business from paddock to plate to a new level. Claire and her team, including parents Frank and Mam Templeton, and Graham Seeds, which are selling the family's Nar Nar Goon farm where the company's beef cattle are raised in an ethical and low stress environment.

Starting Square Mile, Claire says it's an appeal to the conscientious consumer. "People want to eat meat but don't want to feel guilty about it," she said.

Square Mile Meats - so named because Maryknoll was originally on a square mile - will feature in this week's Gazette On The Land special.

Baking mad