



BUNYIP & DISTRICT COMMUNITY NEWS



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Have you been to the Bunyip Community Market?

By Roman Kulkewycz

If you haven't been to the Bunyip Community Market lately, then you've been missing out on some great bargains that are available each month from the stallholders. Here are just some of the wonderful things you can get at the market.

- New Life Sharpening Services can restore the blades of your scissors, knives, secateurs and clippers back to their original sharpness.
- Ray and V10 sell a variety of bric-a-brac, reclaimed timber furniture including children's furniture, outdoor planters and pet beds, clothing and jewellery.
- Liz sells fabrics in one metre and half metre cuts in patterns, fat quarters, fabric backings as well as rotary cutters.
- Margaret from Pakenham is there each month with a magnificent range of jewellery at very reasonable prices and she has something for everyone.

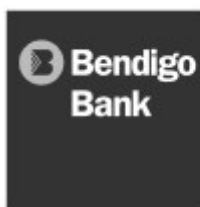
- Kevin Mayes from Cranbourne sells plants and an assortment of bric-a-brac.

So come along and join in the fun country atmosphere of the Bunyip Community Market on **Sunday 27th August...** See you there!

Photos by Roman Kulkewycz



Margaret's jewellery stall.



Community Investment Program now open
See page 6 for details

Bunyip & District **Community Bank®** Branch
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Bunyip & District Community News

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This weekend Hillview Bunyip Aged Care's 13th Annual Quilt & Craft Show

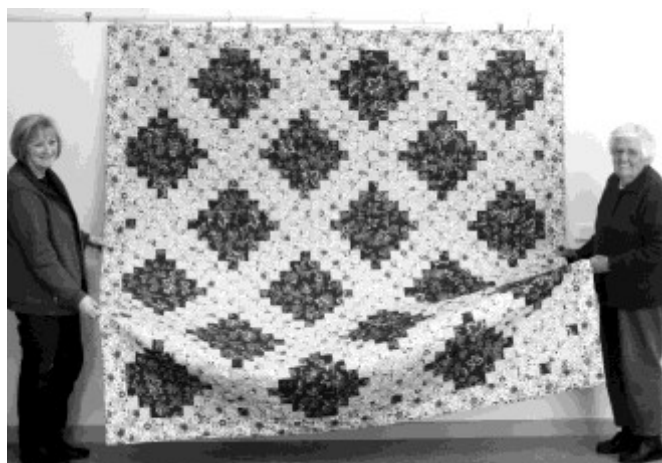
By Roman Kulkewycz

The Hillview's Annual Quilt & Craft Show is on this weekend at 22 A'Beckett Road in Bunyip during **Friday 18th, Saturday 19th and Sunday 20th August**, commencing each day at 9:30am and concluding at 3:00pm.

The first Quilt and Craft Show began from humble beginnings 13 years ago with 90 quilts on display and has since grown to become one of the biggest attractions on Bunyip's events calendar, attracting visitors from near and far. Last year 140 quilt entries were on show.

The Show is the main fundraising event for Hillview and is run by the dedicated "Friends of Hillview" – a committee of hard working individuals who work tirelessly to raise funds to improve the lives of the residents at the Hillview Bunyip Aged Care hostel.

There will be lots of activities including a fabric and craft table, a garage sale, sausage sizzle and delicious Devonshire teas will be served indoors.



(L-R) Quilt & Craft Show organiser Barbara Dickinson and Rene Burns show off the magnificent quilt that will be the First Prize in the raffle.

A magnificent quilt will be the First Prize in the raffle conducted over the weekend.

Quilt entries for the Show can be submitted by calling organiser Barbara Dickinson on 0407 294 326.

Photo by Roman Kulkewycz

Bunyip & District Community House Bi-Annual Butterfly Dance Concert 2017



On Sunday 23rd July, little pink butterflies were seen at the Bunyip Hall. If you missed this wonderful occurrence, never mind, they will be back on Sunday 26th November.

There were over 90 people who came from far and wide, and they all enjoyed the concert. Jen and her little butterflies were loved, and 60 butterfly cup cakes were demolished.

Thankyou to everyone who has supported the BDCH Butterfly Dance, which is held in the Bunyip Hall at 9:30am every Monday during school term.

If you are interested in participating, please contact Davina from Bunyip & District Community House on 03 5629 5877 or send an email to admin@bdch.com.au.

What are we eating?

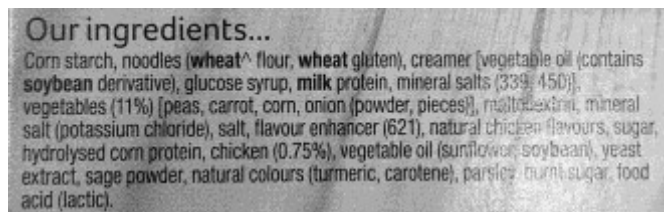
By Kristie Heyden, Nutrition Student



You want to purchase healthy products but all you get is confusion with complicated chemical names of ingredients you have never heard of or numbers. Why does my food contain numbers and what do they mean? When did the list of ingredients on packaging become so hard to decipher?

Substances are added for various reasons – preservatives to prevent spoilage, emulsifiers to prevent separation of water and fat, flavourings to improve taste, sweeteners and dyes to make items look more appealing. ⁽¹⁾

Food Standards Australia New Zealand (FSANZ) have a list of the additives they use and monitor that you can view. Even though they have strict guidelines and regulations to follow before a food product is deemed safe and available for us the consumer, there is still some speculation about whether these additives are helpful or harmful.



You can download an additives numerical list from www.foodstandards.gov.au/consumer/additives/additiveoverview/Documents/Food%20Additive%20Code%20Numbers%20%28July%202014%29.pdf

I came across a journal article which states tests are done on these additives to make sure they are safe for human consumption; however, they are only tested singularly. No testing is done when multiple additives are used in the one product, considering we can consume “an elaborate cocktail of 12 to 60 different additives in one meal” ⁽²⁾. This is something I am still researching.

What does this mean for our body?

Our bodies are little factories where chemical reactions take place all the time, whether it's breaking down food to supply nutrients to cells, moving oxygen to our organs or filtering our blood.



The liver is responsible for the breakdown and filtering of toxins in the blood that come from our gastrointestinal tract before entering the rest of our body. But if your

body becomes overloaded with man-made substances that are being placed in everyday foods then your liver must work harder. This may lead to your detoxification system being compromised which can lead to skin issues, poor digestion, feeling fatigued, moody or sick ⁽³⁾. Some effects from consuming additives include asthma, eczema, nausea, irritable bowel syndrome (IBS), migraines, hyperactivity and other behavioural disorders. They also contribute to malnutrition of vitamins and minerals as the foods consumed containing additives are generally not nutritiously dense foods ⁽²⁾.

My family recently started taking a closer look at these labels, and though we eat mostly wholesome foods, my husband and I did notice a few items that we weren't happy with. Some even looked to be healthy thanks to clever packaging.

Basically, the less it's been handled by humans the better it is for you. Ingredients lists should contain one item... what it is. Unfortunately this isn't the case with some products, so look for a list that contains no more than ten ingredients (ideally five or less), and be sure there are no fancy words you cannot pronounce and no numbers. I understand we need preservatives to help food have a longer shelf life but out of the almost 4,000 additives used, less than 2% are for preserving, the others are for cosmetic use ⁽²⁾.

So next time you are shopping take a moment to look at the ingredients list and see if you can make a healthier choice. Sometimes it's as simple as changing brands.

SUGGESTED SHOPPING LIST

Here are some items to help reduce additive consumption.

- Weeties, Weetbix, oats
 - Sakata plain rice biscuits
 - Raw nuts and seeds
 - Plain rice cakes
 - Natural peanut butter (Mayvers, Mother Earth)
 - Coco2 coconut chocolate spread
 - Plain potato chips
- Buy items like bread, jam, spices or sauces from local food markets. Bake homemade biscuits and snacks.

References

1. Reader's Digest. (2013). 'Foods that Harm, Foods that Heal'. NSW, Australia: Reader's Digest Pty Limited.
2. Tuomaa, T. E. (1994). 'The Adverse Effects of Food Additives on Health'. The Journal of Orthomolecular Medicine Vol. 9, No. 4. Retrieved July 1, 2017, from www.orthomolecular.org/library/jom/1994/articles/1994-v09n04-p225.shtml.
3. Groves, M. N. (2016). 'Body into Balance'. North Adams, MA, USA: Storey Publishing.

Diet is crucial for a dog to lead a healthy life

By Jessie Kamperman

So what is a good diet and what is a bad one?

There is so much selection out there and so much advice it is very easy for the average dog owner to get confused, especially when you have clever marketing at work. Dog food is one of those markets where they play on the your heartstrings. Dog food companies know that owners want the best for their dogs so they add vets names to dog foods and use other various tricks to get your business, but be careful, not all dog foods are good for your dogs.

Dry food

Dogs need a good diet just like us. We want to prevent diseases and for them to live as long as possible, so what we feed our dogs is vitality important. Cheap dry foods should be avoided. The reason for this is because the ingredients are rubbish. Have you ever asked yourself why one brand of food is \$20 and another bag is \$120. The \$20 bag is filled with filler; wheat, corn, cereal by products, meat meal (which can be just beaks and feet ground up). Since when does a dog need cereal by products? They are carnivores and therefore cannot digest these foods. This why you find that when you feed these brands to your dog it farts and has enormous poos, because everything you just gave your dog has come out the other end. What does the dog actually retain? Not much. The \$120 bag, although expensive, has less of these inferior ingredients which means the dog digests more of the food, and in turn means better health and smaller poos.

Now that you have got your dry food sorted, do dogs need more? Dry food alone is cooked at very high temperatures so it kills a lot of vital nutrients and enzymes which are good for your dog. If you can get fresh food in to your dogs diet, the healthier your dog will be.

Raw meat

Raw meat is excellent for dogs as it contains protein and amino acids which is important for bone growth and a healthy coat. By not cooking it you are not destroying vital nutrients. It is easy for the dog to digest and helps create a healthier gut.

Fruit and vegetables

Other foods you can add to your dogs diet is fruit and vegetables. Yes, dogs can eat fruit and vegetables! Vegetables need to be grated or blended for optimal



digestion. When you make a fresh juice for yourself add the pulp in to their food. Mine love it! Not all fruit and vegetables can be given to dogs, but some of the ones you can include broccoli, zucchini, celery and carrots. Carrots can even be a good replacement for a bone. Sweet potato can be given but needs to be cooked. Fruits that can be given to dogs are watermelon minus the pips, blueberries, apples minus the seeds and bananas. Bananas are best given when they are over ripe.

Raw food diet

Dogs can actually eat a totally raw diet without dry food by having a mixture of raw meat, veggies, fruits and maybe some supplements and bones. Getting the balance right of what your dog needs does take a bit of practice. Dr Karen Becker from the US is a holistic vet, and has written a book called 'Real food for healthy dogs and cats' on the subject of raw food diet. You can also find more information on feeding a raw diet at her website www.drkarenbecker.com.

Foods not to feed

There are however foods that should NEVER be fed to a dog. These include the following.

- *Chocolate* – It is toxic for dogs as it has an ingredient in it called theobromine. Dogs process this a lot slower than humans so it can built up to toxic levels in dogs. You can check chocolate toxicity levels by using the calculate at www.askavetquestion.com/chocolate_toxicity.php. The calculator is a guide only. If you are concerned your dog has ingested chocolate of any form, please seek veterinary advice as soon as possible.
- *Chewing gum* – Now I know that this is not something you would feed your dogs, but if left laying around and a dog eats it, it can be fatal. Chewing gum has a sugar alcohol called xylitol. This will surge your dogs insulin and drop a dogs blood sugar to dangerous levels.
- *Grapes* – Although the toxic substance within grapes and raisins is unknown, these fruits can cause kidney failure in dogs.

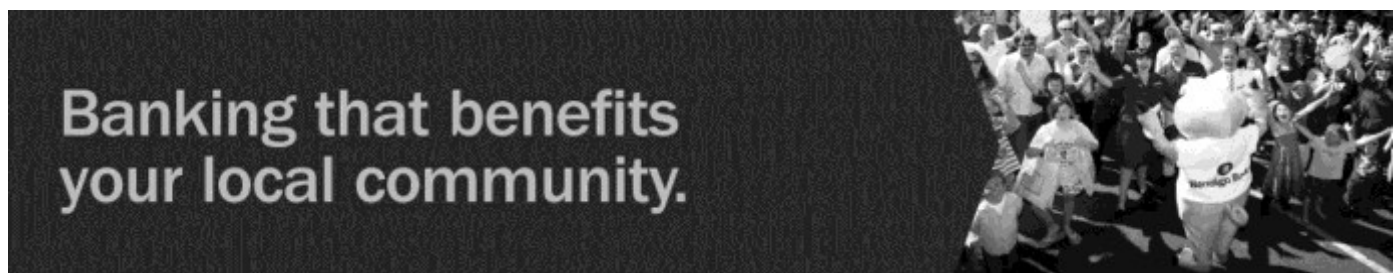
Diet is crucial for a dog to lead a healthy life (cont'd)

- **Onions** – The ingestion of onions causes a condition called hemolytic anemia, where red blood cells are destroyed and removed.
- **Macadamia nuts** – Can cause weakness, depression, vomiting, tremors and hyperthermia in dogs.
- **Corn on the cob** – Corn pieces are ok to feed your dog, but on the cob it can get lodged in the dogs intestine.
- **Cooked bones** – All raw bones are fine to feed a dog, but cooked bones can easily splinter damaging gums, teeth, and throat, as well as risking an internal injury from swollen shards.

In summary a dog's health is only as good as what you feed it. If you can afford it, stay away from your cheap dry foods and canned foods that are 70% water and of little nutritional value. Buy a premium

dry food from your vet or pet store – these will not be found in the supermarket. Add some raw meat to your dogs diet. If your dog has never had raw meat add it gradually. It is normal for them to maybe experience vomiting or diarrhoea for the first day or so. This is because you are feeding fresh enzymes to your dog and they are not used to it, but should quickly subside. Grate or blend vegetables for easy digestion.

I hope this article has been to some benefit and you have enjoyed reading it. I truly believe diet is the key for humans and dogs, and that it is relevant to a dog's health but also to a dog's behaviour. Food for thought!



Bunyip & District Community Bank® Branch launches Investment Program

Bunyip & District **Community Bank**® Branch will launch its Community Investment Program on Wednesday 9th August 2017 to help improve community outcomes.

Community Bank® Chairman Marg Bardon said the program will help support local community groups and organisations by making funding available for projects.

"The program helps us to reinvest Bunyip & District **Community Bank**® Branch profits back into the local community. Projects may be large or small and may also be carried out in collaboration with other groups or organisations at any level." Marg said.

The program is administered by Community Enterprise Foundation™, the philanthropic arm of Bendigo and Adelaide Bank.

Applications are available online and are open for submission from **Wednesday 9th August until Wednesday 6th September.**

Priority will be given to organisations based in Bunyip, Garfield, Tynong, Nar Nar Goon, Maryknoll and the surrounding districts.

"There are currently more than 313 **Community Bank**® Branches across Australia that have returned more than \$165 million to support local communities."

"We encourage everyone to bring their ideas to the table, so we can really find out what our community needs." Marg said.

For further information please contact Bunyip & District **Community Bank**® Branch on 03 5629 6091.

Bunyip & District Community Bank® Branch, Media Release (9th August 2017)



Time for treatment – prevention

By Robert Jacobs, Naturopath

Most people I see present with symptoms that could potentially have been avoided, or if not avoided certainly reduced in severity by preventative measures. Whether it be muscular, joint or back problems, colds and flu, hayfever, asthma and other respiratory illnesses, diabetes, arthritis, female health issues, heart disease; there are too many to mention.

In this issue, I will discuss just a few of these health issues in a preventative manner. Sure, there are many fantastic treatments available for the acute phases of the illness / discomfort that I will deal with, but for now I will talk about preventative measures.

For hay fever sufferers, now is the time to seek advice and treatment. As I have said in a previous issue, hayfever can be prevented if treatment is given before the symptoms present. There is a great deal of dietary advice, as well as nutritional, herbal, and homeopathic support that can assist in the prevention of hayfever well before symptoms occur.

Almost half of my practice is related to muscular and structural problems. I see people on a daily basis who have acute or chronic back, neck, or joint problems, often accompanied by severe pain. Many wait until they are in real pain and discomfort before seeking treatment. Over more than 25 years in practice, I have found that it is much better to get regular massage treatment to prevent symptoms, rather than waiting for pain to occur.

Massage is also important in helping to prevent stress, lymphatic problems, headaches, sciatica, and even respiratory and digestive problems. Being able to utilise my skills both as a Naturopath and a Masseur have been a great combination in treating these health problems in a holistic manner.

Many health problems may not cause significant issues on their own. Dysfunction can be accumulative and the combination of several factors can lead to bigger problems. For example, good digestive health is very important to maintain, as the digestive and immune systems are closely linked.

A large part of our immune system resides in the small intestine, and is triggered to fight and rid the body of invading bacteria / viruses present anywhere in the body (not just the gut).



Alternatively, gut inflammation caused by illness, poor digestion, medications, etc., can disrupt the intestines delicate balance of 'good' microflora allowing harmful bacteria and viruses to overgrow, causing illness anywhere in the body, for example, colds and flu. Therefore, good digestive health is very important in supporting immune system function so the body can fight potential infection.

Having an immune system that is functioning well is extremely important in assisting our body to fight off and therefore avoid either the frequency or the severity of viral and bacterial infections.

Children are great beneficiaries of preventive healing. Genetic predispositions lead to many health issues later in life that can be either avoided or certainly reduced. For example, a child born to parents who are both asthmatic is extremely likely to have respiratory problems. If dealt with early in life this predisposition can be reduced and sometimes avoided. Certain foods and avoidance of certain foods have been shown to strengthen our respiratory system. The earlier we get onto it the better.

In general, a diet comprising of natural food; that is, avoiding processed foods and having a balanced diet, is the best way to avoid illness. In many cases, of course we can have health issues, but by eating well, getting exercise, receiving regular massage and taking appropriate supplements, we can definitely reduce the frequency, duration and severity, and even the onset of illness.

robert
jacobson | Naturopath
Masseur



Talkin' Fishin'... The tool shop

By The TackleMan®

Some of the handiest fishing tools are right under your nose and you don't even realise it, and best of all they cost very little to make or buy. For example, the humble 'Chupa Chup' has a very handy stick. The difficult part is getting it out of its wrapper, but there's no problems finding someone to devour it. After its finished, soak the stick in a glass of hot water to get all the sticky stuff off. Now it can be used to tie the famous nail knot for attaching fly line or backing, using the hollow feature of the tube. To see this method in action, check out www.youtube.com/watch?v=nlvIbFhuYcY.

Another use for the stick is to pre-tie a few Snell knots to the outside of the tube. Now feed your line through the centre and slide it off, pull the tag ends and cut short. Now you have a float stopper knot with many others ready to go, along with a running bead it will set your float at a pre-determined depth.

Buy a knitting needle and cut to 150mm to 200mm long, then drill a hole just below the point of the tip, about 2mm diameter down. Now for those who don't have dextrous fingers for knots, you now have a tool for twisting and feeding line through. Feed the line through your hook eye, then twist using the point and feed the tag end through the hole.

Pull out and tighten the knot. This is handy for mainly tying on hooks, swivels, lures and flies with the halfblood knot.

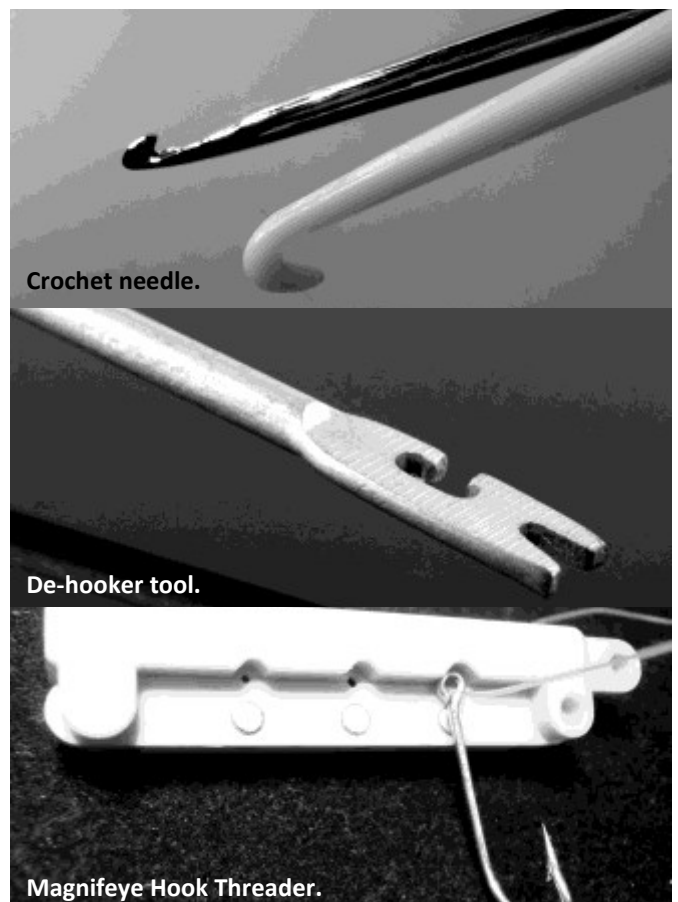
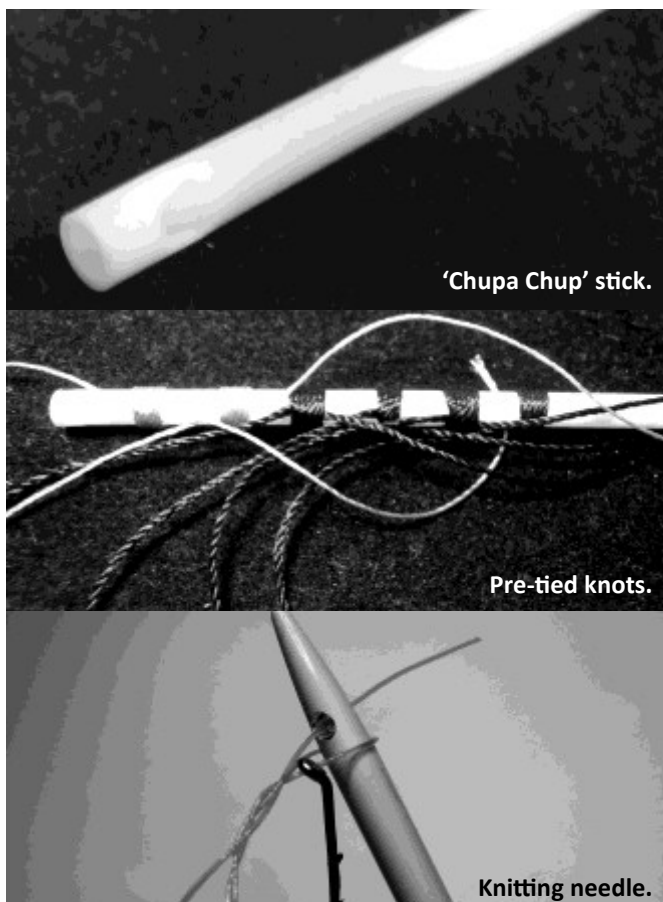
A crochet needle, either metal or plastic, will save you time picking out those annoying backlash and overruns on your baitcaster reel, use the small hook end to reach where your fingers can't. Remember to stay calm, and slowly and steadily pick out the loops.

A de-hooker is self-explanatory, but this shaped end differs in that it will push or pull releasing your trebles from the fish's gob without harm to you or it.

Lastly, the best tool I've seen in years is the 'Magnifeye Hook Threader' from BCF for \$7.00 at the front counters. It will thread the eye of your hooks with ease and magnets hold the hook in place while you do it. Especially made for the smallest three hook sizes you are likely use, so clever is this you can easily do this in the dark.

Of course there are many more devices and tools around that I could expand on, but one page is not enough. So try these out and we will talk later!

Catcha...



Bunyip Animal Rescue Network (BARN)



Thank you to everyone who attended our Wildlife Victoria's event **RACV Wild Bytes** in the Bunyip Hall which took place on Saturday 22nd July. We had almost 30 visitors on the day, coming from

near and far to enjoy the afternoon. Thank you to Wildlife Victoria for an excellent presentation and to RACV for supporting these events.

On the same day Hanson held their Open House at the Tonimbuk Equestrian Centre, which was also very well attended. BARN supports the 'Stop The Bunyip North Quarry' campaign and applauds the efforts the local community is going in order to protect the local environment, which of course also helps the animals. Good work to all involved! You can visit their website for more information at www.stopthebunyipnorthquarry.com.



Thank you to Faye, Red and the team at the Butcher Shop Hotel (Bottom Pub) in Bunyip, who recently held a fundraiser raffle on behalf of BARN. Funds raised were sufficient for us to acquire a microchip scanner. This small piece of equipment will allow us to assist locals when stray animals are found. The first point of call is always the local vet clinic, but if animals are found outside of business hours, BARN members will be happy to scan any lost souls to help get them home as quickly as possible. For any **urgent scanning assistance**, please remember that the best email for BARN is animalrescue@dodo.com.au.

There will be a fundraiser for the **BAST Cat Club** at **1:00pm** on **Sunday 27th August** at 6 Tangelo Tce, Pakenham. The event is in honour of street cat, Oscar, who passed away recently at age 19. The event will raise funds for the ongoing care of a bunch of other rescued kitties from around the Cardinia and Casey areas. Please call Andrea on 0425 712 753 for more details or visit Facebook www.facebook.com/bastcatclub or view the poster on our website.



Just a reminder that the annual **BARN Animal Photo Competition** is now open. Entries will be received until the **30th September**. As always, there is no entry fee, but there are rules...

- Photographers must be residents of West Gippsland.
- Photos must have been taken within West Gippsland.
- A maximum of three entries per person may be submitted.



Please send your photos via email to animalrescue@dodo.com.au. Good luck!

Visit the BARN website for more news at www.speakforanimals.info/barn-2017.

Until next time...

"Be kind to the critters!"



Results from Community Bunyip North Quarry Survey

By Mt. Cannibal & District Preservation Group Inc.

Hanson held an Open House on Saturday 22nd July 2017. Mt. Cannibal & District Preservation Group Inc. handed out surveys to gather residents' concerns for the EES and here are the results.

For more information please visit www.stopthebunyipnorthquarry.com.

We also encourage residents to sign the www.change.org petition. We only need 23 more signatures to reach 500. Every signature counts – your voice does and will make a difference!

TRAFFIC	Increased truck traffic on local roads including highway intersection	73
DUST	Dust on properties and effect on community health	73
WATER	Pollution of groundwater and natural water courses	73
F&F	Destruction of local flora (plants) and fauna (wildlife)	72
VALUE	Decrease in properties values (immediate and wider community)	69
RESERVE	Preservation of Mt. Cannibal Reserve	69
NOISE	Noise and vibration for local residents	68
BUSINESSES	Impact on local centres and Agricultural businesses	61
TOURISM	Facility will change area and reduce ecotourism	59

Mind matters with Jessica – Beating winter woes

By Jessica Peters, Pomegranate Mind Therapy, Hypnotherapist and Life Coach

I must confess that I've allowed winter to get the better of me recently. I've missed two months of article entries, tried escaping to Queensland for a spell, but I've come back and quickly become as frozen as ever. Frosty white mornings or equally days where it is blowing an absolute gale are really not my thing. Everything slows down, and even the smallest task, such as getting out of bed in the morning when it's close to zero degrees, seems like a mammoth of an effort.

The kids are in 'go slow' mode too, and getting them off to school on time is as easy as trying to pry last night's crusty dinner off an un-soaked fry pan. It's not much better down at the local IGA where everyone seems to be complaining about how blooming cold it is. I actually think that perhaps the protesting only makes it worse!

So how does one beat the 'winter woes'? While, it may be nice to indulge for a moment and pretend we are bears, simply find a snugly little nook somewhere private and comfortably enter into a deep winter's hibernation, only emerging once Spring is in its throes, we simply cannot do such a thing. No, us humans must take a big frosty bite of reality, learn to bear winter and go about our daily lives whether Jack Frost is visiting or not!

Besides having to deal with my own self-confessed issues with the 'winter woes', I am frequently questioned by clients about how they can achieve more during the winter months, how to 'up' their motivation levels and also how to deal with depression during the seemingly slower season. I hope you find these suggestions helpful, and do remember, if things get a bit much to handle, you can reach out for help.

Jessica's 7 steps to beating winter woes

1. Frame it right

What you tell yourself about a situation will determine your feelings and how you will be responding. This doesn't only apply to seasonal discomforts. If you find winter really unpleasant, you are so not alone! Think about how you could describe it in the most positive way. You'll be surprised what a difference it makes.



For me, I like to focus on how the rain helps the farms thrive and also remind myself that it's only three months of the year, which again puts things in perspective.

2. Set goals and value success

Know yourself and what works for you. Perhaps you need to exercise indoors to get you going before heading out, or maybe a morning shower is extra important. Begin to listen to your body's needs and respond accordingly. Acknowledge that with every high tide, there will be also the ebb. Learn to ride these natural waves of life by simply accepting this fact and you'll navigate your life with greater ease. Journaling can also be very helpful. If you're new to this, try writing a list of what you want more of in your life and also perhaps also acknowledging the things you are ready to let go of as they no longer serve you. You can read back on this to measure your success throughout the year.

3. Maintain your routine

As hard as it is, try to keep your winter routine as much the same as other times of the year. I know that it's tempting to sleep in longer, especially when the mornings are cold and so terribly dark. If you like winter and it doesn't seem to affect you greatly, by all means enjoy a sleep-in if you can.

However, if you struggle with winter depression or lack motivation, I would encourage you to keep that alarm set of a day. Maintaining your regular sleeping and waking routines ensures your body keeps within its regular circadian rhythms. What this means is that your natural body clock will be working with

Mind matters with Jessica – Beating winter woes (cont'd)

you and not against you. Modify your day as you see fit, but try to keep each day the same and you probably feel a lot more balanced. Make your bed every morning too, you will notice the difference.

4. Dress to impress

Whilst winter can seem to demand extra thick socks and lazy pyjama days, the way that you dress can have a big impact on your state of mind and also boost your ability to get stuff done. Even if you don't need to go to work a particular day, follow your normal 'work day' routine of dressing up smartly and notice the effect it has. You 'dress-up' then you are 'ready' for the day. If you do this every day you will no doubt achieve so much more during the day. Also, if your winter wardrobe is eighties inspired, you may want to consider an upgrade. You'll feel a whole lot better. And on a serious note, do make your bed!

5. Find friends

Talk to your friends about your winter woes. Try to connect to other like-minded individuals with the aim of supporting one another to achieve your winter goals. You could even text them in the morning and ask whether or not they have made their bed! In all seriousness, two minds are better than one, and you will do better with support as you work towards common goals, whatever they are for you.

6. Do what you love

I'm always going on about this and I can't emphasise it enough. Find things that you enjoy doing, and make time for yourself to go out and DO THEM! If you hear yourself saying, "I should be getting the

housework done" or "I should finish xyz", know that your use of the word 'should' demonstrates that you are prescribing to another person's (probably your parents) value system and not your own. Doing something for yourself regularly is not selfish and you have no need to feel guilty about it. Doing what you love will release all important endorphins, enabling you to feel better about yourself and subsequently handle any stressors in your life much better. You will be a better mother, father, friend, boss etc. Go out and do it!

7. Count down the days

Spring is coming. It is the most beautiful, spectacular and miraculous time of the year. There is new life abundant. Snow drops in the fields. New leaves and flowers on the trees. There are bees. Baby birds in nests, baby calves and lambs on the ground. It is green, sweet smelling and fruitful. Spring is what you have been waiting for, and how could we appreciate this truly beautiful season without its stark predecessor? Just like we couldn't appreciate darkness without the light, or happiness without its opposite. Spring is coming and I don't know about you, but I just can't wait!

I'd love to have your questions or your feedback. Please email me at jessica@pgmt.com.au. I'm waiting for spring, but also to hear from you as well!

Did you know?

Hypnotherapy is an incredible tool to facilitate change in your life. If you want change, but feel stuck where you are right now, why not give me a call on 0438 411 495?

Bunyip Strikers Soccer Club kicks goals!

By Shae Ford

Member for McMillan, Russell Broadbent, has just announced a \$900,000 grant towards the new \$1.8 million pavilion planned for Bunyip's Strikers Soccer Club. The club currently has to coordinate with the Bunyip Football Club so that teams can use the dressing rooms for home fixtures. It is hoped the new pavilion will be built by late next year or earlier 2019.

Congratulations to President Adrian Gatti and Club Committee for successfully winning the funding grant through the Building Better Regions Fund. Also to Tony and Carmel Arrigo, who were part of the original driving force for the club.



The original Strikers, Carmel and Tony Arrigo with McMillan Member Russell Broadbent.
(Warragul and Drouin Gazette, 8th August 2017)

A memorable meeting with Jobe Watson

By Roman Kulkewycz

Essendon Football Club great, Jobe Watson, has just announced his retirement from football at the end of this season. This prompted me to recall a meeting I had with the champion some 30 years ago.

When I was reporting on football for the Gippsland Times newspaper in Sale, I was lucky enough to be an invited guest of former three-time Essendon premiership champion and now Essendon Board member, Don McKenzie, to an Essendon vs. Hawthorn match at Waverley Park. My six year old son Mathew was also invited to come with me.

The invitation included admission, a meal with the Essendon champion and entrance to the Essendon change rooms before and after the game to meet the players. Tickets were available to a limited number of supporters to get in to the change rooms after the game where there was always a large media throng and Essendon personnel to jostle with to gain an audience with your favourite Essendon champion – the change rooms were crawling with people.

To be able to get in to the change rooms prior to a game was a definite “no no”. Being a guest of Don McKenzie that day, the red tape was cut and Mathew and I were granted exclusive permission to go into the change rooms before the game.

We were led through many corridors and down into the underground ‘Bombers’ change rooms. The place was eerily empty when we first arrived, but gradually stars such as Paul Salmon, Tim Watson, Garry O’Donnel, Alan Ezard, Mark Harvey, Darren Bewick, Derrick Kickett and Simon Madden



Jobe Watson (Herald Sun) and his autograph as a 6 year old.

pushed their way through the swing doors of the change rooms to be met by Mathew with his autograph book asking for their signatures.

Tim Watson walked in with his six year old son, Jobe. Mathew asked Tim for his autograph, and after Tim had signed it, Jobe said to his father, “Dad, I want to sign the book too.” But Tim said that it was only for footballers autographs.

I said to Tim that it would be ok for Jobe to give us his autograph too. Generally when footballers sign an autograph they put their jumper number under their signature. As Jobe was not a footballer, he wrote the number ‘6’ under his name, which represented his age.

Many years later, young Jobe grew into a very fine and talented footballer. He was drafted by Essendon under the father-son rule in the 2002 AFL Draft, and went on to become one of the greatest midfielders of the modern era. He was a leader and a champion at Essendon for many years, and now that he has announced his retirement from football, this meeting with him and his father has brought back many memories of that day in the Essendon Change Rooms at Waverley Park.



Ruckman Simon Madden and Alan Ezard signing autographs for Mathew Kulkewycz... all those years ago!



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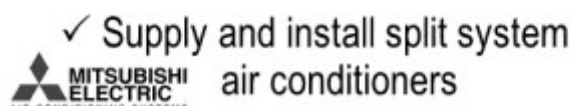
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Monday 28th August – 1:30pm or 6:00pm
Wednesday 30th August – 1:30pm or 6:30pm

The program will be held on nine consecutive Monday evenings commencing 11th September at 6:30pm with a maximum of twenty places available. Registrations can be made following each information session. For more information, call Dick Morris on 03 5625 2872.



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What to bring: Waterproof footwear and clothing, binoculars, sun protection (hats, sunscreen etc.), smart phone, folding chairs (optional).

Food: If you're staying for lunch please let us know by 25th August 2017. If the weather is inclement we will adjourn an indoor location for lunch.

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3rd Sunday of each month from
3pm to 5pm at the
Seventh-day Adventist Church corner
Princes Way and Church St, Longwarry

For more information
visit www.adra.org




 **Uniting Church Drouin -
Bunyip Parish**



CAMERA CLUB

1st and 3rd Thursdays from 4 pm
at Bunyip Church Hall, 9 Nash Road, Bunyip

For further information, please contact
Margaret on 03 5629 2318

Sunday 27th August

FORTHECOMMUNITY **Bunyip** BYTHECOMMUNITY


Community Market

Last Sunday of Each Month

TONY 0407 563 441 9 AM TO 2 PM ROMAN 0417 360 783

BUNYIP FIRE BRIGADE TRACK

Cardinia Mobile

 **Casey-Cardinia
Library Corporation**
www.cclc.vic.gov.au

Monday	Bunyip Primary School	10:45am-12:15pm
	Ritchie Street Garfield	12:30pm-3:15pm
	Railway Avenue Tynong	3:30pm-5.30pm
Thursday	Koolbirra Road Maryknoll	9:30-11:30am
Saturday	Main Street Bunyip	9:30am-1:45pm

Thank you to the community and district for their continued support

 **Bunyip
Community
OP SHOP inc**

7 High Street, Bunyip
Ph: 03 5629 6117

**Monday to Friday
9.30 am to 4.30 pm
Saturday 9.30 am to 1.00 pm**

ALL DONATIONS GRATEFULLY RECEIVED
VOLUNTEERS ALWAYS WELCOME

Your support lets us give back!

**- CATANI -
COMMUNITY CHURCH**

41 Taplins Road.

Meets Sunday at 11am

All welcome

Enquiries: Diane 03 5629 4250



Heart Foundation  **Walking**

Meet at Uniting
Church Car Park,
Nash Road, Bunyip

**Every Wednesday a brisk walk from
11:00am or 1:30pm for slower walkers**

Walking on a regular basis can help improve your overall
health and wellbeing, and reduce stress levels. As a bonus
it's a fun to spend time with family and friends, and a great
way to meet new people. For all ages and dogs welcome.

For further information please contact
Erica Ponting on 0428 595 639

Garfield Community Op Shop

An old style op shop with old style prices,
packed full of great bargains. Within our walls
you will find lots of hidden treasures including
clothing, shoes, toys, books, bric-a-brac,
small electrical goods and furniture.
Run by volunteers with all profits being directed
back into the local community.

Mon-Fri 9:30am-4:30pm, Sat 9:30am-12:30pm, Sun closed

59 Nar Nar Goon-Longwarry Road, Garfield 

 **Night Owls
Welcome New Members**

The "Nights Owls" is a social group of ladies
who meet monthly and assist community
events. There is no joining fee.

Meetings are held at the Top Pub in Bunyip on
the third Monday of the month at
6.30pm where we enjoy chatting over dinner.

Come along - all welcome!

REMINDER

PRIVATE PROPERTY

 **Hillview
BUNYIP - AGED CARE**

The grounds and walking tracks of
Hillview Bunyip Aged Care are private
property, therefore would
unauthorised persons please refrain
from using these areas. *Thank you!*

LCG  **Longwarry Community Garden & Orchard**

Longwarry has created their very own garden and orchard that people of all ages can enjoy. It is situated between Longwarry Primary School and Longwarry Hall car park with entry via Kennedy Street.

The community meets each **Wednesday at 1pm** and everyone is very welcome. For more information about enjoying the garden and upcoming workshops, please call Shirley Higman on 0411 231 650. 

 **Walking**  *Meet at Longwarry Public Hall, 14 Kennedy Street*

Every Monday to Wednesday from 7:30am or every Thursday to Friday from 9:00am

Walks take about half an hour to an hour. They are for all ages and dogs are welcome.

For further information please contact Linda Clarkson on **0488 550 153**

BUNYIP RODEO GROUP INC


Annual General Meeting (AGM)

7:30pm on Wednesday 30th August

To be held at the Butchershop Hotel, upstairs in Function Room. All welcome.

For all enquires contact Secretary Gina Dowie on **0422 335 660**.

SERVICES AT ST THOMAS' ANGLICAN CHURCH BUNYIP



Sunday at 9:30am

Wednesday at 11:45am
followed by lunch

2nd Friday of the month at 11:00am
Held at Hillview Bunyip Aged Care

SPECIAL EVENTS

Sunday 27th August – 9:30am
A celebration of *John Bunyan*, the radical preacher and author of 'Pilgrim's Progress'.

Saturday 2nd September – 10:00am
A spirituality day on the theme of *PILGRIMAGE*.

Sunday 24th September – 2:00pm
Bishop Kay Goldsworthy will dedicate our newly refurbished parish hall.

For further information, please phone 03 5629 5295 or email anglicanbunyip@dcsi.net.au. **16 A'Beckett Rd, Bunyip**

 **Uniting Church Drouin - Bunyip Parish**
We follow Christ – loving God and neighbour in word and action



DROUIN – BUNYIP – LONGWARRY – GARFIELD WORSHIP SERVICES

Date	Time	Location
Wed, 16 Aug	10:30am	Lyrebird Village
	3:00pm	Hillview Aged Care
Sun, 20 Aug	9:00am	Bunyip Uniting Church
	10:30am	Drouin Uniting Church
Sun, 27 Aug	9:00am	Garfield Uniting Church
	10:30am	Drouin Uniting Church
Sun, 3 Sep	9:00am	Longwarry Union Church – 'Holy Communion'
	10:30am	Drouin Uniting Church – 'Holy Communion'
	5:00pm	Drouin Uniting Church – 'Families at 5' – Messy Church with Fun, Food, Faith, Friends
Wed, 6 Sep	11:00am	Amberlea Aged Care
Sun, 10 Sep	9:00am	Bunyip Uniting Church
	10:30am	Drouin Uniting Church
	7:30pm	'Songs of Praise' in Bunyip*
Sun, 17 Sep	9:00am	Garfield Uniting Church
	10:30am	Drouin Uniting Church

* For further information please call our office on **03 5629 9055** (phone messages can be left at anytime) or email us ucadrouinbunyip@outlook.com

SERVICE LOCATIONS
Amberlea Aged Care, 5 Pearson Rd, Drouin
Bunyip UC, Cnr Nash Rd and Flett St, Bunyip
Drouin UC, 7 Sinclair St, Drouin
Garfield UC, 13 Garfield Rd, Garfield
Hillview Aged Care, 22 Abeckett Rd, Bunyip
Longwarry UC, 7 Drouin Rd, Longwarry
Lyrebird Village, 8 Neerim St, Drouin

www.drouinbunyipparish.dcsi.net.au
wordpress.com

 **IONA-MARYKNOLL CATHOLIC PARISH**

Phone: 03 5942 5293
Email: ionaparish@dcsi.net.au

Mass times for Iona-Maryknoll Catholic Parish in partnership with Koo Wee Rup

When	Time	Location
Saturdays	6.00 pm	St James, Nar Nar Goon
Sundays	9.30 am	St John's, Kooweerup
	11.00 am	St Joseph's, Iona
2nd Sunday	8.00 am	Holy Family, Maryknoll
Every Other	9.00 am	Liturgy of the Word
3rd Sunday	8.00 am	St Mary's, Lang Lang
Every Other	9.00 am	Liturgy of the Word

Please contact the Parish office on **03 5942 5293** for weekday Mass times or baptism / sacrament information.

SERVICE LOCATIONS
St James Catholic School, 60 Nar Nar Goon Rd, Nar Nar Goon
St Josephs Catholic Church, 1215 Bunyip River Rd, Iona
St John The Baptist School, 172 Station St, Koo Wee Rup
Holy Family Catholic Church, 1 Station St, Koo Wee Rup
St Mary's Catholic Church, 6 Whitstable St, Lang Lang



There's something for everyone,
so come along to

Hillview's 13th Annual Quilt & Craft Show

18th, 19th and 20th August 2017
9:30 am to 3:00 pm
22 A'Beckett Road, Bunyip

There'll also be...

- ✕ Queen Size Quilt Raffle
- ✕ Fabric and Craft Tables
- ✕ Bunyip Men's Shed Garage Sale
- ✕ Sausage Sizzle

For more information contact
Barb on 0407 294 326.
All proceeds will go to
Hillview Bunyip Aged Care.

Come down for a fun day and walk. There will be plenty of giveaways and entertainment for the kids. Make sure you wear a red t-shirt or cap. There is no need to register, you can simply turn up on the day and put money in the tin. For more information contact Elly Solomon on 0403 500 894.

 **Kidney Health**
2017 Big Red
Kidney Walk

Prevent, Detect, Support.



Big Red Kidney Walk

**Wear red and walk as one to support
Australians affected by kidney disease.**

Sunday, 10 September 2017

**Register
Online!**
kidney.org.au/walk

Location
Bunyip Leisure Centre
Bunyip VIC 3815

Time
9:00am for 10:00am walk

Cost
Individual: \$20
Team of 10: \$100
Children 12 and under: Free


Contact
Elly Solomon 0403 500 894

Distance
Up to the participants

Early bird 50% off if you
register by 31 July

**Longwarry
10:30am
Bunyip
2:30pm**

**SATURDAY 2ND
SEPTEMBER**



STREET GANGS TO GHETTO PREACHER

WILLY RAM-TS

Growing up on the streets of Miami, Willy was known as a gangster, a thief and a drunk. Homeless, sometimes suicidal, he was always ready for a fight.

Today he travels the world. He is a comedian, author, cartoonist, song writer and movie director.

How can a man change that much?

Come hear Willy's nontraditional, in-your-face style story-telling as he goes places others don't dare to talk about...

*I took you from the ends of the earth
from its farthest corners I've called
you Isaiah 41:9*

**2nd September – 10:30am Longwarry Seventh Day Adventist
Church, 16 Princes Ave (Cnr Church St), Longwarry;
2:30pm Bunyip Public Hall, 38 Main St, Bunyip**



LET'S PLAY BRIDGE LOCALLY

Are you a bridge player?

Are you interested in playing bridge?

Are you interested in learning to play bridge?

Our aim is to provide social and competition bridge for people at a venue that is conveniently close to home. We also provide bridge lessons.

We're organising bridge play locally for Bunyip, Garfield, Longwarry, Drouin, Tonimbuk, Tynong, Warragul, Labertouche and Nar Nar Goon, to be held at a venue mainly in Bunyip.

Why not come along to our **Introduction Night** and meet some new people, learn something new and have some fun?

Monday 2nd October at 6:30pm for 3 hours
Supper Room at Bunyip Hall, Main Street, Bunyip
Tea, coffee and biscuits will be provided.

This Introduction Night is FREE!

Organised by West Gippsland Bridge
in conjunction with the
Bunyip & District Community House

If you are interested please contact Anne on
0419 870 679 or email
westgippslandbridge@gmail.com.

We hope that you can join us for a fun evening of games and trivia at our **TRIVIA NIGHT** which takes place on **1st September**. Please order your tickets or get a team together and book your table early. Prizes will be up for grabs and we will also be holding our big **FATHERS DAY RAFFLE DRAW** on the night!



Bunyip Tennis Club invites you to a

TRIVIA NIGHT!

FRIDAY 1ST SEPTEMBER 2017
7PM START
BUNYIP PRIMARY SCHOOL HALL
BYO DRINK & NIBBLES

TICKETS
 \$15 each or \$100 for a table (max 10 people)
 Contact :
 Vanessa : 0401 422084 - vc Kent@hotmail.com
 Helen: 0411 274025 - heleninbunyip@gmail.com (after 18/7)

TRIVIA & GAMES
PLUS
FATHERS DAY RAFFLE DRAW

Bunyip Tennis Club News

Father's Day Raffle

We will be selling tickets for our monster raffle down at the IGA from 9am to 12noon on **Saturday 12th and 19th August**. Hope you can all drop by and buy a ticket or two to help us raise money for re-surfacing our plexi-pave courts.

Trivia Night... Bunyip Primary School Hall Friday 1st September

The Father's Day Raffle will be drawn at this event. If you would like to make up a table or just come along by yourself, please contact Helen on 0411 274 025 or email heleninbunyip@gmail.com for details before Friday 25th August.

Junior Tennis... Saturday mornings

We will be starting to put teams together in September for the Saturday morning Junior Competition. If you are interested in playing,



BUNYIP CRICKET CLUB IS LOOKING FOR NEW MEMBERS

Now seeking senior and junior cricketers to join your local club.

Senior and junior coaches also wanted.

If you're interested in being part of a friendly cricket environment, please contact

Arch Robb on 0402 678 552 or
 Ian McConnell on 0419 400 630.

For more information find us on Facebook, visit www.bunyip.vic.cricket.com.au or email bunyipcc@hotmail.com.



please contact Chris Millidonis on 0404 077 673 or email aceactivetennis@ymail.com before the end of August.



Monday Night Social Tennis

Our Summer season will be starting in early October. If you are interested in playing please contact Chris Dicker on 0448 167 620 or email 2easy@dodo.com.au for details.



Annual General Meeting (AGM) 7:30pm on Wednesday 23rd August

The AGM for Bunyip Tennis Club Inc. will be held in the Bunyip Tennis / Netball Clubrooms, Nar Nar Goon-Longwarry Road, Bunyip. Members and non-members welcome.

Bunyip Country Women's Association news

Celebrating 81 years!

Celebrating our 81st birthday, we started the day with craft and made a Christmas decoration of an Artichoke Ball, which was skilfully prepared and presented by Linda Clarkson. Great fun was had making these and they came up a treat. The birthday cake was cut by our president, Wendy Earwicker, and everyone enjoyed a cuppa and some cake.

Bunyip CWA is supporting the Associated Country Women of the World (ACWW) project which supplies birthing kits to women in New Guinea. The kits have proven to be life saving for many new babies and they are always welcome by the smaller island nations.

The kits are distributed to soon-to-be mothers a few weeks prior to the baby's arrival, and consist of hygienic and new / clean items. Basic things that can be the difference in the survival of a new born baby.

If you are able to help supply or donate any of the items listed, they would be gratefully received. We have a container leaving Victoria in mid-September and are hoping to have any donations ready to load by the end of August 2017 to access free shipping.

For more information please contact Bunyip CWA President, Wendy Earwicker on 03 5629 9241 or email conbunypcwa@gmail.com.

Our next meeting will be held at Hillview Bunyip Aged Care in the Eileen Dawes Centre, A'Beckett Road Bunyip on **25th August 2017** with craft starting at **10:00am–1:00pm**, then our meeting will be followed by much chatter and a cuppa. Love to see you there!

Items needed for birthing kits

- ☐ Small soaps
- ☐ Cotton nappies
- ☐ Cotton rug or wrap
- ☐ Hygiene pads
- ☐ Cotton singlets
- ☐ Nail brushes
- ☐ Thin rubber gloves
- ☐ Nappy pins
- ☐ Face washers
- ☐ Sheets
- ☐ Pillow cases
- ☐ Plastic sheets
- ☐ Cotton tape
- ☐ Disposable nappies



Bunyip–Garfield Probus Club

Our club was sadden with the loss of one our Foundation members, Dulcie Veenstra. Condolences to Jan and his family.

We have been on a few outings over the past weeks. There were two Morning Melodies; one at the Cardinia Culture Centre and the other at the Downtowner in Warragul.

Another day we gathered along with 400 fellow Probians for a 'Friendship Day' at the Pakenham Racecourse. Some just watched the races, whilst others placed their bets and had a few wins.

The following week we travelled to Melbourne to see the great show 'My Fair Lady', which we all enjoyed.

The last outing the club had was to the movies in Warragul before having lunch at the Railway Hotel.

The Bunyip–Garfield Probus Club have two monthly groups that meet together each month. There is the walking group, that continues to find great walks to keep them warm and fit; and we have a morning coffee group, where it is good to catch up for a chat and a cuppa.



Monthly local police update (26th May to 7th August, 2017)

By Sergeant Danny Hower, Victoria Police

Apologies for absence of police updates over the last two months. Unfortunately we've been very busy, which isn't that great, but it is good that we've been contacted, involved and have been able to help. Please keep us informed and we'll continue to do our best.

Some of the things Bunyip police have attended to over the past few months.

- 12 Family Violence Incidents – four each in Bunyip and Pakenham; and one each in Garfield, Tynong, Cora Lynn and Longwarry.
- Issued five Family Violence Intervention Orders.
- Referred 23 people to agencies for assistance.
- Field contacted 12 people throughout the area for suspicious behaviour.
- Went to nine traffic accidents involving trucks, cars, pushbikes and licence reviews; four in Nar Nar Goon, two in Garfield, and one each in Caldermeade, Cora Lynn and Bunyip North. They resulted in five people going to hospital and a range of traffic offences.
- Issued 55 Infringement Notices for traffic related offences.
- Interviewed and charged 15 people.
- Assisted with multiple investigations and search warrants with four resulting in the arrest and bailing of two young men from Garfield for a series of local and non-local burglaries. The other warrants resulting in the arrest and remand of a 27 year old Noojee woman and a 37 year old Warragul man for other unrelated local burglaries.
- Investigated three men and seized their firearms, and also cautioned three others – all for separate firearms related activities. Offences include discharging firearms on private property without permission, insecure firearms storage, and using a firearm in an unsafe manner.
- We're currently still investigating two separate assaults that occurred in the area; one at a Hotel and one at a Football Club.



- We had 16 burglary and theft related incidents reported in the local areas with quite a few on rural properties and most involving theft of tools.
- Recorded 62 incidents of damage, theft, illegal logging and associated activity in the Bunyip State Park.
- We had three reports of number plates being stolen or lost locally.
- Separate reports taken for the theft of two cars and three trailers as well as three cars that were broken in to. Two of those incidents occurred at the old service station site on corner of Princes Highway and Tonimbuk Road. One resulted in a 31 year old man, who gave his address as Pakenham, being remanded for numerous offences including theft of motor car and breaching his bail conditions.

I might sound like Sir Eric Pearce when I say, "Lock up and secure your properties and personal belongings, and keep a watch on who knows who." These things will make a difference when we have to deal with people who don't respect family, friends, neighbours and the local area.

Take care...

Danny Hower, Victoria Police Sergeant 26184
Bunyip Police Station, 4 Pearson Street VIC BUNYIP
E: bunyip-uni-oic@police.vic.gov.au or
daniel.hower@police.vic.gov.au
P: 03 5629 5205 F: 03 5629 5999



Colour me in

Kindly created by
Zach Jacobs



From the Editor...

New AED locator from Ambulance Victoria

You can now find publicly accessible Automated External Defibrillators (AEDs) by visiting www.registermyaed.ambulance.vic.gov.au. To locate the closest public AED select either 'Near Me', which uses your geolocation on your browser; or 'Search a Location' that allows you to enter your suburb or postcode.

Ambulance Victoria is currently developing a lifesaving smartphone app that should be rolled out throughout Victoria early next year. Phase 1 of the project requires public AEDs to be registered to ensure that when the GoodSAM system is activated, the database of AEDs can be matched to the closest 'trusted responders'. Local public AEDs can now be register by creating a new account at www.registermyaed.ambulance.vic.gov.au/login.

The system will be that following a 000 call, the app will alert nearby 'trusted responders' of the cardiac arrest incident. These 'trusted responders' will include off-duty paramedics, medical professionals, other emergency responders, as well as members of the public with appropriate first aid training.

We still want your stories!

Have you witnessed something exciting happening in our community? Attended a community event and want to share your experience? Watched a local sports team win another game? Then Bunyip & District Community News wants to hear about it. If you'd like to submit a article, please email editor@bunyipnews.org.au or call 0498 852 137.



Missing out on picking up a copy of your favourite local newsletter?

Visit www.bunyipnews.org.au to view the latest copy online.

Keep in touch with your community and 'Follow' our Facebook page "*Bunyip and District Community News*". 'Post' your club or community event or 'Like' a photo taken by a local.

If you need more information you can email facebook@bunyipnews.org.au.





NEW Opening Hours: Monday to Friday – 9:30am to 4:00pm

All participants are required to be financial members of the Community House for insurance cover. **Annual Bunyip & District Membership costs** are \$6.00 for individuals and \$12.00 for families. Bunyip & District Community House is closed on Public Holidays and during school holidays.

Look at what's coming up at the Bunyip & District Community House!

2017

**Bunyip & District
Community House**

KIDS X FACTOR

Start practicing!

We are looking for kids with talent to sing, dance and entertain us, as part of an individual or group act. Participants should be between 5 and 15 years.

MARK YOUR CALENDAR

When: 21st October 2017 from 2:00pm

Where: Bunyip Hall

Further information contact Davina on 03 5629 5877 or send an email to admin@bdch.com.au. Registration forms will be available for download from our website soon www.bdch.com.au.

COMPUTERS AND IPADS



??

Do you know...

We can help you with your Apple, Android or Windows device — smartphones, tablets and computers.

Are you thinking of buying an iPad or tablet and want to learn more about it? Do you own an iPad or tablet and want to put it to better use?

Our beginners' lessons are designed to cover the basics to give you confidence using its many features. We will cover terminology, personalised settings, apps, camera, photos, email, internet and much more.



Contact us on 03 5629 5877 or call in and visit us at 27 Main Street, Bunyip.

ACTIVITIES AT BUNYIP & DISTRICT COMMUNITY HOUSE

Day	Times	Activity
Monday	10:00am–12:00pm	Art Class with Karen
	1:00pm–3:00pm	Big Fish Games
Tuesday	1:00pm–4:00pm	Social Card Playing Group
	10:00am–12:00pm	Folk Art Fun
	4:00pm–5:30pm	Folk Art for Beginners (returning soon)
Wednesday	10:00am–12:00pm	Computers with Maureen & AJ
	1:00pm–3:00pm	Genealogy with Ron
Thursday	10:00am–12:00pm	Thursday Mornings with Cathrine
	1:00pm–3:00pm	Cuppa & Chat with Rose & Kath
Friday	10:00am–12:00pm	Computer Help with AJ * iPad Classes with AJ can be arranged

See our website www.bdch.com.au or contact Davina on 03 5629 5877 to see what else we have available.

Cuppa & Chat with Rose & Kath

Thursdays 1pm to 3pm

Call in to the Bunyip & District Community House and have a cuppa with Rose and Kath who are here every Thursday afternoon and are waiting to meet you.



Do you need information on any of our activities? Check our website, www.bdch.com.au or call us on 03 5629 5877.



Community calendar

AUGUST / SEPTEMBER 2017

★ Public Holiday

MON	TUE	WED	THU	FRI	SAT	SUN
14 1pm Garfield Senior Citizens' AGM	15	16	17	18 9:30am–3pm Hillview's Quilt & Craft Show 11am Hillview Gems	19 9:30am–3pm Hillview's Quilt & Craft Show	20 9:30am–3pm Hillview's Quilt & Craft Show
21	22	23 7:30pm BTC AGM	24	25 10am–1pm CWA Hillview Meeting 11am Hillview Gems	26	27 9am–2pm Community Market 10am–1pm Landcare Field Day 1pm BAST Cat Club Event
28 1:30pm or 6pm SDAC Depression / Anxiety Recovery	29	30 1:30pm or 6:30pm SDAC Depression / Anxiety Recovery 7:30pm Bunyip Rodeo Group AGM	31	1 11am Hillview Gems 7pm BTC Trivia Night	2	3
4	5	6	7	8 11am Hillview Gems	9	10 9am Big Red Kidney Walk
11	12	13	14 7am–9am Community Network Event	15 11am Hillview Gems	16	17
18	19	20	21	22 11am Hillview Gems	23	24

When you book an ad with Bunyip & District Community News or place a notice, your event, AGM, community gathering will be added to the community calendar for **FREE!**

Local Automated External Defibrillators (AEDs)

BUNYIP

Bunyip & District Community Bendigo Bank® Branch – 18 Main St
Bunyip Fire Brigade Station – 15 Pearson St
Bunyip Recreation Reserve – Nar Nar Goon-Longwarry Rd
Bunyip & District Men's Shed – 22 A'Beckett Rd (off Anderson St)
Hillview Bunyip Aged Care – 22 A'Beckett Rd
IGA Supermarket Foyer – 2/6 Main St

CANNIBAL CREEK

Cannibal Creek Reserve – 133 Garfield North Rd

GARFIELD

Garfield Bowling Club – Beswick St
Garfield Golf Club – 180 Thirteen Mile Rd
Garfield Post Office – 77 Main St
Garfield Recreation Reserve – Beswick St

LONGWARRY

Longwarry Fire Brigade Station – 15 Bennett St

MARYKNOLL

Maryknoll Fire Brigade Station – 16 Koolbirra Rd
Maryknoll Recreation Reserve – Marrakilla Rd

NAR NAR GOON

Nar Nar Goon Fire Brigade Station – 6 Carney St
Nar Nar Goon Recreation Reserve – Spencer St

TONIMBUK

Tonimbuk Equestrian Centre – 370 Sanders Rd,
Bunyip North

Rotary



Ambulance
Victoria



Find a publicly accessible AEDs at
www.registermyaed.ambulance.vic.gov.au



TYNONG

Tynong Fire Brigade Station – 47 Nar Nar Goon-Longwarry Rd
Tynong Recreation Reserve – Park Rd
Tynong Post Office, General Store – 40 Railway Ave

Community Contacts

- A Bunyip Animal Rescue Network**
animalrescue@dodo.com.au or
www.speakforanimals.info/barn-2017
Bunyip & District Agricultural Society
Joan Harrison – 0429 550 605
(Meets at 8 pm on 3rd Wednesday at Bunyip Hall)
- C Bunyip Cemetery**
Anne Green – 0499 295 772 or
bunyipcemetery@dcsi.net.au
Bunyip & District Community House
Davina Veenstra – 03 5629 5877 or
admin@bdch.com.au
- F Bunyip & District Fire Station**
1800 240 667 or 000
- H Bunyip Hall Hire**
Sue Anderson – 0407 834 443 or
susananderson@dcsi.net.au
Bunyip Historical Society
03 5629 5966 (Meets bi-monthly)
- J Justice of the Peace (JP)***
Martin Sayers, OAM JP – 0411 074 468 or 03 5629 5339
S. Don McLean, JP – 0401 655 303 or 03 5629 6247
- L Bunyip Landcare Group**
Sue Anderson – 03 5629 5587 or
susananderson@dcsi.net.au
Cannibal Creek Landcare Group
Pam Cunningham – 0407 876 935
- M Bunyip Community Market**
Tony Arrigo – 0407 563 441 (Last Sunday each month)
Longwarry & District Fire Brigade Market
Janine – 0419 158 946 (1st Sunday each month –
March to December)
Bunyip Medical Centre
03 5629 5111
Bunyip & District Men's Shed
Secretary Allen Berry – 03 5629 6140 or 0429 296 140
(Meets each Wednesday 9:30 am to 2:00 pm)
- O Bunyip Community Op Shop**
03 5629 6117 (After hours Tony Arrigo – 0407 563 441)
- P Bunyip Police Station**
03 5629 5205 or 000
- R Bunyip R.S.L Sub-Branch**
David Papley – 0438 295 568
- S Bunyip Scouts Australia**
Sharon Murray – 0427 966 678 or
sharonleemurray26@gmail.com
Bunyip & District SES
1800 240 667 or 000
Anglican Church of St Thomas Bunyip
Raelene Carroll – 03 5629 5295
- T Bunyip & District Toy Library**
Hayley – 0400 103 644 (Located at the Maternal Child
Health Centre on Thursday 9:30 am–10:30 am)

- W Bunyip Country Women's Association**
Wendy Earwicker – 03 5629 9241 (Meeting at 10 am to
1 pm on 4th Friday at Hillview Aged Centre)

BUNYIP & DISTRICT COMMUNITY NEWS



Community Clubs

- B Bunyip Bulls Basketball Club**
Donna Deken – 0409 193 951
Garfield Bowling Club
Gordon Moxey – 03 5629 2384 or 0432 355 352
Longwarry Bowls Club
Trevor or Judy Eastwell – 03 5623 3631 or
Ken White – 03 5625 4034
- C Bunyip Bulls Cricket Club**
Arch Robb – 0402 678 552 or Ian McConnell –
0419 400 630
- F Bunyip Football Club**
Secretary Gina Dowie – 0422 335 660 or
bunyip.f.c@bigpond.com
Bunyip Junior Football Club
President Noel Mollison – 0438 513 443 or
noelxchloe@bigpond.com
- N Bunyip Netball Club**
Secretary Casey Walker – 0421 903 056 or
bunyipnetballclub@hotmail.com
Bunyip Patch Workers Club
Barb – 03 5629 4326
- P Bunyip-Garfield Probus Club**
Secretary – 03 5625 4350 (Meets at 10 am 1st Tuesday
each month at Garfield Community Hall)
Bunyip Pony Club
Jim Fraser – 03 5629 4358 or Lisa Hocking –
03 5629 5259 (Every 2nd Sunday Pound Road Reserve)
Lillico Pony Club
Bree – 0458 828 782 (Every 4th Sunday Pound Rd Reserve)
- R Rotary Club of Bunyip-Garfield**
Graeme Squires – 0417 105 598
(Dinner meeting each Wednesday at 6:30 pm)
- S Garfield Senior Citizens Club**
03 5629 2586
Bunyip Singers Club
Dorothy Myers – 03 5629 5601
(Meets at Bunyip Hall every Monday 9:30 am)
Bunyip Slimmers Club
Sandra Hogan – 03 5629 9548
(Meets every Wednesday at Bunyip Uniting Church)
Bunyip & District Soccer Club
Adrian Gatti – 0417 590 830
- T Bunyip Tennis Club**
Anne Marie Helmore – 0408 295 626
- U Bunyip Uncle Bobs Club**
Barry Turner – 03 5625 4830

* Justice of the Peace signing centre operates at the Warragul Police Station from Monday to Friday, 9:30am to 4:30pm

DOES YOUR LOCAL CLUB / COMMUNITY GROUP DETAILS NEED TO BE ADDED OR UPDATED?
Let us know your details and get more people involved.