

Issue 8/2018

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21st August 2018



Bunyip Community Op Shop grants helps locals



By Roman Kulkewycz

On the afternoon of Friday 3rd August, the Bunyip Community Op Shop handed out monetary grants to 24 local and district organisations totalling \$43,246. The cheque presentations were held at the Bunyip Community Hall and about 70 people from recipient organisations attended.

In edition to the grants, annual amounts of \$200 were given for materials to make 'Breast Cancer Cushions', and \$500 was given to make up 'Back Pack Kits' that contain essentials for children that are placed into emergency foster care.

Hillview Bunyip Aged Care received the largest grant of \$6,088, which was for two hospital beds and mattresses. Garfield Bowling Club received \$3,000 for toilet renovations; and the Bunyip Kindergarten, Bunyip Primary School, Bunyip Cricket Club, Bunyip Junior Football Club, Longwarry Pre-School and Garfield Primary School all received grants of \$2,000 each.

Recipients of grants

Bayles Pre School	\$750	Garfield Bowling Club \$3,000				
Bunyip 1st Scout Group		Garfield Primary School				
	\$1,000		\$2,000			
Bunyip & District		Hillview Bunyip Aged Care				
Community House	\$678		\$6,088			
Bunyip Cricket Club	\$2,000	Longwarry Cricket Clu	ub			
Bunyip Fire Brigade	\$1,500		\$1,000			
Bunyip Football Club	\$1,000	Longwarry Football Club				
Bunyip Historical Soci	ety		\$1,880			
	\$1,000	Longwarry Junior Foo				
Bunyip Junior Footba	II		\$1,500			
	\$2,000	Longwarry Netball	\$1,800			
Bunyip Kindergarten	\$2,000	Longwarry Pre Schoo	l \$2,000			
Bunyip Netball Club	\$1,000	Longwarry Primary	\$2,000			
Bunyip Primary School		Rotary Club Bunyip-Garfield				
	\$2,000		\$500			
Bunyip Soccer Club	\$1,000	Tynong Fire Brigade	\$550			
Bunyip Tennis Club	\$1,800	Tynong Playgroup	\$500			

Photo by the Roman Kulkewycz

Bendigo Bank "Own your happy place" see how with the Bunyip & District Community Bank® on page 21

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Bunyip & District Community News

PO Box 126, BUNYIP VIC 3815 ABN 22 611 767 759

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Half page (landscape)	\$40	132mm x 183mm
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Website large (12 months)	\$100	500 x 220 pixels

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giving you 2 issues free, as well as a half page editorial.

Please note, there is a **50% DISCOUNT** for all non-profit community groups, associations and clubs who advertise in the newsletter. All ads and notices for non-charging events or public / club notices are **FREE!**

All donations are gratefully accepted.

For further enquires or to place an advert please email <u>advertising@bunyipnews.org.au</u> or call **0498 852 137**.

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You can leave your ads and news articles in the **collection box**, which is located outside IGA. Please follow the instructions below to place an ad.

- 1. Ensure your ad is clearly written or printed.
- 2. Enclose your ad in a sealed envelope along with correct monies.
- 3. Write your name, email and/or phone number on the front, along with type of ad required.
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Please support our local advertisers, as without them there wouldn't be a community newsletter. Let them know you found them HERE!

Annual Quilt & Craft Show

By Roman Kulkewycz

The 14th Annual Quilt & Craft Show will be held this coming weekend over three days from Friday 24th to Sunday 26th August at Hillview Bunyip Aged Care at 22 A'Beckett Road in Bunyip.

This exhibition has been a major annual social draw card in Bunyip since its inception fourteen years ago. " People love to come along, look and marvel at the intricate workmanship involved in making a quilt" said organiser Barbara Dickinson.

Quilts will be judged and places awarded for outstanding exhibits. People wishing to display their quilts and are welcome to do so.

"All of the proceeds from the exhibition will go to Hillview Bunyip Aged Care to provide equipment to enhance the lives of the residents and lighten the workload for staff. Since we started, we have raised in excess of \$70,000", said Ms Dickinson.

A raffle prize of a beautifully made quilt by Barbara will be drawn. It's a for a Queen size bed, valued at approximately \$1,500.



Commencing from 9:30am to 3:00pm each day, the show will include fabric and craft tables and the Bunyip Men's Shed will be conducting a Garage Sale and a sausage sizzle.

For more information and to enter quilts or crafts in the show contact Barbara Dickinson on 0407 294 326.



Exciting times for the Bunyip Historical Society

With a trailer, bag trolleys and lots of helping hands the Bunyip Historical Society moved into their new home at the Bunyip Hall recently. This move marks big changes for the society which could not have been done without the generous support of our major partner the Bunyip and District Community Bank. The move also coincides with financial assistance from the Garfield and Bunyip Community Shops as we undertake a whole new profile with the construction of a new website and the purchasing of much needed new storage cabinets.

We are fortunate that in our small community that we have so many sources of funding available to groups such as ours and we thank them for all their hard work also as volunteers in making this money available to many. The society would like to acknowledge George Fry and Grant Johnson of Blackwood Rural Supplies for their substantial support over the past six years in allowing us to use a room at their business site free of charge to house and work with our collection, without this we would not have been able to continue on. We would also like to thank the Bunyip-Garfield R.S.L., Bunyip & District Community News, Bunyip & District Community House and the Bunyip Hall committees, as without your support this may not have come in to being.



The society now shares a room with the Bunyip & District Community News and Bunyip-Garfield R.S.L. and holds it's meetings bi monthly. The next meeting will be held on Thursday 23rd August at 7pm. All are very welcome to attend.



Bunyip Historical Society, Inc.

Drigin, "Back to Pi Bunylo 1959"

Inc. Tonimbuk and Iona P.O. Box 126, Bunyip 3815 Ph 03 5629 5966 bhs@dcsi.net.au

Cardinia Life's Rural Membership

Here at Cardinia Life we know how important it is to lead a healthy and active lifestyle! But we also understand that getting to a gym is not always easy, especially if you live in a more rural part of the Cardinia Shire. To remove that barrier, we have created a Rural Membership!

Cardinia Life's Rural Membership is designed to increase physical activity in the more remote areas across Cardinia Shire. This membership offers members a personalised program that is easy do wherever you are with the support of our Qualified Personal Trainers.

Cardinia Life's Rural Membership benefits include:

- A personalised exercise program
- Country Membership Pack, includes; drink bottle and resistance bands
- Monthly check-ins with Cardinia Life's personal trainers
- Access to Cardinia Leisure's outdoor pools –
 Pakenham, Emerald, Garfield and Koo Wee Rup
- Access to one group fitness class each month at Cardinia Life
- Access to Membership Support Group connecting you to other Rural Members
- Healthy Recipes
- Exercise and Recovery tips
- Weekly Exercise Challenges

The Rural Membership is exclusively offered to those who live 20km or more from Cardinia Life which is located at 4-6 Olympic Way, Pakenham VIC 3810. The Gym is open 24/7; and the pools open at 5:30am to 9pm Monday to Thursday, 5:30am to 8pm Friday, 8am to 7pm on weekends.

If you would like to get started or have any questions, please contact us on 03 5945 2888 or email <u>cardinia@alignedleisure.com.au</u>. You can also visit our website at <u>www.cardinialeisure.com.au/cardinia-lifes-</u> rural-membership.

Cardinia Life has kindly donated **one free swim voucher** to all Bunyip & District Community News readers. Simply cut the voucher below and present when visiting Cardinia Life in Pakenham.



MANAGED IN PARTNERSHIP WITH







Living well as we get older

Wellbeing workshops for older adults

Just like any other stage of life, getting older brings changes in the way we feel physically, mentally and emotionally. Being worried about failing memory, loneliness, loss of independence are common concerns about ageing. However, not all changes are negative, with many older adults reporting higher levels of satisfaction with life. The goal of the Ageing Well program is to involve older adults in learning about age -related changes and strategies to enhance wellbeing.

Who is the program for?

Anyone living in the Shire of Cardinia who is 60 years and over is welcome.

What are the benefits?

- Explore the myths and realities of ageing, increase awareness of the cognitive, social and emotional changes that are associated with getting older.
- Sharing adaptive strategies for coping with everyday challenges to promote positive experiences and enhance wellbeing.

What does it involve?

This is a pilot program being run over four workshops in two locations during August and November. Each workshop goes for 2 hours, and includes light refreshments. You can choose to attend any or all of the workshops. Everyone is encouraged to attend Workshop 1: An introduction to Ageing Well where the discussion will help to tailor the topics of the remaining workshops to suit the needs and interests of the participants.

Who is running the program?

Dr Wendy McKenzie (PhD, MAPS) is an educator and psychologist who teaches geropsychology in the Masters of Psychology (Educational & Developmental) at Monash University. The co-facilitators are Masters students as part of their supervised professional practice placement. Educational psychology emphasizes adaptive learning as the key to managing life's many transitions.

BUNYIP

Where:

Bunyip Community Hall Supper Room, 38 Main Street, Bunyip

When:

Fridays 10am–12pm Includes light refreshments

Workshop Dates: Workshop 1: 17 August Workshop 2: 14 September Workshop 3: 19 October Workshop 4: 16 November

Cost: FREE

Bookings via Bunyip & District Community House. Email <u>admin@bdch.com.au</u> or call 03 5629 5877. You can visit their website at <u>www.bdch.com.au</u>.

PAKENHAM

Where:

Outlook Community Centre, 24 Toomuc Valley Road Pakenham

When:

Wednesdays 10am–12pm Includes light refreshments

Workshop Dates:

Workshop 1: 22 August Workshop 2: 19 September Workshop 3: 24 October Workshop 4: 14 November

Cost: FREE

Bookings via Outlook Community Centre. Email <u>communitycentre@outlookvic.org.au</u> or call 03 5941 1535. You can also visit their website at <u>www.outlookvic.org.au</u>.



Bunyip & District Community House









Introducing the new Dietician and Nutritionist at Bunyip Medical Clinic

By Roman Kulkewycz



Dietician and Nutritionist Emma Jettner

The Bunyip Medical Clinic has acquired the services of Emma Jettner, a dietician and nutritionist, who will be available for consultation every Thursday in Bunyip between 10am and 1pm.

The main role of a nutritionist is to help people achieve optimal health by providing information and advice about their health and food choices. A dietician



11 A'Beckett Rd, Bunyip VIC 3815

will alter a patient's nutrition based upon their medical condition and individual needs, and will develop and manage nutritional programs for them.

Emma has a passion for caring for the elderly in the community specialising in weight management and nutritional advice. Emma is married to David, and the couple have two children and live in Warragul.

No referral is needed to see Emma, and appointments can be made at the Bunyip Medical Clinic located at 11 A'Beckett Road in Bunyip by calling 03 5629 5111. All consultations are bulk billed.



Talented Bunyip local shows creations in State exhibition

By Roman Kulkewycz

Talented local woman Lorraine Stephenson of Bunyip has displayed three of her cross stitch creations in this year's Country Women's Association's (CWA) 'State Creative Arts Exhibition' held at Leongatha last week.

This is a State wide exhibition run by the CWA and is held at different locations each year. Last year it was held at Warnambool and attracted some 1,300 entries. This year there were around 1,800 entries.

Cross stitch is the oldest form of embroidery and can be found all over the world. Traditionally, cross stitch was used to embellish items like household linens, tablecloths, dishcloths, and doilies (only a small portion of which would actually be embroidered, such as a border). Although there are many cross stitchers who still employ it in this fashion, it is now increasingly popular to work the pattern on pieces of fabric and hang them on the wall for decoration. Cross stitch is also often used to make greeting cards, pillow tops, or as inserts for box tops, coasters and trivets.

Each of Lorraine's entries have taken approximately 6 months to complete and some of her larger ones took up to 18 months to finish. Lorraine has about 20 finished works at home and says that spending time cross stitching gives her much joy and relaxation.

Photo by Roman Kulkewycz

Cordelia's Potted Operas upcoming events



By Stee Cordelia, Artistic Director for Savoy Opera Company

Cordelia's Potted Operas returns to Bunyip on 25th August at the Community Hall to present W.A. Mozart's, 'The Magic Flute'. The opera will be a 'potted' (abridged) version and will be sung in English by some of Melbourne's finest emerging artists alongside more experienced performers.

Cordelia's Potted Operas have been highly acclaimed in the Bunyip area and always well attended. They presented opera on 'The Home Farm' on a warm evening on Moomba weekend this year and more recently 'La Boheme' and hope to return in 2019.

Ticket prices remain at \$25 with afternoon tea included. Now available on Trybooking and at the door from 1:30pm. Visit <u>www.trybooking.com</u> to book.

I would like to acknowledge Alan and Mary Cole and Susan and John Anderson along with Gloria from Pakenham for their continued support and more recently Bill Revill. A special mention must go to Peter who bakes the delicious cakes for afternoon tea.

I hope to see many of you there. For more information visit <u>www.cordeliaspottedoperas.com.au</u>.



Daffy the dog is a regular at rehearsals.





Rosies Boutique Op Shop celebrates first year of trading!



As part of the celebration, there will be many specials available during the month of September as well as a week-long *Birthday Celebration* from the **24th to 29th September** with lucky dips, vouchers, specials and lots of bargains.

Existing Winter stock will need to be sold to make way for a whole new range of Spring / Summer clothing just waiting to fill the racks.

The members of Rosies Boutique and the Directors of the Mystical Rose Foundation would like to gratefully

thank all our volunteers for their time and efforts and all the supporters in the community, especially the Garfield Community Op Shop, Brewsters Café and the Bunyip & District Community News.

We look forward to another year of success and continuing towards our aim of providing support to people and families suffering long-term illness and disability. For more information visit our Facebook page 'Rosies-Boutique' or pop in and visit us at the store at 1 Main Road, Garfield.

Award winning cartoonist Mark Knight unveils limited watercolour cartoon print

By Mt. Cannibal & District Preservation Group Inc.

Herald Sun Cartoonist and Tonimbuk local Mark Knight will unveil and auction a limited watercolour cartoon print at an exclusive launch event this September.

The prints, which depict a range of Gippsland fauna in Mark's signature style, will be available to be purchased both framed and unframed as a part of a campaign to raise funds to stop Hanson Construction Materials proposed Bunyip North quarry.

The prints are limited to 250 and will be individually signed and dated by Mark.



One of the prints Mark has designed for the Stop The Bunyip North Quarry campaign.

The unveiling will be held on **Saturday 1st September at 12pm** in conjunction with the Mt. Cannibal & District Preservation Group (MCADPG) at Tonimbuk winery, Jinks Creek.

"When the group came to me and asked me to create something, the brief was broad. Knowing the Mount Cannibal area and its allure, I had many angles on which to approach a drawing that captured the natural beauty of the area," Mark said.

"But living in this area the thing that strikes me is the abundant native fauna. And I love caricaturing Australian wildlife – kangaroos that exude charisma, the humour in cockatoos and the hilarity of the kookaburra – so they really became the focal point of my piece.



"I hope people will enjoy this collection of local wildlife partaking in their bush picnic, the same way that the thousands of visitors that visit the Mount Cannibal Reserve each year do."

Proceeds from the print and event will go towards funding the fight against Hanson's proposal.

In 2006, Hanson Construction Materials entered the Bunyip North community under a guise of 'JRH Pastoral'. Now owning more than 650 acres of the Bunyip North community, they plan on constructing a mammoth granite quarry within the greenwedge, environmentally significant region. If approved, the quarry will extract up to two million tonnes of granite per year for a period of 70 to 100 years.

The proposed quarry will see an extra 500 truck movements on local roads daily, is roughly 350 metres from the State Significant Mount Cannibal Reserve, and in some instances, is a mere 20 metres from longestablished homes and properties.

An EES (Environmental Effects Statement) is currently being undertaken in relation to the project but has recently been delayed by Hanson. The MCADPG have now been fighting this proposal for more than 11 years.

For more information and how you can help, please visit <u>www.stopthebunyipnorthquarry.com</u>.

STOP THE BUNYIP NORTH QUARRY

Next Bunyip OM:NI group meeting at the Eileen Dawes Activity Centre

By Spencer Wanklyn

To make it easier for men from Hillview Bunyip Aged Care to attend local OM:NI meetings, the venue for future meetings has been changed to the Eileen Dawes Activity Centre on the Hillview site at 22 A'Beckett Road in Bunyip. The next meeting will be on Wednesday the 5th September at 9:15am.

The Bunyip OMNI group is an easy going friendly group of retired men, where all are accepted for who and what they are.

It is about being able to share a voice without comment or judgement The meetings encourage respect for others' opinions and values. Politics and religion are never on the agenda.

The format of meetings is informal and relaxed where men enjoy hearing about others interests and hobbies, having a laugh, and above all it is about having a good old listen to other men's skills, hobbies and experiences.

OM:NI Discussion Groups currently have 22 groups established in Victoria as at July, 2018 and have recently welcomed the formation of a new group in Bunyip. Working with small community based groups OM:NI Men's Discussion Groups address the holistic health needs: not only their physical, but also emotional, mental and spiritual health of men. In fact, anything that will improve their sense of well-being.

More information can be obtained by contacting Tony Arrigo on 0407 563 441 or John Doutch on 0431 844 833.

Photo by Roman Kulkewycz



OM:NI participants enjoy a cuppa and chat. A table discussion group chaired by Pakenham facilitators John Doutch and Spencer Wanklyn.

If no plastic bags, what can we use in our bins? By Barb Birch

Thanks to Helen Ross for her article 'Don't be a dag' in last month's edition of the newsletter. I do agree with all her suggestions, but what can be done about the council specification that all rubbish in the green bin "must be bagged"?

With no more single use plastic bags available from our local IGA, bags don't come easy! I have found a firm that make non-plastic wraps for bins which should satisfy the council requirement for bagging without comprising the need to reduce the plastic we use. Vegware is a manufacturer and visionary brand, the global specialist in compostable foodservice packaging, and all their products are made from plants. Visit <u>www.vegware.com.au</u> for more information. WHAT CAN GO IN EACH BIN?



Cardinia Shire Council requires all materials put in the green bin to be bagged.



Talkin' Fishin'... Size really doesn't matter

By The TackleMan®

Small rods and small reels don't necessarily mean small fish. They are giving you the advantage of close and confined quarters fishing ability and a quicker hand to rod tip strike response.

Don't discount the small rods in the belief they are neither strong enough or just a toy, in the right proportions they are outstanding performers in their own right.

You're not looking at simply half a normal rod, that would be stiff and unworkable, but this is a specifically designed rod for a purpose. Whether your building one from scratch, a blank, or searching for the already made product there's a couple of things you should look out for.

- 1. Strength not too much, should be at the butt end tapering either fast or medium to the tip end.
- 2. The bend should be gradual with more at the tip. Casting will be difficult with stiffer action rods requiring more effort on your part to get the same distance no matter how long it is. Comparing a broom handle to a willow branch.
- 3. Get the balance right with a small micro reel of #500 size, it will perform the same as any other rod / reel combination, you're just in downsizing mode.

With a smaller rod you will have the advantage of being able to fish in confined areas with little space to cast, and while carrying and travelling about. Used to be known as a 'poachers' rod for obvious reasons. Ideally you should be able to perform an inverted cast, in a standing room only situation; turn the outfit completely upside down with the tip pointing at your feet and the reel approximately at your chest; hang the lure and cast in one forward flick with no back cast. Practice this manoeuvre for accuracy, as it is very effective and will become second nature and extremely useful.



Small telescopic rods lack the flexibility of a mini rod.

If you are a canoe or kayaker these type of rods are ideal too, especially in heavily treed rivers but with a slightly longer butt to locate in the rod holder.



Small telescopic rods are okay, but lack the one piece flexibility and strength. You also need to pay for quality as the rest aren't worth a cracker! As a guide, lengths to look at would be around 1.05m / 3'6" up to 1.35m / 4'6" depending on how tall you are, in a one piece with a short butt grip. Shakespeare have in their range of 'Ugly Sticks' the SP46L and SP36A, but you will find other brands that will also satisfy.

You can apply this method to fly fishing rod and reel but make sure you only use a weight forward (WF) fly line, as with a short rod it will be more difficult for you to get a full rollout of a loop in the cast, so the added weight in the fly lines tip section will assist in combatting this disadvantage.

Good Fishing!

Catcha...



Mini reels can fit in your hand.



Make sure your mini rod is flexible.

Dairy farmers on notice over stormwater contamination

Dairy farmers who allow dairy effluent to flow into stormwater drains and contaminate waterways have been put on notice by the Environment Protection Authority (EPA) following the sixth such fine in Gippsland in the past year.

EPA Gippsland Manager Stephen Lansdell said it was disappointing that experienced farmers were continuing to do the wrong thing, with more than 50 per cent of dairy farms inspected last financial year receiving a Pollution Abatement Notice to address risks and impacts from effluent management systems.

Following reports from members of the public, a Nayook-Powelltown Rd, Neerim Junction farm was issued a pollution abatement notice to install an effluent containment system by January 2019 and fined \$1,903.

Mr Lansdell said in the meantime, the property had been issued a minor works pollution abatement notice to stop dairy effluent from polluting land or entering surface waters and had immediately taken measures to prevent runoff from a broken trafficable solids sump pump.

"Effluent in our waterways reduces the water quality and disrupts the natural nutrient balance, which can lead to excessive algae and a reduction of fish stocks. It



Environment Protection Authority Victoria

also has the potential to transfer disease, which is why EPA takes it so seriously," he said.

"There is a lot of information available for dairy farmers and EPA has also recently released a suite of documents to help businesses to the right thing.

"EPA along with our colleagues from Ag VIC will be attending the Wellington Shire Council Agribusiness Forum in August and the South Gippsland Dairy Expo in September to discuss compliance obligations and will be happy to talk through any issues or concerns with farmers."

Mr Lansdell thanked members of the Neerim Junction community for their reports and vigilance.

"Everyone has a role to play in protecting our environment and we encourage anyone who is concerned about pollution to report it to 1300 372 842 (1300 EPA VIC)," he said.

Businesses can assess their environmental risks with EPA's Accessing and controlling risk: A guide for business at <u>www.epa.vic.gov.au/our-work/publications</u>

Under the Environmental Protection Act 1970 and the Infringements Act 2008, the farmer has the right to have the infringement notice reviewed or to have the matter determined by a court.

Don't add waste to the pile, warns EPA

Environment Protection Authority Victoria (EPA) is warning farmers that a momentary mistake when burning off can be costly for the environment and the landholder. EPA Gippsland Region Manager Stephen Lansdell said it's important to think twice before throwing anything extra onto the pile when burning off.

"It can be tempting to add household or farm waste such as silage wrap, chemical containers or old tyres to burn piles just to get rid of them," Mr Lansdell said. "These items don't burn properly and produce large amounts of smoke."

"The environmental impacts of burning the wrong things can be more than just a bit of smoke; you could be looking at toxic air pollution, residue running off into waterways and chemical contamination that persists in the soil," he said.

Silage wrap, some chemical containers and tyres can be recycled to produce items such as building and fencing materials and floor matting. Information on waste disposal and recycling can be found at <u>www.sustainability.vic.gov.au</u> or local council website. Fallen trees or other natural wood being burnt should be as dry as possible and not freshly cut, to keep down the volume of smoke, and farmers should make sure they have any relevant council or CFA permits. Timber that has been used in a building, furniture or other manufactured product must not be burnt.

"Anyone burning off should also pay attention to the weather, making sure they minimise the impact of smoke on neighbouring properties and have sufficient water ready to extinguish the fire if conditions change or the smoke gets out of hand," Mr Lansdell said.

EPA officers can issue a fine of close to \$8,000 for the burning of things like plastics, painted or chemically treated wood, or any kind of industrial waste.

"Most farmers understand the importance to their livelihood and their community of preventing contamination of the soil, water and air around them, and EPA prefers to look upon a fine as a last resort," Mr Lansdell said.

Please report suspected pollution on 1300 372 842 (1300 EPA VIC) or at <u>www.epa.vic.gov.au</u>.

Coughs, colds and sore throats (and other aliments)

By Robert Jacobs, Naturopath

If you are someone who persistently suffers from a specific health problem, no matter how acute or severe, please take note of this article and seriously consider your options.

My last article about the treatments for winter illnesses dealt with issues in an acute curative manner. Now lets discuss the long-term preventative way we deal with these and other health issues.

Most people have genetic predispositions to illnesses. Some, when they get a cold for example, display head congestion, blocked nasal passages etc., whereas with others, it goes to their respiratory organs. Some throw colds off quickly, but there are others whose symptoms are difficult to throw off. Some will resolve most symptoms, but are left with a lingering cough, for example. If we leave these health problems untreated, they may linger for some time and can even cause permanent damage to our organs.



As a health practitioner, I believe that I have a responsibility to my patients, to treat and relieve their symptoms, but I also feel it is my obligation to help them to gain better overall health to assist in preventing the reoccurrence of the problems. Wouldn't you love to be as prepared as you can for next years cold and flu season?

As I have previously stated, there are many reasons that we are prone to illness. An example is the role of stress, be it physical or emotional, on our immune system. The adrenal glands can, because of the stress response, cause the thymus gland to shrink and reduce its activity. This gland is our major gland of immune functions. If you are someone who continually gets chesty colds, it is important to look at treating the lungs. For those whose cold symptoms effect the nasal passages and head, perhaps it could be the sinus' that need attention. For many, as soon as they are in contact with a viral or bacterial infection, their lymph glands enlarge.

Treatments for all of the above are many and varied. Some may need supplementation of certain vitamins and minerals, such as vitamin A, vitamin C and zinc. Others need herbal treatments such as eninacea purpurea, astragalus, clivers, pelargonium and too many others to mention. It is important to use these remedies wisely after a consultation with a naturopath who has a good knowledge of both nutritional and herbal medicine, as some herbs, vitamins and minerals are specific for acute treatment, whereas others are immune modulators.

Diet is also essential in prevention of illness and this must be carefully considered, as very often the resolution is quite simple. Exercise and lymphatic drainage massage are also of great benefit if you have the constitution that does not allow your body to naturally move and expel substances that are foreign to the body such as bacteria and viruses as well as allergens.

While on the subject of prevention, it should be noted that now is the time to deal with seasonal issues such as hay-fever so that the illness and discomfort can be avoided. Please don't wait till symptoms present.

The same can be said for back and neck problems. Why wait until you are incapacitated for treatment when regular massage can help to avoid the frequency and severity of our problems.

After all, we always get our car serviced regularly, what about our bodies!



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20% off all hair services for seniors!

Please mention this ad when booking. Valid Thursdays and Fridays before 4:00pm.

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OPEN: Wednesdays 5:30pm to 9:00pm; Thursdays 12 noon to 9:00pm; Fridays 10:00am to 4:00pm; and one Saturday a month 8:00am to 2:00pm.

For all enquiries and bookings please call 0424 648 059.





Baw Baw Business & Community Network Events

Victorian

Judy O'Connell

Victorian Small Business Commissioner

WHEN:

Wednesday, 5 September 2018 – 6.00pm to 8.00pm Cost \$40 per person (includes a two-course meal)

WHERE: Warragul Reception & Conference Centre 41 Sutton Street, Warragul

You're invited to dinner on Wednesday September 5 to hear Judy O'Connell talk about the services provided by the VSBC for the small business community as well as current trends, case studies and success stories.

Judy is passionate about helping small business because she's been involved with small business her entire life. Having come from a family of small business owners, Judy understands how small businesses operate and the issues that can impact on their business. RGANIC SEEDS

Registrations are due by 30 August by visiting www.trybooking.com/WYWT or contact Kirstyn Krausz on 0413 187 576.



SUPPORTED BY:

Warragul Linen Service



Federation

Run under the auspice Gippsland Community Network Events Inc ABN 75 820 660 987

Regular Updates

For regular updates on Hanson's Bunyip North Quarry EES Project, please register with the project Community Contact Database.

You may register your preferred contact method as email, phone or postal letters.

Please be advised all project update communication distributed via the database are also available via the Hanson Webpage. Hanson HEIDELBERGCEMENTGroup www.hanson.com.au





community.bunyipnorth@hanson.com.au

hanson.com.au/About/Regulatory-Information/ Projects/Bunyip-North-Quarry-EES

Do you find that your paperwork and receipts end up everywhere or go missing? Do you pull your hair out trying to work out where all the money has come from and gone to? Does it cost you a fortune at the end of the year to get your accountant / tax agent to sort out the "mess"?

Do you have any real idea of what money you have or haven't made during the year?

Having a bookkeeper keep your records up to date allows you to make informed business decisions, and will **SAVE** you **MONEY** and free up your **TIME** to concentrate on your business or actually take time out of your business.

With over **25 years experience and ATO registered**, I can be that piece of the puzzle that stops headaches about your bookwork, help you understand what your figures mean and provide you with complete office support. NO job is too simple or too hard!

BAS preparation and lodgement / ABN applications / payroll and all facets of bookkeeping
 Using MYOB / Quickbooks / Reckon / QBO / Xero

✓ Software installations and training relevant to your needs also available
 ✓ Reseller of MYOB software and registered MYOB bookkeeper

Available Monday through to Saturday – business and after hours to best suit your needs. Working on site at your premises or off site if you don't have accounting software or office. References available from existing clients.

> So perhaps you should ... LEAVE IT TO BLONDIE and call Helen on 0409 111 734.









^{9am – 4pm} 13th & 14th October 2018

Lardner Park Events Site near Warragul



- 150 beautiful displays and sales of garden and home products
- Presentations by experts throughout each day
- In three huge pavilions and surrounds
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- Entry \$10 (cash only) for adults and under 16 years FREE – Eftpos available inside expo
- Convenient parking and no dogs allowed
- All proceeds donated by the Drouin Lions Club back to the community

Drouin & District DROUIN LIONS CLUB Community Bank Branch Bendigo Bank PROUDLY PRESENTS

www.drouinlions.org.au/gardenexpo



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COM PARK PAKENHAM

Tour and Taste Fireside Dinner Saturday 28th July – 5:30pm twilight garden tour

Native Foods Cooking School Sunday 19th August – 10:00am to 2:00pm

Tour and Taste Lunch Sunday 16th September – 12 noon garden tour

Artisan Bread Cold Fermented Sourdough Workshop Sunday 4th October – 10:00am

Open Garden Weekend Saturday 27th and Sunday 28th October – with morning / afternoon tea and lunch available

Native Foods Garden Design Workshop Sunday 25th November – 10:00am to 2:00pm

End of Year Celebration Tour and Taste Lunch Sunday 16th December – 12 noon garden tour



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TAX DEPRECIATION SCHEDULES = LESS TAX + POTENTIAL CASH RETURNS

If you're a property investor and are neglecting to have your *Tax Depreciation Schedules* prepared for your property investments, it could potentially be costing you hundreds of thousands of dollars each year.

A depreciation schedule prepared by a specialist quantity surveying company, such as **Build With K**, can help ensure you are maximising the cash return from your investment properties each financial year.

Find out what a Qualified Quantity Surveyor and Registered Tax Agent can achieve for you as a property investor by contacting Build With K today!





Mathew Kulkewycz BConstrMgt (Hons.), GDipEd, AIQS (AFFIL) Tax Agent (#25563422)

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Dr Mamdouh Georgy Dr Geoff Campbell Dr Angel Agarwal (Monday to Thursday) Dr Moheb Gerges (Friday only)

Monday to Friday 8:30am to 7:00pm Saturday 9:00am to 4:00pm; Sunday Closed For all appointments call 03 5629 5111.

As well as being a well-established GP Clinic, Dr Georgy is an Accredited Skin Cancer Specialist. The clinic offers 'Mole Mapping' which is one of the most effective ways to detect skin cancer at an early stage. Contact the clinic for an appointment today!

OTHER SERVICES ON SITE

Podium Podiatry	Dr Vishaan Solanki	03 5625 9388
HearCare	Previn Pillay	03 5625 5155
Drouin Physiotherapy	Jamie Keen	03 5625 4488
Dorevitch Pathology	Christine Kirsopp	03 5629 5962
Dentist	Dr Hany William	03 5629 5676

Growing to meet the needs of the local and surrounding communities



HILLCENTRE - HILLVIEW BUNYIP AGED CARE Thursday 18th October at 10:30am

Blumes Fashions will be showing their Spring / Summer Range at Hillview Bunyip Aged Care on 18th October at 10:30am.

The range consists of t-shirts, blouses, skirts, slacks, 7/8 pants and much, much more. There is a great variety of colours, styles and sizes.

Nothing will be over \$59.95

This is a fundraiser for Hillview Aged Care, so there will be a \$5 per person entry fee.

Afternoon tea will be provided and there will be door prizes.



FOR FURTHER DETAILS CONTACT VAL ON

03 5629 6227



The above vehicle was taken to an insurer recommended repairer who wrote this car off. On the request of the owner it was sent to Bunyip Panel Works. We repaired the vehicle to manufacturers standard and now it's back on the road. We have been repairing vehicles for insurance companies for over 30 years.

If you want 'choice of repairer' contact your insurance company to have it added to your policy!

If you have any questions call 03 5629 5260. Peter 0428 516 599 or Sam 0437 608 715.







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ADRA food relief

Struggling and need food relief?

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 SEVENTH-DAY ADVENTIST CHURCH visit www.adra.org

Night Owls Welcome New Members

The 'Night Owls' are a social group of ladies who meet monthly. There is no joining fee.

Meetings will now be held in the Meeting Room at the Bunyip Hall on the third Monday of the month at 6.30 pm.

> For all enquiries please call Lindy on 0419 562 956.



BUNYIP Want to lose weight, become a lot SLIMMERS healthier and make new friends?

Come along to the Bunyip Slimmers Club. We're a very friendly group and we would welcome your company. It only costs

\$2.50 per week and you don't have to live in Bunyip to join. We meet every Wednesday at 5:15pm at the Uniting Church, Cnr Nash Road and Flett Street, Bunyip. We will not be meeting Christmas period or in January 2019.

Ring Maree McRae on 0468 411 144 for further details, or you are more than welcome to just turn up.



Uniting Church Drouin -**Bunyip Parish**



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



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 Maryknol	9:30–11:30am
Saturday	Main Street Bunyip	9:30am–1:45pm

Garfield Community Op Shop

Mon-Fri9:30am-4:30pm, Sat9:30am-12:30pm, Sun closed

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.

NEW LOCATION 71 Nar Nar Goon-Longwarry Road, Garfield



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.



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



Meditation classes are held every Thursday morning in Bunyip. If you are interested in attending, please contact Fred on 0439 247 253 for further details.



at Uniting Church Hall, Sinclair Street, Drouin

For further information, please contact Annie on 0410 046 239 or Sue on 0428 254 568

(Playgroup is closed during school holidays)

COMMUNITY NOTICES



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
Sun, 26 Aug	9:00am	Bunyip Uniting Church
	10:30am	Drouin Uniting Church – 'Café Church'
Sun, 2 Sep	9:00am	Garfield Uniting Church - Holy Communion
	10:30am	Drouin Uniting Church - 'Holy Communion'
Sun, 9 Sep	9:00am	Longwarry Union Church
	10:30am	Drouin Uniting Church
	7:30pm	Songs of Praise'*
Sun, 16 Sep	9:00am	Bunyip Uniting Church
	10:30am	Drouin Uniting Church
Wed, 19 Sep	3:30pm	Hillview Bunyip Aged Care
Sun, 23 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

SERVICE LOCATIONS Bunyip UC, Cnr Nash Rd and Flett St, Bunyip Drouin UC, 7 Sinclair St, Drouin ucadrouinbunyip@outlook.com Garfield UC, 13 Garfield Rd, Garfield Hillview Aged Care, 22 Abeckett Rd, Bunyip Longwarry UC, 7 Drouin Rd, Longwarry

www.drouinbunyipparishuca. wordpress.com

IONA-MARYKNOLL CATHOLIC PARISH

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

When	Time	Location
Saturdays	6:00pm	St James' Catholic Church
Sundays	9:30am	St John the Baptist Church
	11:00am	St Joseph's Catholic Church
2nd Sunday	8:00am	Holy Family Catholic Church
Every Other	9:00am	Liturgy of the Word
2nd Sunday	8:00am	St Mary's Catholic Church
Every Other	9:00am	Liturgy of the Word

SERVICE LOCATIONS

St James' Catholic Church, 60 Nar Na Goon Rd, Nar Nar Goon St Joseph's Catholic Church, 1215 Bunyip River Rd, Iona St John the Baptist Church, 172 Station St, Koo Wee Rup Holy Family Catholic Church, Marrakilla Rd, Maryknoll St Mary's Catholic Church, 6 Whitstable St, Lang Lang





SERVICES AT ST THOMAS' ANGLICAN CHURCH BUNYIP

Sunday

Wednesday @11:45am

each month @11:00am

@9:30am

Eucharist followed by morning coffee **Eucharist followed** by lunch



16 A'Beckett Rd

2nd Friday of

Service held at Hillview Bunyip Aged Care



A SPECIAL INVITATION – 4th Bunyip Lecture 'Greif, Denial and Rage' by Brian Chapman Sunday 2nd September from 2pm A revisionist's view of Beethoven's 'Moonlight Sonata'. Brian has a national and international reputation as musician and scholar. He will present a slideshow with musical accompaniment. Join us in the church hall where refreshments will be served. Gold coin offering.

For further information, please phone 03 5629 5295 or email anglicanbunyip@dcsi.net.au.

Thank you to the community and district for their continued support



Facebook

7 High Street, Bunyip Ph: 03 5629 6117

Monday to Friday 9:30am to 4:30pm Saturday 9:30am to 1:00pm

AUTUMN & WINTER CLOTHING NOW IN STOCK!

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Debutante and Wedding Dresses We have an excellent selection of dresses donated from a hire company priced from \$50 to \$300 (please ring to view these dresses as they are stored off premises)

New basketball hoop and stand for ONLY \$100!

Need a ride? Keep a look out... Good quality second-hand push bikes of all sizes Motorcycle jackets in good condition

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OM:NI Men's Discussion Group

A relaxed and informal gathering for men

It's a group of blokes over 50 who meet the first WEDNESDAY of each month for a coffee and chat to discuss issues of interest and concern... with plenty of laughs thrown in. You are more than welcome to come along and meet new people in a friendly, welcoming atmosphere.

When: Wednesday 5th September 2018

Time: 9:15am till 12 noon

Where: Eileen Dawes Activity Centre Hillview Bunyip Aged Care 22 A'Beckett Road, Bunyip



Why not attend one of our meetings and see if it's for you? For further details contact or Tony Arrigo on 0407 563 441.





Saturday 25th & Sunday 26th August 9:30am to 3:00pm

Come and check out the garage sale at 22 A'Beckett Road Bunyip. Sausage sizzle will be available with Hillview Bunyip Men's Shed donating ALL proceeds to Hillview Bunyip Aged Care.



SALE









Rotary Club of Bunyip–Garfield

During the month of August, the Rotary Club of Bunyip –Garfield conducted the 'Primary Schools' Debating Competition' for local schools. Participants attend Bunyip, Nar Nar Goon, Longwarry, Garfield, Columba, Beaconsfield Upper and St James Primary Schools.

Topics are varied and provide an opportunity for students to research and argue either for or against. Some of the topics have been – current ban on single use plastic bags, refunds for bottles and cans



or whether solar energy should be the only form of energy. It is pleasing to have the opportunity to sit and listen to young people argue either for or against, even if they don't actually agree with the topic.

Congratulations to all participants and very big thank you to the schools and the teachers for their assistance.

For more information visit our Facebook page.

f

Bunyip-Garfield Probus Club



Our speaker this month was Don Horsborough who talked about the history of some steam

trains in Victoria, like Puffing Billy. It was one of the low -cost (2ft/6in) gauge lines constructed in the early 1900. When it was first opened the line was from Upper Fern Tree Gully to Gembrook until 1953 when a landslide blocked the track and the line was closed. With public interest, volunteers worked to by-pass the landslide and the line was reopened to Menzies Creek in 1962. Further work resulted in the line being extended to Emerald in 1965, Lakeside 1975 and then Gembrook in 1998. Today people of all ages still are able to enjoy the magic of Puffing Billy as it steams it's way through the Dandenong Ranges.

We then celebrated Christmas in July with a luncheon in the hall. Some were dressed in all different Christmas gear, which added to the atmosphere, along with the lovely decorations of snowflakes and Christmas trees. After we had eaten our roast and yummy plum pudding, we were entertained by three of our members. We then finished the day singing Christmas carols. Many thanks to the team who organised this special day.

Bunyip Fire Brigade – ready to serve

A very big thanks you to the Garfield Community Op Shop and the Bunyip Community Op Shop, who together have given the brigade in excess of \$2,000 to improve security at the station. We will soon be installing CCTV equipment to ensure that the community assets are better protected.

Why oh why do people light fires on windy days?



Please take note of the weather conditions before lighting your pile of rubbish. Over the past few weeks local CFA crews have had to respond to numerous fires caused because people who have not checked the weather conditions. If the



weather conditions are windy, please reconsider your intention. Despite the recent rainfall, we are still in a deficit, meaning that the vegetation is dry and will readily burn, especially with wind behind it.

Also please note that if you leave a fire unattended, you could be charged and also liable for the costs in responding CFA trucks (and this could run into the thousands of dollars).

Before you light your burn off you MUST do two things.

- Check the shire's Open Air Burning Policy, which can be found at <u>www.cardinia.vic.gov.au</u> under 'Fire, flood and emergencies' > 'Burning off'.
- 2. Phone 1800 668 511 to register your burn.

For more residential fire safety information, visit the CFA website <u>www.cfa.vic.gov.au</u>.





Source: The Sunday Telegraph, 19th August 2018.

Bunyip Fire Brigade to raise funds to help our farmers

Our farmers are struggling, with 100% of rural NSW impacted by drought with no relief in sight, and almost 60% of Queensland affected with the impacts reaching far and wide in these farming communities.

Bunyip Fire Brigade members will be out at the Bunyip IGA on **Saturday 1st September from 9am** selling sausages (kindly donated by IGA) and taking donations to help raise some much needed funds for our farmers. We will distribute the funds to various onthe-ground organisations, such as Aussie Helpers, Rural Aid, Buy-a-Bale, Drought Angels, local Rotary Clubs and Need for Feed, to ensure 100% of the money raised gets allocated evenly. As we work through the finer details, we now need local support to spread this message and encourage everyone to head down on the 1st September to buy a sausage or donate. This is a great opportunity to support our struggling farmers and to also chat to your local brigade or gather some important information before the fire season.

For more information or if you would like to support our effort in some other way please feel free to message our Facebook page or phone 0407 357 422.

Monthly local police update (6th July to 9th August, 2018)

By Sergeant Danny Hower, Victoria Police

It's been good to get around and catch up with people. There are many things going on in a lot of different areas locally and it is great to be involved with everyone behind the scenes who are helping to look after local people and country.

Most police call our occupation "The Job". I'm not sure where the term came from, but I know it has been around at least 31 years. As in most occupations the job has its own special language, and when we hear it in the crowd we know there is someone nearby that will help out if needed – that's comforting even if you're wearing a superman suit. During 'normal' day to day stuff most community members generally and hopefully only have to come in contact with "The Job" through local uniform wearing police like us. Internally that role is called "general duties" due to the varied content of the position.

When responding to most calls for general duties, police are often on the fly and have limited background on what they are attending initially. A crucial and satisfying part of "The Job" is being able to convert these unplanned responses into something more planned, then riding that plan out to a successful resolution. That is generally done by using well developed practices and procedures, just like any profession. We also don't always get the results we expected, like a conviction, but I believe that is called having different expectations.

Planned responses and investigations often take a bit longer than most people would like due to other people and processes – but we're fortunate that the meeting of human behaviour, science and technology can work for us.

Here are some of the local things being investigated at the moment which mostly involve people from outside the area.

- 54 year old local man who reported thefts earlier this year, and was recently identified and arrested for false reporting a theft of motor vehicle and obtaining property by deception.
- 24 year old Bunyip woman who was recently arrested for possession of number plates that were from an unrecovered car that was stolen in Garfield in February this year.
- 26 year old Drouin woman breached her bail by driving when she shouldn't have.
- A 34 year old Pakenham man identified and charged with evading police.





- A man wanted for obscene exposure after an incident at a rest area.
- Another man and woman wanted for using stolen number plates, theft of petrol and evading police.
- 32 year old Traralgon woman wanted for theft from a retail outlet in Bunyip and a 42 year old man Traralgon being arrested on warrants for failing to answer bail.
- Theft of a car from Garfield which turned up in Pakenham.
- 53 year old woman arrested (again) for assaulting three non-Bunyip police in Nar Nar Goon.

On top of that, in the past two months, locally there have been the following.

- 19 people charged and going to court; 26 infringement notices (on the spot) issued; and eight firearms storage inspections conducted.
- Five vehicle collisions with injury reported in NNG, Bayles, Maryknoll, Tynong North and Bunyip.
- Burglaries and thefts of a chainsaw in Maryknoll; a TV and stereo in Bunyip; building material from a house under construction in Garfield; electric fence energiser in Garfield; hay temperature meter and hay feeder rings in Bunyip North; number plates from cars in Garfield and Tynong; keys from a car in Tynong; and firewood from Bunyip State Park.
- Family violence incidents reported to us in Bunyip, Tynong, Tynong Nth, Nar Nar Goon and Pakenham.
- Five reports of shooting without permission on private properties throughout Tonimbuk, Tynong North and the Bunyip State Park.
- Eleven people referred to other agencies for assistance.
- 31 people and cars field contacted for suspicious behaviour.
- An assault investigation as a result of an incident at a party in Bunyip North.

Please contact us for any assistance or advice; or 000 if you think you need police or emergency service attendance, or email/letterbox etc. for anything else. We enjoy the contact and it is all relevant somewhere.

Danny Hower, Victoria Police Sergeant 26184 Bunyip Police Station, 4 Pearson St, Bunyip <u>bunyip-uni-oic@police.vic.gov.au</u> Ph 03 5629 5205

Colour me in Kindly created by Zach Jacob I in the second second

From the Editor

New advertising rates for 12 issue advertising in the newsletter

Book your ad for 12 issues and only pay for **10 issues giving you two issues FREE**, as well as a receiving a half page editorial with logo and photo that promotes your business. There is still a 50% discount applied for all non-profit community groups, associations and clubs. All ads and notices for non-charging events or public / club notices are still free!

For further enquires on how to advertise your business to your community please send an email to <u>advertising@bunyipnews.org.au</u> or call 0498 852 137.

Why not try advertising on our website

If you'd like a better online presence and would like to show your support for the newsletter, place a small or large ad on our website <u>www.bunyipnews.org.au</u>. Your can be linked to your website, Facebook page or email.

Need a reminder about submitting articles?

If you'd like to be added to the monthly article reminder list for the newsletter, please email me at <u>editor@bunyipnews.org.au</u>.

We want your stories!

Are you interested in gardening? Got some great recipes to share? Keen follower of local sports people and want to shout about their successes?

The Bunyip & District Community News is looking for committed volunteer writers for regular articles in the newsletter. If this sounds like something you'd be interested in, please email the Editor at <u>editor@bunyipnews.org.au</u> or call 0498 852 137.

If a regular gig is not your thing, then we also encourage you to submit anything you think is newsworthy, as we are always interested to hear your ideas and stories. Don't forget to include any photos you might have.

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.





Bunyip & District Community House

27 Main St. Bunyip 3815

Website: www.bdch.com.au Phone: 5629 5877 Email: admin@bdch.com.au



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.

Folk Art Class with Judy

Tuesday's 10am to 12noon Folk Art classes have been full of projects and laughter, which is the idea - relax, have a cuppa and enjoy your art. Drop in any Tuesday morning and see us at work! We are excited and grateful to the Hillview Bunyip Men's Shed who cut wooden templates to keep us busy.



Maybe in the future they might need our painting talents in return?

Expressions of Interest for New Art Group

Thursday mornings in Bunyip

We are looking for expressions of interest to start a new happy relaxed art group for a Thursday morning in a hall in Bunyip. Please contact Davina on 03 5629 5877 if you are interested in being a part of this new group.

************* \star **BUNYIP KIDS X FACTOR** Start Practicing! Mark Your Calendar...

Saturday 20th October at 2pm \star in the Bunyip Hall

We are looking for kids with talent in singing, dancing and entertaining, as part of an

- \star individual or group act.
- Participants should be aged between 5 and 15 years. Contact Davina on 03 5629 5877 or
- email bunyipkidsxfactor@bdch.com.au.

Bunyip Walking Group Monday and Wednesday 1:00pm



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Join a 3km walk starting at Bunyip Uniting Church. Contact Davina on 03 5623 5877 or email admin@bdch.com.au.



FREE Wi Fi and Internet access

are available. We can also provide Free Internet Access typing, photocopying, scanning and laminating services at competitive rates. We are friendly and reliable, however we are not commercial printers and so will only undertake small jobs.

'FUN AND GAMES DAY' with Cathrine, Rose and Kath Thursday 13th September 1pm to 3pm

Come and join us to play games... Boggle, Trouble, Chess, UNO and lots more! We're always

open to suggestions. Enjoy a 'Cuppa & Chat'



or join in some games. All Welcome! Contact Davina on 03 5629 5877 to book any of our activities.





Hand Pamper with Helen

A big thank you to Helen Legione for treating our House visitors to a wonderful Hand Pamper day recently. We had a wonderful fun time and we all went home with extra soft and smooth hands. Another pamper day is planned for a little later in the year.

Cuppa & Chat with Rose & Kath Thursdays 1pm to 3pm



At Bunyip & District Community House.



Are you looking for something to read?

Check out our bookcase to see what's available at Bunyip & District Community House

Bunyip Singing Group At Bunyip Community House Thursdays 5:30pm to 7pm Contact Sarah 0417 348 455 \$6 annual membership



Make 2018 the year that you try something new

Do you need information on any of our activities? We have several art, craft, wellbeing and computer groups available each week as well as special events. We also have books and novels available for members to borrow. Check our website www.bdch.com.au or to book in for a class or activity, phone on 03 5629 5877.

Community calendar

AUGUST / SEPTEMBER 2018

MON	TUE	WED	тни	FRI	SAT	SUN
20 9:30am Bunyip Singers	21	22 5pm Bunyip Slimmers	23	24 9:30am–3pm Quilt Show 11am Erica's Gems	25 9:30am–3pm Quilt Show 2pm The Magic Flute Opera	26 8am–1pm Bunyip Community Market 9:30am–3pm Quilt Show
27 9:30am Bunyip Singers	28 7:30pm Bunyip Tennis AGM	29 5pm Bunyip Slimmers	30	31 11am Erica's Gems	1 9am CFA Farmers Collection IGA 12pm Jinks Creek Mark Knight launch 6pm Night Fever Bee Gees Tribute	2
3 9:30am Bunyip Singers	4	5 5pm Bunyip Slimmers 9:15am OM:NI 6pm–8pm Gippsland Network	6	7 11am Erica's Gems	8 9:30am–2:30pm St Thomas' Op Shop	9 1pm Bunyip Community Garden Sausage Sizzle
10 9:30am Bunyip Singers	11	12 5pm Bunyip Slimmers	13	14 11am Erica's Gems	15	16 12noon Peppermint Ridge Farm
17 9:30am Bunyip Singers	18	19 5pm Bunyip Slimmers	20	21 11am Erica's Gems	22	23
24 9:30am Bunyip Singers	25	26 5pm Bunyip Slimmers	27	28 GRAND FINAL ★ 11am Erica's Gems	29	30

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 Victoria Rotary

Bunyip & District **Community Bank**[®] Branch Bendigo Bank

Find a publicly accessible AED visit 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 Bunvip 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

Bunyip & District Toy Library Hayley – 0400 103 644 (Located at the Maternal Child Health Centre on Thursday 9:30 am–10:30 am)

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

Community Clubs

Bunyip Bulls Basketball Club Donna Deken - 0409 193 951 **Garfield Bowling Club** Gordon Moxey - 03 5629 2384 or 0432 355 352 Tournament or Twilight Bowls – Maureen Lamport 03 5629 6014 or 0447 296 014 **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 G Garfield Golf Club Thirteen Mile Rd, Garfield - 03 5629 2794 **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 Ν **Bunyip Netball Club** Secretary Deanna Gallasch - 0408 505 292 or bunyipnetballclub@hotmail.com **Bunyip Patch Workers Club** Barb - 03 5629 4326 **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 **Bunyip Singers Club** Dorothy Myers - 03 5629 5601 (Meets at Bunyip Hall every Monday 9:30 am) **Bunyip Slimmers Club** Maree McRae – 0468 411 144 (Meets every Wednesday at Bunyip Uniting Church) **Bunyip & District Soccer Club** Adrian Gatti - 0417 590 830 Sorella Callisthenics Club Samantha Holt – 0421 424 079 or sorellacc@hotmail.com **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.