



BUNYIP & DISTRICT COMMUNITY NEWS



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20th December 2016

Merry Christmas and Happy New Year



Photo: (L-R) Helen Davey, Tony Arrigo and Shirley King are previous recipients of the Bunyip *Citizen of the Year* award.

Who will be Bunyip's *Citizen of the Year*?

By Chris Kelly

Bunyip's *Citizen of the Year* will be announced during the **Bunyip & District Australia Day Ceremony** to be held at the Bunyip Hall on **26th January 2017**, starting at **9:30am** and concluding with morning tea.

Our previous winners were Helen Davey from Garfield, Shirley King and Tony Arrigo from Bunyip. These have all been worthy recipients of this prestigious award. It's not too late to nominate someone that you feel is deserved of this award. Nomination forms are available from the Bunyip & District **Community Bank®** Branch. Nominations close on 12th January 2017.

In the past we have had some fabulous Ambassadors who have spoken and entertained the crowd. We have been honoured to have Paul Sheahan, a Victorian Sheffield Shield cricketer; Peter Sullivan, the 'Piano Talk' entertainer, singer and composer; and our very own Gerry Cunningham, master storyteller.

Unfortunately, we still have not been informed of this year's Ambassador, who will attend our Australia Day ceremony. However, we are sure it will be someone who will be an inspiration to us all.

Included in our program is the Bunyip Singers who always entertain a crowd with a variety of Australian songs. It is a great way to start your celebrations on Australia Day 2017, so please come along and join your community in this celebration.



Photo: (L-R) Gerry Cunningham and Chris Buckingham, ALP Candidate.



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Bunyip & District Community News

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as without them there would be
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Let them know you found them HERE!**

Hillview Bunyip Aged Care residents celebrate Christmas

By Roman Kulkewycz

The residents and their relatives of Hillview Bunyip Aged Care enjoyed a Christmas High Tea on Wednesday afternoon 7th December, with a special visit from Santa. Residents from the Independent Living Units at Hillview also attended.



Music was provided by David Johnson, who played beautiful pieces on the organ. David is a highly acclaimed musician who is well known and respected in his field of entertainment.

Photos by Roman Kulkewycz



Photo: Hillview resident, Elvie Gowans, pondering on what she would like for Christmas with Santa close at hand.



Photo: (L-R) Hillview staff members Monique Hoff, Nya Gatbail and Amelia Paton enjoy Santa's company.



Photo: Kay Pearson and her uncle Noel Biggins with Santa.



Photo: (L-R) Hillview Independent Living Units residents, Rene Burns and Lorna Rundell, enjoying the Christmas High Tea.

Residents refuse to give social licence for new quarry

Last night more than 80 residents from Bunyip and Garfield gathered at the Bunyip Hall to hear a community update on the status of Hanson's quarry proposal for Bunyip North.

They heard that Hanson now holds a 691 acre site in the middle of agricultural and residential properties, in an area set amidst native bush land containing significant native animal and plant species.

Invasive plans by Hanson to turn this clean and green area into a granite quarry would have a huge impact on local surrounding communities. The proposal would see the quarry extract 2 million tonnes a year of granite which would be run as a 7-day a week operation with regular and continual blasting and crushing taking place. Other concerns include: 550 truck movements a day and significant water usage and impact on the water table and nearby surface water that is relied on by local residents and farmers.

The size of the proposed super quarry means the impact would be felt across many neighbouring areas as the quarry would occupy around the same land space as the three pre-existing quarries in the area combined.

"Our communities are expressing many valid concerns about this super quarry proposal which includes the size, the potential for water contamination and impact on water supply, noise and vibration from blasting and air pollution from dust including silica that has been found to have human health impacts" said David Bywater, from Mt Cannibal & District Preservation Group

"Many of us also have grave concerns for the Mount Cannibal Reserve which is right next door to the site, this is an ecologically valuable area and should be preserved and protected. The proposed quarry is clearly in the wrong location and the community has not given a social licence for Hanson to come into the district, construct this SUPER QUARRY and permanently damage this important and diverse landscape."

"At the close of the meeting we asked those in attendance for a showing of hands as to who would like to stop this quarry and nearly every hand in the hall went up. We are committed to continuing this fight to protect our community, environment, water, farmland and health from this invasive and inappropriate mining proposal."



Photo: Hanson now has a total area of approx. 280 hectares, which is roughly 691 acres. The proposed quarry is rumoured to be the biggest of its kind in the southern hemisphere.

An EES (Environmental Effects Statement) is being started by Hanson in 2017 so that the Planning Minister can undertake a well-informed assessment of this proposal, and address his concerns about the potential for negative impacts on biodiversity, hydrology, groundwater and Aboriginal Cultural Heritage.

The residents welcomed this development and will engage with both the Minister and Hanson during the assessment however they have also resolved that they will undertake actions to actively and continuously oppose the quarry proposal and not allow it to proceed.

"Our views are being communicated to State Government Ministers and we look forward to positive future engagement with our elected politicians on this vital community issue. We will continue to get informed, get noisy and get active to protect this beautiful part of Gippsland" said Mr Bywater.

Please contact us for any further comments.

Lindsay McNaught, Media Liaison – 0408 532 162

David Bywater, Secretariat – 0413 019 361

Please visit our website at

www.stopthebunyipnorthquarry.com or find us on www.facebook.com/StopTheBunyipNorthQuarry.



**Mount Cannibal and District Preservation Group Inc
(Media Release Friday 9th December, 2016)**



Photo: (L-R) Front: Phoebe, Spencer, Sascha, Cass; Middle: Suzy, Dominic, Dylan, Luca, Colt; Top: Niamh, Keira, Liam, Stella, Holly, Matthew.

Garfield Kindergarten end of year concert

By Roman Kulkewycz

The children at Garfield Kindergarten had a special concert night last Thursday 15th December to celebrate the end of their year.

They practiced very hard for weeks and then performed for their families: A nativity play, The Littlest Christmas Tree story and some action songs.

Photos by Roman Kulkewycz



Photo: Three angelic cherubs – Liam, Stella and Holly.

Walk for wellbeing on our roads – inspired by angels

By Marie Hansen Nooy

Please join me and embark as a community on a walk to raise awareness of the terrible state of our local back roads. Roads that only are acknowledged and upgraded after a fatality, as in the case of the corner of Heads Road and Caldermeade Road, where four people lost their lives (almost a whole beautiful family was wiped out). After these deaths, this intersection was changed from a crossroad intersection to a dogs leg intersection.

On **23rd December at 5:30pm** we will be meeting on the corner of 13 Mile Road and Bunyip River Road, (at the intersection where a young lady perished a year ago). We will then walk to St Josephs Church Iona, and once we arrive we can enter the church if we wish, offering up a Christmas wish, a prayer or

simply join in the Rosary and or light a candle for your angels. Refreshments will be available to purchase and a Police escort for our walk has been confirmed. Media will be present to help us individuals raise awareness to our State Government and Local Council, that enough is enough, no more deaths on these treacherous roads.

The \$70 million Pakenham Racecourse has been built on Longwarry Road, a road where multiple have perished in the past, and the only section of road upgraded is the entrance and exit to the course. There needs to be money spent on upgrading the surrounding roads to this venue and beyond.

For more information about this event, call Marie Hansen Nooy on 0408 385 922.



Talkin' Fishin'... Christmas cheer!

By The TackleMan®

Can't believe Christmas is here again! I know it comes around the same time every year, but it seems to be a shorter distance between each one the older I get... or is it just me?

This is the time of year we get to see extended family or distant relatives, remembering outings and maybe fishing trips with them. Mum and Dad along with the feed bin for all the kids and cousins.

Who didn't drive their folks crazy with "I'm tangled", "I'm snagged" or "I'm hungry". Or throwing rocks in the river while others are trying to fish. Getting soaked or gumboots stuck in the mud. Let's hope those old pictures are still around for a good laugh – us in our daggy clothes and terry towelling hats (for the teenagers, that's a hat with a multi-directional brim made from towel – fashion statement!).

Round the Christmas table we get to exchange our gifts with each other, stories and tales of one another when we were younger. Not just for the reminiscing but seriously trying to embarrass the hell out of your siblings in front of their partners who never heard of these before.



Our parents expertly get to pull us in to line again and remind us of what a pain we were as kids – embarrassing us all at the same time. But no matter how we turned out, they love us just the same and always remember us as those little children we were, as I do mine.

Maybe because it makes all the mischief we got up to, and some of us still do, all that easier to forgive.

My best wishes to your families have a wonderful Merry Christmas and New Year ahead.



Photo: In loving memory of my two younger brothers, Brian and Craig.

Cardinia we need you to *Relay For Life*



Now is your chance to lead the fight against cancer by rallying friends, family and workmates together to form a team for Cancer Council Victoria's *Relay For Life*.

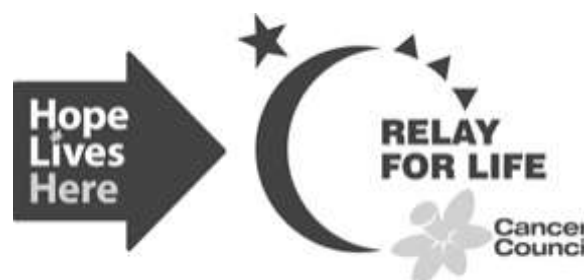
Cancer Council Victoria urges Cardinia to show support for the 333 Cardinia residents who will be diagnosed with cancer this year by registering in the upcoming *Relay For Life* event, to be held on **Saturday 24th and Sunday 25th February 2017**.

Relay For Life is a community event where teams of 10 or more participants keep a baton moving in a relay-style overnight walk or run. Team members are encouraged to camp out at Toomuc Reserve in Pakenham to support their teammates on the track for the duration of the event.

Money raised through *Relay For Life* helps Cancer Council Victoria to fund research, implement

prevention programs and provide support services for those affected by cancer in Cardinia.

To join the Cardinia Relay For Life event, either as a participant or a local business that wishes to be involved with the fundraiser, please phone 1300 656 585, visit relayforlife.org.au or contact John Cardinia Relay chairperson on 0459 427 350.



Cancer Council, Media Release (November 2016)

Losing weight or gaining wellness

By Robert Jacobs, Naturopath

I thought December was an appropriate time to discuss this subject, as we all know at this time of the year we do seem to eat a little more than usual and some of us are perhaps even drinking a little more than we normally would!

How many people make a New Year resolution to lose weight?

Almost every day in my clinic I am asked, "Do you have a magic pill that will make me lose weight?" My reply is of course, no! Instead of putting the emphasis on losing weight, why don't we together try to work on gaining wellness.



As we hear daily, obesity is a massive issue in our society. The results of this are many, such as diabetes, heart disease and liver problems to name a few.

It should be noted that there can be a difference between obesity and weight gain. Some people work really hard, eat pretty well and work out in the gym, and still struggle to lose weight. We need to remember that muscle weighs more than fat. This is only one of the reasons I talk about gaining wellness rather than losing weight.

I'm sure everyone knows that there are hundreds of diets, most of them not based on valid reasoning, a few of them quite sensible. The biggest problem, in my opinion, is that they are mostly extremely difficult to follow and very negative (this causes people to become disillusioned and give up).

I have seen many patients over the years saying that they're following this diet or that diet. They lose a few kilos over a couple of weeks, then they don't maintain the weight loss, and in many cases increase weight and feel no better for it. It is better to lose weight in a slow methodical manner as this tends to result in a weight loss (health gain) that is able to be maintained.

Generally speaking, for a person to lose weight, energy intake must be less than energy expenditure. This may be done by decreasing calorie intake (dieting), or by increasing calorie burning (exercising). To lose 1 lb (about 450 grams) we would need to take in 3,500 fewer calories (about 14,600 kilo-joules).

Losing 1 lb per week can be achieved by reducing calorie intake by 500 calories per day or by burning up an extra 500 calories per day (achieving this requires 45 minutes jogging a day or very quick walking for 1 hour and 15 minutes a day as examples) this is why I prefer to talk about gaining wellness.

As I have written in previous editions of the Newsletter, each person I see is an individual. Everyone has different genes, different metabolism, different bodily makeup, different psychological issues and different lifestyles. All of these are important.

To gain wellness there is no "one cap fits all". It can be as simple as getting a person to realize that they don't eat well and don't burn up energy well. Moderate lifestyle changes can resolve that. There can be issues with metabolism, breaking down of proteins and fats etc., thyroid imbalances, underlying psychological problems, fluid retention, liver function. The list goes on. Yes, there are herbs and nutritional and dietary advice that can assist with resolving the issues, but no magic pill.

I am unable to be more specific about the treatment of weight loss in the Newsletter, but there are certainly things that a Naturopath can do to help a person "gain wellness".

Please remember you can contact me at rob@robertjacobsnaturopath.com.au if you have anything of interest that you would like me to write.





Photo: Butterfly Dancers preparing for concert.

Kids Christmas Party & Butterfly Dance Concert

We had a great day for the BDCH Annual Kids Christmas Party, held for our Butterfly Dance and Community Playtime children on Sunday 27th November at the Bunyip Hall. There were more than 50 people in the audience, consisting of friends, cousins, brothers, sisters, parents, grandparents... and even great grandparents!

From our group of 15 Butterfly Dancers, we had ten dancers perform on the day, and they put on a fantastic concert for everyone.

The children performed five routines, including one especially for Christmas. Well done to Jen for the wonderful job she does with these children every year.

Community Playtime provided colouring activities and cordial, while Community House provided fairy bread and sultana boxes, which went down a treat with the children. Big thank you to all involved!

Inaugural Bunyip Street Festival

*Bunyip & District
Community House*

The Bunyip community celebrated in style at the first Bunyip Street Festival on 13th November. The day had something for everyone with a magician, face painting, a giant dart board footy game (courtesy of the Bunyip Junior Football Club) and Milo cricket game with the Bunyip Cricket Club.

Bunyip Kindergarten held an art display, and the Bunyip & District **Community Bank®** Branch ran a colouring competition. Bunyip Community House was transformed into a Kids Disco, complete with DJ and flashing lights.

There was also something for the older kids, with John Veloso and Emily Ashton from Cardinia Shire Youth Services bringing the Cardinia Youth Bus. They played giant Jenga, giant Connect 4, bongo drums, music and handed out flyers with information on the youth services program.

The Bunyip Hall was the venue for some great music from local musicians Andrew Swift & Gretta Ziller, The Hunter Express, Todd Cook, Meg Doherty and Rob & Zac Jacobs.

The festival included the Bunyip Community Market and the local shops put on some great festival specials. The festival really brought the community together and it was very well attended, although the weather looked dreary, it actually turned into a great day.



Photo: Bunyip Community House participates in the successful first Bunyip Street Festival.



Photo: The seven Bunyip and district community groups who received grants from the *Bunyip & District Community Investment Program*.

Community benefits from bank grants

By Sue Dubbeld, Bunyip & District Community Bank® Branch Manager

Seven community groups in the Bunyip and district area have received grants as part of the *Bunyip & District Community Investment Program*.

Marg Bardon, Chairman of Bunyip & District Community Enterprises Limited, the company which operates the Bunyip & District **Community Bank®** Branch, said the grants would be used to carry out improvements and projects which would benefit the entire Bunyip and district community.

The seven grant recipients include:

- Garfield / Tynong Cricket Club – Tanks a lot \$3,480
- Cannibal Creek Landcare Group – Equipment upgrade \$1,950
- Kinders Together Assoc. Inc. (Bunyip OSHC) – Outdoor student resources \$1,990
- Bunyip Primary School (Parents & friends) – Healthy living loop seating project \$4,311
- Community Playtime – New play equipment and signage \$1,687
- Hillview Bunyip Aged Care Inc. – Furniture fit out for new aged care bedroom \$5,300
- Garfield Angling Club – Community club rooms \$7,480

Since opening in 2007, Bunyip & District **Community Bank®** Branch has returned more than \$500,000 to the Bunyip and district community.

“We were very impressed with the quality of applications received and are delighted to be able to support a range of projects, many of which may not have been financially viable without the support of our **Community Bank®** Branch,” Director Marg Bardon said.

Administered by Community Enterprise Foundation™, the philanthropic arm of Bendigo and Adelaide Bank, the fifth *Bunyip & District Community Investment Program* received a large number of applications from organisations seeking funding for projects.

“The partnership with the Foundation enables local community organisations to share in our success. We aim to support accessible and valued community services and partnerships leading change which strengthen and unite our community.”

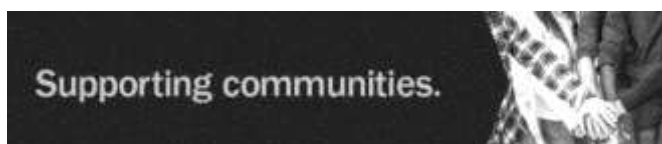
There are currently more than 300 **Community Bank®** branches across Australia that have returned \$148 million to support local communities.



Photo: Cheque to *Bunyip & District Community Investment Program* for \$19,467 from Bunyip & District Community Bank® Branch .

Bunyip & District Community Bank® Branch, Media Release (Wednesday 23 November 2016)

Bendigo Bank
Bigger than a bank



A family guide to staying healthy and active over the festive season

By Jacqueline Early, Inspired to Shine



The silly season is fast approaching, and for many of us that means drinking and eating to excess; over indulging, bingeing on sweets and eating out with friends and family. Even if we eat a healthy, balanced diet during the year, Christmas time tends to offer us weeks of little exercise and limited fruit and veggies.

A few survival tips

- Don't be hard on yourself. Allow yourself a treat, but be mindful of portion sizes and frequency.
- You are NOT on a diet, eating healthy and being active is a lifestyle, NOT a short-term fix.
- Organise catch ups with family and friends around an activity. Perhaps a picnic in a park with the kids; pack the cricket set or football and play a game after lunch.
- Head out for a walk after Christmas lunch with the family. We live in such a beautiful location, with national parks and walking tracks right at our door step.
- What about giving presents to the kids which encourage being active.
- When heading to a BBQ, make a large salad or fruit platter to share. Sure it takes a little extra effort, rather than a grabbing some cheese and biscuits or frozen dessert from the supermarket, but you will feel better for it.

Consider your goals

Most people want to lose 'x' kilos. But what happens when that weight is lost? Many people revert back to eating the way they used to, or reduce their activity levels. The weight sneaks back on and you are back to square one... Why not focus on creating a healthy lifestyle. Aim to be active, consume five serves of vegetables and two serves a fruit each day. Any excess weight will drop off gradually, and you would have created a sustainable lifestyle and new healthy habits for life.

Stay true to your values; stay focused on your goals.

Why not make this yummy treat for your next Christmas catch up. No refined sugar and high in protein.

CHOCOLATE BROWNIE

Ingredients

- 1 tin chick peas, rinsed well
- 4 eggs
- 4 tsp cacao powder
- 1 tsp baking powder
- 1/3 cup coconut oil, melted
- 1/3 cup frozen raspberries
- 1/3 cup Maple Syrup



Method

1. Pre-heat oven to 150 degrees.
2. Grease baking tray with coconut oil and line with baking paper.
3. Blend all ingredients in a blender / food processor and pour into baking tray.
4. Bake for 45 minutes or until a tooth pick comes out clean.

Serving suggestion: Serve with Greek yoghurt, berries and coconut... Mmmmm!

About me

A little about me. I have been in the Fitness industry for 15 years, including corporate health and health promotion. I am passionate about nutrition, being a positive role model to my crazy boys, living a healthy lifestyle, bush walking and being grateful for life's simple pleasures.

I will never claim to be an expert, but I do promise to spread some love to you all by sharing my tips on all things health and wellness, as well as recipes, lunch box ideas and lots of positivity.

If you have any suggestions for my monthly articles, or are interested in ladies outdoor group training sessions for 2017, please send me an email inspiredtoshine@yahoo.com. I would love to hear from you!

Merry Christmas! Have fun, laugh, and be safe!!
Look forward to sharing in the New Year with you all.

XX

Inspired to Shine
Complete Wellness



Photo: The Bunyip Choir singing in St. Thomas Anglican Church.

The joys of singing with the Bunyip Choir

By Dorothy Myers

The year 2016 has been a very busy one for our Bunyip singing group. We still practice in the Bunyip Hall every Monday morning at 9:30am.

This creates a very happy atmosphere for the week ahead. It is not just a choir, but a cheerful social group that enjoys lots of chatter and laughs.

We have given many performances throughout the year to various groups such as hostels, community functions, Australia Day, Anzac Day and private engagements. The choir will also take part in the Christmas 9 Lessons and Carols held on 18th December at the Anglican Church of St. Thomas in A'Beckett Road Bunyip.

Bunyip Rodeo is back in town!



After such a successful first annual rodeo this year, Bunyip Rodeo Group is set to hold its second annual rodeo on **Saturday 21st January 2017** with gates opening at **11:00am**, so get there early to secure a great viewing spot with plenty of seating on hay bales and trucks.

There will be fun for the whole family with kids' entertainment including a bucking bull. There will also be a great variety of food and drink available. Woodall Rodeo Promotions, the event's promotor and best stock around, has action kicking off at 2:00pm with the Grand Entry Parade with Harleigh Doyle singing the National Anthem.

This will be followed by non-stop action of jackaroos and jillaroos wrestling with huge horned bulls and incredible bucking broncos; starting with the 2nd Division Bull Ride, 2nd Division Saddle Bronx, Open Bull Ride, Junior Bull Ride, Ladies Barrel Race, Junior Barrel Race, Break The Open Bareback, 2nd Division Bull Ride, Open Saddle Bronc, Junior Bull Ride, and finally the Open Bull Ride. All profits for the 2017 Bunyip Rodeo will be distributed back to the local community.

If you'd like to volunteer, or your local club would like to be involved or have a stall at the rodeo, call Kasey on 0425 377 622 or Gina 0422 335 660.



Bunyip-Garfield Probus Club

By Helen Peggie, Publicity Officer



On Cup Day after a year of rest the horses were ready for the running of our famous Probus Cup. With the jockeys and horses set the race begun, but one of the horses had a slight mishap. Luckily it was able to continue. At the end the winner was congratulated and presented with the Cup.



After the judging of the Fashion on the Field for both ladies and men, there was a Best Hat and a Novelty section also. We then enjoyed a picnic lunch to finish the day.

The following day a group of us left to go to Ballarat for a week. We gathered for Happy Hour before going to the Golf Club for a meal.

Thursday we went to the beautiful Botanical Gardens which is near Lake Wendouree. Our next destination on Friday was to Mt Buninyong which is an Extinct Volcanic Mountain that is 745 metres above sea level. There was a tower that you can climb and some of the group did to climb up to see the view. In the afternoon off to the Go Kart track. Some drove without fear while others a lot slower but there was lots of laughter along the way. That night we were delighted when our Synchronised

Swimming Team performed their wonderful routine. Well done team.

Saturday morning there was a Pancake Breakfast before we headed out to the markets at Beaufort / Creswick and having a look at the Woollen Mills. In the evening we played games.

Sunday we all had a two day pass to Sovereign Hill, so some went to explore it, others looked at some of the many other attractions around Ballarat. That night we had Dinner at Sovereign Hill before seeing the amazing light show Blood on the Cross.

Monday some went back to Sovereign Hill and others continued to checkout interesting attractions. Tuesday was our last day. That morning we went to the Ballarat Art Gallery to view the paintings that have been entered in the Archibald Prize. We were all ready for our fun night with most of us dressing up to represent a song and with the help of our computer whizz were able to perform it, much to the delight of everyone. The night ended with the fun awards being presented. Many thanks to our trip leaders and everyone who helped make it a very memorable week.

About 80 people attended our Christmas Breakup at the Black Tie Restaurant. We wish everyone a Merry Christmas and a Happy New Year.

Bunyip Animal Rescue Network (BARN)

BARN would like to thank the Bunyip & District Community News for printing our monthly updates for another year.

Our team would also like to wish our members and friends (and all their wonderful animals) a safe and happy holiday season.

The BARN newsletter for December is now on the website, and we look forward to keeping everyone up to date with more news and events in 2017.

In other news, the Big Sky Sanctuary Barn Dance has been postponed until early next year. Check our website regularly for updates, www.speakforanimals.info/barn-2016.

Until next year...



Merry Christmas



"Be kind to the critters!"



Depression: your management options

© 2016 NPS MedicineWise

Depression is a common problem, so if you are depressed you are not alone. More than one in ten Australians will experience an episode of depression in their lifetime.

What is depression?

Depression can be sadness that doesn't go away, a loss of interest or pleasure in things you used to enjoy, or a range of other changes in the way you feel, think or act that lasts more than two weeks.

Common depression symptoms

- Low mood / loss of interest in things you used to enjoy
- Change in your weight or appetite
- Change in sleep, either sleeping more or not enough
- Feeling restless or slowed down
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Problems concentrating or making decisions
- Thoughts of death or suicide

Recover faster with treatment

There are effective treatments for depression, but there is no single treatment that is right for everybody. It's important to find a treatment that works for you, and this may take some trial and error.

The two main treatments are *psychological therapies* (e.g. cognitive behavioural therapy and interpersonal therapy) and *antidepressant medicines*.

The decision to take an antidepressant, undertake psychological treatment, combine both approaches or use other management strategies, is very individual. Talk to your health professional about what you think will work best for you.

Psychological treatments

There are many types of psychological treatments and these help change the way you think about and react to situations and relationships. The treatment may involve face-to-face counselling or be accessed through the phone or internet.



Antidepressants

Antidepressants help reduce symptoms of depression by changing the levels of certain neurotransmitters (brain chemicals) that influence your mood.

What can you do?

There are many ways you can help yourself to recover from depression and get your life back on track.

Be realistic in planning your lifestyle changes — start small.

- Find a type of exercise you enjoy, as you will be more likely to do it regularly. A walk around the block once or twice a week may be enough to get started with an exercise program. Make it something you know you can do.
- Schedule time in your week for activities you enjoy. It is especially helpful to reconnect with people and get support from others. Get together with friends each week or continue with a hobby you used to enjoy.
- Follow a healthy eating plan as it is important for maintaining good general health. Eat regular meals and try to eat more wholegrain cereals, fruit, vegetables, beans, lentils, nuts and seeds.

About antidepressant medicines

Individual *antidepressants* can be grouped into *different classes*, according to how they work chemically in the body. The different groups of antidepressants are about as effective as each other overall, but some people will respond to one antidepressant better than another.

Depression: your management options (cont'd)

Starting your antidepressant

Take your antidepressant medicine every day at about the same time(s).

Often you will start to feel better within 2 to 4 weeks of starting an antidepressant, but it can take 6 to 8 weeks to feel the full effect.

Make regular appointments with your doctor so you can talk about your progress.

Continuing your antidepressant

Once you are feeling better on an antidepressant, your doctor will let you know how long you need to take your antidepressants for.

You will usually need to keep taking it for another 6 to 12 months to reduce the risk of your depression coming back.

Managing side effects

While all antidepressants have potential side effects (unusual changes in your body), you may not experience them.

Different people can respond quite differently to the same antidepressant.

Some side effects of antidepressants, such as sleep problems or nausea (feeling sick), go away after a few weeks of starting your antidepressant. Taking your medicine with food or milk might help if you get nausea.

Stopping your antidepressant

You must talk to your doctor before you stop or take less of your antidepressant. Stopping antidepressants suddenly can cause symptoms such as dizziness, nausea or feeling jittery. When it's *time to stop taking your antidepressant*, you will need to reduce the dose gradually over a few weeks. Your doctor will work out a dose reduction plan that is right for you and your medicine.

Other medicines and your antidepressant

Sometimes it is not safe to take other medicines, including pharmacy and herbal medicines, with your antidepressant, eg, cough and cold preparations and St John's wort. Always tell your doctor and pharmacist about all the medicines you take.

Contact your health professional

Speak with your doctor, pharmacist or other health professional if you are:

- having trouble with side effects from your antidepressant; or
- feeling worse, or thinking about harming yourself or suicide.



For more information

Visit the NPS MedicineWise website:

www.nps.org.au/depression

Visit the beyondblue website:

www.beyondblue.org.au

Call the NPS Medicines Line: **1300 MEDICINE** (1300 633 424) (Monday to Friday 9am – 5pm AEST) to speak with a health professional for free independent information about medicines.

Call Lifeline: **131 114** (24 hours, 7 days a week) to speak with a health professional for personal crisis support and suicide prevention services.

The information provided is not medical advice. Do not use it to treat or diagnose your own or another person's medical condition and never ignore medical advice or delay seeking it because of something herein. Medicines information changes, and may not be accurate when you access it. To the fullest extent permitted by law, NPS MedicineWise disclaims all liability (including without limitation for negligence) for any loss, damage, or injury resulting from reliance on, or use of this information. Any references to brands should not be taken as an endorsement by NPS MedicineWise.

Cannibal Creek Pony Club Inc.

Cannibal Creek Reserve, Garfield Nth Road, Garfield Nth.



Register Association: A0010343Y
www.cannibalcreek.ponyclubvic.org.au



Christmas fun at Cannibal Creek Pony Club

Our December rally was full of fun. Firstly, our annual sleepover and Christmas BBQ was held on Saturday night 10th December, followed on Sunday with the Cannibal Creek Pony Club Gymkhana.

Riders were divided into groups on Sunday, and each group had a judge and steward with lots of fun show and novelty events. Our riders had a great morning, all going home with lots of ribbons and sashes. Many thanks to our four judges; Annmaree Porter, Karen Allsop, Joy Jones and Amelia Corallo.

At lunchtime there was a visit from Santa, carried in on a bright glossy red fire truck provided by the Bunyip Fire Brigade.

Santa handed out his presents to all the riders and their family members. The kids loved having a look around the fire truck.

During our lunchtime break, we also had some presentations and riders awards, along with presents for all our riding members from the DC.

To finish off a great rally, the Annual Fancy Dress competition was held. Our judge Mrs Trish Gibbons had some really beautiful costumes to look at.

Thank you to all our riders and families, and to the Bunyip Fire Brigade, for helping make the day a such a wonderful success.



Photo: Riders line up to accept their awards and ribbons from the Gymkhana.



Photo: Caitlin Birkett.



Photo: Lauren Birkett.

Christmas fun at Cannibal Creek Pony Club (cont'd)



Photo: Charli Thomson.



Photo: Maddy Aherne.



Photo: Santa delivering his presents from the Bunyip Fire Brigade truck.

Bunyip Bulls Basketball's record player numbers

By Donna Deken

The growth of basketball continues to grow in Bunyip. This Summer Season record number of registrations for junior players at 250 (36 teams) and 70 senior players (8 teams).

Basketball games are held four nights a week in the Stadium, and many teams are training at local primary schools as we do not have enough allocated time-slots. The Warragul Basketball Association is now the third largest association in Victoria with approximately 1,700 players.

If you have an interest in basketball refereeing or coaching, please drop us an email at bunyipbullsbasketballclub@gmail.com.

COMING SOON – Bunyip Bulls NEW website that is under development, please keep an eye-out!

Wishing all a Merry Christmas; enjoy the holidays.

Go Bulls!!!!



Photo: Summer Season 12B Boys Bunyip Stars team. Coach Georgia's Bunyip Stars (23) were the 'winners and gridders' kicking off the season with a home game win over, Coach Ben's Buckaroos by 9 points.

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Brad has been in the glazing industry for over 20 years and specialises in both commercial and domestic glazing. Undertaking anything from large scale construction projects to fixing leaking fish tanks, they work closely with a number of builders, real estate agencies, insurance companies, developers and manufacturers to deliver quality products and services.

Bunyip Glass supplies splashbacks, frameless / framed showers, shopfronts, mirrors, windows and doors, dog /cat door installation, and maintenance. All products are custom made and use the highest quality components.

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Brad and Katrina would also like to announce that their first future apprentice is due to arrive on the 24th of December, so watch this space!



Going to Uni for the first time in 2017?

Scholarship now open.

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Drop into your nearest branch at 18 Main Street, Bunyip or phone 5629 6091 for more information or visit bendigobank.com.au/scholarships.



The Bunyip & District Community Bank® Branch 2017 Scholarship is a management account of Community Enterprise Charitable Fund ABN 12 102 649 968 (the Fund). The Bendigo Centre, Bendigo VIC 3550. Sandhurst Trustees Limited ABN 18 004 030 737 AFSL 237906, a subsidiary of Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL 237879, is the trustee of the Fund. SS5250-1 (326534, v2) (7/12/2016)



The Bunyip and District Agricultural Society is busily preparing for the 2017 Show. Competition schedules will be available at www.bunyipshow.org.au early in the new year.

If you're interested in having a stall or volunteering on the day, we'd love to hear from you. Get in touch with us at bunyipshow@gmail.com or message our Facebook page @Bunyipshow.

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	Sunday Closed
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Sonia Romm	Tue & Fri 9:00am-5:00pm
Podiatrist	03 5629 5297
Jack Fitzpatrick	Thu 8:30am-5:30pm
Gippsland Pathology	03 5629 5962
	Mon-Fri 8:30am-12.30pm
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Twilight Bowls Dates: Fridays from 6 pm
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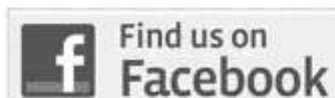
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 Meet at Uniting Church Car Park, Nash Rd
 Walking on a regular basis can help improve your overall health and wellbeing, and reduce stress levels. As a bonus it's a fun to spend time with family and friends, and a great way to meet new people. For all ages and dogs welcome.
 For further information please contact Simon Harrex, Cardinia Shire Council Active Places Officer on 03 5945 4432 


 **Uniting Church Drouin - Bunyip Parish** 

BUNYIP MEDITATION GROUP
 Every Thursday from 11 am to 12 noon
 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.

 **Uniting Church Drouin - Bunyip Parish** 

CAMERA CLUB
 1st and 3rd Thursdays from 4 pm
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 For further information, please contact Margaret on 03 5629 2318

- CATANI -
COMMUNITY CHURCH
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Do you have a sheep, donkey or goat that can help with our Children's Service on Christmas Eve Saturday 24th December starting at 5:30pm?
 We also need a shepherd or two, a few wise people, and Mary with a baby Jesus. If this sounds like you, please phone 03 5629 5295 or email anglicanbunyip@dcsi.net.au.
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Night Owls Welcome New Members

The "Nights Owls" is a group of ladies who meet monthly. We are a social group which assists at some events such as catering for the Anzac Day afternoon tea and the annual Mothers' Day walk.

We have guest speakers at some of our events, and there is no joining fee.

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

Come along – all welcome!



Uniting Church Drouin -
Bunyip Parish



**DROUIN – BUNYIP – LONGWARRY – GARFIELD
WORSHIP SERVICES**

Minister: Pastor Margaret Callaghan

Date	Time	Location
Sun, 21 Dec	1:30 pm	Lyrebird Village
	3:00 pm	Hillview Aged Care
Sat, 24 Dec	7:30 pm	Longwarry Union Church – Christmas Eve Service
Sun, 25 Dec	9:00 am	Drouin Uniting Church – Christmas Day Service
Sun, 1 Jan	10:00 am	Drouin Uniting Church
	10:00 am	Bunyip Union Church – 'Holly Communion'
Wed, 4 Jan	11:00 am	Amberlea Aged Care
Sun 8 Jan	10:00 am	Drouin Uniting Church
	10:00 am	Garfield Uniting Church
Sun 15 Jan	10:00 am	Drouin Uniting Church
	10:00 am	Bunyip Uniting Church – 'All Age Worship'
Wed 18 Jan	1:30 pm	Lyrebird Village
	3:00 pm	Hillview Aged Care
Sun, 18 Dec	10:00 am	Drouin Uniting Church
	10:00 am	Longwarry Union Church

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

SERVICE LOCATIONS

Amberlea Aged Care, 5 Pearson Rd, Drouin
Bunyip UC, Cnr Nash Rd and Flett St, Bunyip
Drouin AC, 132 Princes Way, Drouin
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



IONA-MARYKNOLL CATHOLIC PARISH

Phone: 03 5942 5293

Email: ionaparish@dcsl.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



Remembrance Day Notes

The Bunyip Sub Branch of the R.S.L. wishes to acknowledge the support of the community leading up to Remembrance Day 2016.

A special thanks to the person who helped to produced the excellent display of flowing roses at the Cenotaph on Main Street Bunyip.



**Bunyip RSL
Sub Branch**

Colin Teese
President
Dave Papley
Secretary

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

Club Notices

Place club notices to notify members of AGMs, General Meetings or tell the community about your club's achievements or recruiting new players.

**BUNYIP JUNIOR FOOTBALL CLUB**
Coaching staff needed for 2017 season
All team levels are required – U10's, U12's and U14's. Please email your application no later than 15th January 2017 to our president Noel Mollison at noelxchloe@bigpond.com.
www.bunyipjuniorfootballclub.teamapp.com



**Bunyip Soccer Club**
www.bunyipsoccerclub.com.au
Come join your local soccer club for 2017
Find out about the club

Ask us about joining



**BUNYIP NETBALL CLUB INC**
For further details on joining Bunyip Netball Club, contact Tracie Wright on 0417 346 528 or email bunyipnetballclub@hotmail.com
www.bunyipnetballclub.teamapp.com



Upcoming Junior Holiday Clinics

Thursday 12th, Friday 13th, Saturday 14th January
9:30am–11:30am each day.

All ages and standards will benefit in participating and you don't need to have coaching with Ace Active Tennis to participate so bring some friends to join in the fun!

Cost is \$30 per day or \$80 for all three days. Register by emailing aceactivetennis@ymail.com.

Upcoming Junior Tournaments

AAT Junior West Gippsland Classic

Saturday 7th and Sunday 8th January

- Junior Graded Singles and Doubles event
- Cost is \$15 per event and held at the Bunyip Tennis Club

Courting Success Tennis Junior Invitational

Sunday 15th January

- A fun Modified Junior Tournament Singles and Doubles events
- Cost is \$15 per event and held at the Officer Tennis Club

AAT Junior West Gippsland Championships

Saturday 21st and Sunday 22nd January

- Junior Graded Singles and Doubles event
- Cost is \$15 per event and held at the Bunyip Tennis Club

Contact Tournament Director Chris Millidonis on 0404 077 673 to find out more info on all events or to enter aceactivetennis@ymail.com.

Bunyip Tennis Club Coach's News

The Summer of Tennis is HERE!

Ace Active Tennis would like to take this opportunity to thank all the families who have supported us during 2016 and we look forward to seeing you all in the New Year.

To us, January means tennis as the Australian Open brings the best in the world to Melbourne. The 2017 edition of the Australian Open will take place between Monday 16th January and Sunday 29th January. We can't stress enough how important it is to all our juniors to watch some of the matches whilst it is on your screens or even better go and watch them live.

An important date to remember is **1st February 2017** as Term 1 commences.



Club Notices

Garfield Golf Results

Week Ending Sunday 13/11/16

2nd Round Club Championships / Field 111

A Grade – Ian Hopper (10) 64

B Grade – John Blair (17) 63

C Grade – George Vitiritti (26) 68

DTL – Tolly Baharis 65, Dave Lawler 66, Arti Koopman 67, Shane Male 67, Trevor Franklin 67, Peter Mcneish 67, Dan Raines 67, Ron Fielding 67, Bob Calderara 67, G.Mckay 68, Peter King 68, Gary Bassett 68 C/B

NTP – 4th Joe Tonso, 8th Russell Keay, 9th Ian Archer, 11th Rob Tyers, 14th Ian Hopper, 16th Terry Garratt

Ladies – Gail Franklin (31) 66

3rd and Final Round Club Championships

A Grade – Gus Mckillop 145, Shane Male 150, Peter Mcneish 153, Russ Loughridge 161

B Grade – Ian Hopper 153, Dan Raines 153, Dave Lawler 159, Trevor Franklin 161

C Grade – Arti Koopman 170, Tolly Baharis 171, M.Atkins 171, Brad Brighton 171

D Grade – Peter Gough 190, Rob Tyers 194, George Vitiritti 196, Neil Watson 198

Veterans – Trevor Franklin 161, Trevor Male 162, Terry Garratt 163, Ron Fielding 163

Juniors – Jethro Douglas 192, Nick Howe 200, Braydon Mcconkey 203

Week Ending Sunday 20/11/16

2016 Club Championships (Scratch / Handicap)

A Grade – Gus Mckillop 217 / Peter Mcneish 204

B Grade – Ian Hopper 229 / Ian Hopper 196

C Grade – Marty Atkins 256 / Marty Atkins 202

D Grade – Paul Gough 282 / Paul Gough 207

Veteran – Terry Garratt 234

Junior – Nicholas Howe 291

3rd Round Club Championships Stroke / Field 105

A Grade – Terry Garratt (8) 63

B Grade – Wally Poulter (18) 66

C Grade – Mick Adkin (21) 58

DTL – Peter Mcneish 65, Nick Howe 66, Ian Hopper 66, Ron Fielding 66, G.Hobson 67, Bill Papadopolous 67, Paul Gough 67, Glen Whelan 67, John Garner 67

NTP – 4th Anthony Cunningham, 8th Michael Whyte, 9th Robert Gough, 11th M. Adkin, 14th Craig Hunter, 16th Ian Archer (Hole In One)

Ladies – Jeanette Mitchell (29) 70

Week Ending Sunday 27/11/16

Ladies 2016 Club Championships

Congratulations to Debbie Huyskens on being crowned the Ladies Club Champion for 2016, with Deirdre Pilkington winning the B Grade Title and Gail Franklin winning the C Grade Championship.

Club Champion – Debbie Huyskens 272

B Grade Champion – Deirdre Pilkington 312

C Grade Champion – Gail Franklin 322

54 Hole Handicap – Debbie Huyskens 218

Net Senior Champion – Deirdre Pilkington 227

Net Putting Champion – Leesa Matthews 84



Photo: Garfield 2016 Ladies Golf Champions.

Barnes Fallon Mixed Canadian Shield / Field 19 Pairs

Winners – John and Jill Gay 69 7/8

Runner Up – Steve Kohut and Jeanette Mitchell 70 7/8

DTL – Steve and Bernie Clark 71 3/8, Grant and Amanda Mclure 72 2/8

NTP – 4th Glenn Whelan and Megan Barker; 8th, 11th, 14th Tolly and Melissa Baharis; 16th Steve and Bernie Clark



Garfield Golf Club Inc

180 Thirteen Mile Rd, Garfield VIC 3814

03 5629 2794

info@garfieldgolf.com.au

www.garfieldgolf.com.au

Public Notices

In memory of Clive Piper

By Dorothy Myers

Clive Piper was a great member of our Bunyip community. A few months ago, Clive passed away in England after losing his fight with a very aggressive cancer.

He had quite a story to tell about his fight to stay in Australia. Clive and his wife, Barbara, came to Victoria on a holiday and fell in love with our great country. They chose the country town of Bunyip to live and bought a house in Wattletree Road. They quickly became very enthusiastic Bunyip community workers for our town.

Clive joined the Bunyip R.S.L. Sub Branch, becoming Secretary and supported by his wife as Treasurer. Clive also became a member of the Bunyip & District Community Bank® Branch Committee as well as the Keeper for Bunyip Hall, which always sparkled. He was always available to help in any situation.

We remember when Clive volunteered to help clean up the white ants under the stage at the hall, but unfortunately became stuck under there and had to be rescued. Oh dear!

The Bunyip & District Community newsletter farewelled the Pipers on the front cover of the February 2008 edition, noting their continued support of our town. Clive was presented with a framed statement of appreciation from the Mayor and Council for all his work on the hall committee at their farewell event.

The reason I sing such high praises is because they were a great couple. Every two years they had to apply for a visa to be able to stay in Australia, but the government just wouldn't grant them a permanent residency. What a loss to Australia and especially to Bunyip. Our sympathies go to Clive's wife Barbara and his family back in England. He will be sorely missed.



Photo: Barbara and Clive Piper with Australian flag.

From our Facebook page...

"You would taste the hay for days."

Joe Cumming has cared for his community for 70 years, helping found the Bunyip Fire Brigade. Through his loungeroom window, he has watched the town of Bunyip grow and seen immense changes within the CFA. He holds a light-hearted cheekiness and warm positivity when he speaks, but there are also moments of deep gravity expressed for some call outs he has attended during his service. An absolute asset to his township and beyond, Joe embodies what small community living is all about.

*Posted on Facebook from Lauren Murphy
Photography on 2 December 2016. #cfavic
#editorialphotography #laurenmurphyphotography*



Public Notices

Disappointed Bunyip resident

This week a member of the Bunyip community felt so inclined to report me and my dogs to the Cardinia Shire Council. What was the offence? Walking my dogs down the street off-leash. They even took a photo of me in the act.

I don't feel that I should be above the law, but I genuinely did not know this was against council regulations. I was under the impression you could walk your dog off the lead as long as they were within a certain distance. I get a lot of comments when I walk my pack in Bunyip, like, "I can hardly handle one dog, let alone that many." And maybe that is where the issue occurred. Lack of understanding of my position.

You see I'm not your average dog owner. I am very proud of the fact that my dogs can walk off lead, as I have put a lot of time and energy in to training them. It is my full time profession to train, rehabilitate and rehome dogs, as well as teaching the general public how to train and control their dogs and solve behavioural issues.

I don't allow my dogs to bark at other dogs, or lunge at them. I don't even allow them to pull on the lead. I do feel that being in the profession that I am, I should be allowed to walk my dogs off lead as long as they are not a disturbance to anyone. My dogs are under better control than some of the dogs that are walked on leads.

The dogs that I have off lead are under voice control, and they stop at every curb, and don't approach or jump on people as they are very well trained,

behaved dogs. They are friendly and not aggressive; however the ones which are still in training (generally rescue dogs I'm rehabilitating) are kept on the lead, as during our walk I am also training them.

So many people within our community comment on how well my dogs behave. It is also a draw card for my business, but unfortunately this has now been taken away and my dogs are bound to go backwards with not being able to work off lead as the council is now thinking of prosecuting me.

I believe this is unfair and I am bitterly disappointed that someone has informed the council about this issue, especially when there are other people in the community that also let their dogs off lead.

Would it not have been more "community minded" to ask me why I had so many dogs off lead and find out about what I do, rather than jumping in and "dobbing" me in to the council?

It was bound to happen... new people move in to the area and they don't understand what I do. Well I hope you do understand now what it is that I do and how I help many rescue dogs to be rehabilitated back in to the community and be placed within loving homes. Unfortunately now, aside from taking away a great pleasure I have walking my pack, you have also condemned rescue dogs to life without hope of full rehabilitation.

In future, please be more mindful and be part of the community by communicating rather than knee jerk reactions like reporting people to the council.

Thank you...

Recently I had my 90th birthday celebration at the Hillview Bunyip Aged Care hostel. The guests came from Canada, Western Australia, Melbourne and our community.

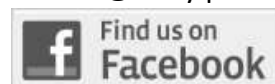
I would like to thank everyone for coming together to make wonderful happy celebration. Thank you also to our community for the many birthday cards and good wishes.

A big thank you to my daughter Barbara who organised this very happy occasion.

Submitted by Dorothy Myers



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.



Raw honey wanted for sale at Bunyip Community Market

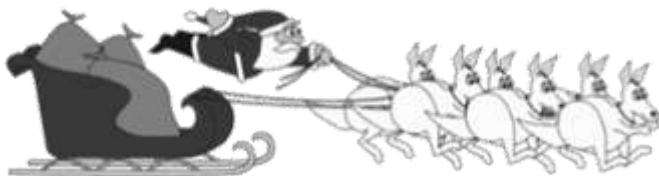
We are looking for a raw unheated honey seller at the Bunyip Market. Anyone who has such honey for sale would be most welcome. we have had quite a few inquiries for raw honey.

Colour me in

Kindly created by Zach Jacobs



From the Editor...



Attention kids of Bunyip and district area!

WARNING! It has been reported that an old fella in a red suit with a gang of kangaroos is heading to our area with a load of pressies. Have you seen him? Apparently he only finds the nice children, not the naughty; so please make sure you're all being extra good so he finds you this Christmas!

Special end of year thanks

The newsletter is a volunteer organisation, so I'd like to thank all the printers and helpers at the Bunyip & District Community News, as without your dedicated support we could not produce such a magnificent newsletter every month.

A special thank you to all who continue to provide the newsletter with such wonderful articles and photos. I look forward to more next year!

And finally... a big thanks to all our readers who've religiously picked up their copy every month.

Best wishes from all of us at
Bunyip & District Community News

We'd like to wish everyone a fantastic
Christmas and a safe New Year.



Please take care over this holiday period,
particularly on the roads or if you're around water.
And remember to keep up your water intake over
the upcoming hot summer days... beer is not a
hydrator! Shocking... but true!

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 editor@bunyipnews.org.au 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.

Monthly local police update (23rd October to 22nd November, 2016)

By Danny Hower, Victoria Police Sergeant



Thanks for all the warm welcomes from most of the people in the local communities. It was good to catch up with people at the Bunyip Remembrance day service.

Some of the bigger forthcoming local events that we are trying to assist with are the Pakenham Racing Club's 'Pakenham Cup' on 3rd December and the Bunyip Rodeo on 21st January 2017. Both events have been well attended and run in the past, and are being well planned again. Everyone should get behind them so we can keep them as good, safe and fun family events. Heed a word of warning, we do not want any behaviour like that performed by a few at the end of the EDFL Grand Final in September. People wishing to over consume and bring out their bad habits at these events will be targeted and dealt with early, and shouldn't expect to see the day out at the venues.

Below are some examples of positive reinforcement methods that people can consider when common sense has gone out the door.

■ Underage person purchase, possess, consume liquor	\$78
■ Giving false particulars or evidence of name / address / age	\$233
■ Disorderly conduct in a public place	\$622
■ Contravention of a direction to move on	\$311
■ Behaving in a riotous, indecent, offensive or insulting manner	\$622
■ Drunk in a public place	\$622
■ Failure by person who is drunk, violent or quarrelsome to refuse or fail to leave licensed premises when requested by Licensee etc.	\$777
■ Drunk and disorderly (1st offence)	\$777
■ Drunk and disorderly (previous offences)	\$1,555
■ -Supply liquor to underage person	\$1,866

There are many more of these, and some even come with State Government supported accommodation which we are happy to supply. Let's join together as a community and look after each, so we can all enjoy life and community events.

Here are some of the things we dealt with locally.

- A 39 year old Carrum Downs man was intercepted at about 5:30am in Nar Nar Goon on 26th October and was arrested for driving an unregistered car with stolen number plates on it as well as stolen property. He also didn't have a driver's licence and was already on two lots of bail for similar offences as well as evading police. One of his versions for being in Nar Nar Goon was that he was a good bloke and had walked to Nar Nar Goon from Pakenham to help a mate. Unfortunately even the Magistrate didn't believe him so he was remanded in custody, pleaded guilty and incurred some time compliments of Her Majesty. Further to that, the car that he'd been arrested in was later criminally damaged and then was set on fire on 3rd November. This is being investigated by the Cardinia CIU.
- A 45 year old Modella woman was arrested and bailed again for failing to appear at court to answer shoplifting charges from 2015. Let's see if she makes it to court this time – some people just won't take their medicine.
- A 43 year old Garfield man was taken into custody and a Family Violence Safety Notice was issued. This resulted from other government agency involvement.
- A 20 year old Nar Nar Goon man and an 11 year old Drouin boy were identified and formally cautioned for damaging property at a Nar Nar Goon school.
- A 17 year old Garfield youth was interviewed for theft of a motor bike and some damage that occurred in Poowong.
- Three people required police involvement and hospital assistance for health issues.
- In separate incidents, two people were reported as missing after concerns were identified by friends and family of those people.
- Attended five family violence incidents – two in Garfield, one in Nar Nar Goon, one in Tynong North, and one in Bunyip.
- 57 family violence incidents were reported to police in the Cardinia Police Service Area.

Monthly local police update (cont'd)

- Four family violence intervention orders were served locally.
- A family violence intervention order breach was reported as occurring outside a local school.
- On 27th October, a burglary occurred in Bunyip where minor property damaged occurred. No entry was gained or property stolen.
- On 1st November, gates to a reserve in Maryknoll were damaged by people in 4WDs.
- On 12th November, a letterbox was stolen from a rural Bunyip property.
- On 13th November two motorcycles evaded police on the Princes Highway & rode at speeds of 200kmh or more. Police are reviewing CCTV and expect to lay charges.
- Early morning on Monday 21/11/16 two unlocked cars in Garfield had property stolen from them.
- Four people were 'Field contacted' for suspicious behaviour— three in Lang Lang and one in Bunyip.
- 33 Infringement notices were issued, and nine people will be going to court for criminal or traffic offences.
- Two separate 'single vehicle accidents' attended, where drivers lost control of their vehicles and ended up on their side or roof. One in Maryknoll involving a 21 year old Skye woman, and one in Bunyip involving a 46 year old Lang Lang man. Both people were very lucky to not end up with serious injury or worse. Thanks to CFA and SES for their ongoing assistance with incidents like these and helping the community.

A follow on from the last newsletter with regards to a bicycle that we haven't been able to find the owner of. We have found the finder and the bike will be returned to him – thanks Joe.

Did you know most crooks are pretty lazy and will take the easiest and most opportunistic way when conducting their business. The easiest way not to be a victim is to not give others an opportunity to make you one. This doesn't mean you lock yourself away – it just means we look after ourselves and others, and try to prevent foreseeable things from happening. Save yourself the heartache and take five minutes to protect yourself and your hard earned money. Lock up where you can and don't leave things like tools and equipment out for the subterraneans' to capitalise on.

You would be amazed at how much small cash and other items get removed by a night's 'easy shopping'.

Assistant Sargent Jon Andrews from Emerald Police will be my temporary replacement and working from Bunyip while I am on leave over the next two and a half weeks.

Most of the local fellas will still be around so policing should be business as usual locally.

A quick side note... it was disappointing to hear about a flag that went missing in Bunyip just after Remembrance Day, but good to hear it came back to its' rightful place in the RSL and all things are settled. Respect.

We hope all locals have a safe and happy Christmas / New Year period. It's been a great experience for me so far and we're looking forward to working with everyone next year – in a good way!

Look after your family, friends and neighbours, and remember to stick tight over this holiday period.

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



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for a free quote



**27 Main St,
Bunyip 3815**

Bunyip & District Community House

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



Opening Hours: Monday, Tuesday, Wednesday and Friday – 9:30am to 4:00pm; Thursday – 10:00am to 3:00pm

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.

What a busy time we have had at the Bunyip & District Community House!

WHAT'S ON AT BDCH IN THE NEW YEAR

The House will be open on Tuesday 10th, 17th and 24th January from 9:30am for your convenience.

The House will reopen to normal hours from **Monday 30th January at 9:30 am**, with classes resuming the following day.

2017 CLASSES AND ACTIVITIES RESUME

Date Commence	Time	Activity
Monday 30th January	1:00pm	Big Fish Computer Games
Tuesday 31st January	10:00am	Folk Art Class
Wednesday 1st February	10:00am	Computer Class
	1:00pm	Genealogy
Thursday 2nd February	10:00am	Computers with AJ
	12:00pm	"Cuppa & Chat"
Friday 3rd February	1:00pm	iPad Discovery with AJ
Monday 6th February	9:30am	Butterfly Dance
	10:00am	Art Class
Wednesday 8th February	9:30am	Community Playtime
	10:00am	Hillview Art & Craft

If you have questions regarding any of our programmes or events, please contact Davina on 03 5629 5877 or email admin@bdch.com.au.

ACTIVITIES AT BUNYIP & DISTRICT COMMUNITY HOUSE

Day	Times	Activity
Monday	10:00am–12:00pm	Art Class with Karen
	1:00pm–3:00pm	Computer Class
Tuesday	1:00pm–4:00pm	Social Card Playing Group (vacancies available)
	10:00am–12:00pm	Folk Art Class with Judy (\$5 p.p.)
Wednesday	10:00am–12:00pm	Computers with Maureen & AJ
	1:00pm	Genealogy with Ron
Thursday	10:00am–12:00pm	Computers with AJ
	1:00pm–3:00pm	"Cuppa & Chat" with Rose & Kath
Friday	10:00am–4:00pm	Free Public Internet
	11:00am–1:00pm	Apple & Android devices probus
	1:00pm–3:00pm	iPad Discovery with AJ (by appointment only)

Sewing for Kids & Teens Make a Cushion

Wednesday 11th and 18th January
from 10:00am to 12:00pm on
each day (2 × 2 hour sessions).

Participants need to bring sewing machine, thread, cushion insert.

Booking is essential, contact Davina on 03 5629 5877 to book your spot.



*On behalf of us all here at the
Bunyip & District
Community House,
we wish you and your families
a very Merry Christmas and
a Happy New Year.*

*We look forward to welcoming
you all back to our House on
30th January 2017.*

Remember to check our website for information on any of our classes or activities at www.bdch.com.au.

ACTIVITIES AT BUNYIP HALL

Day	Times	Activity
Monday	9:30am–10:15am	Butterfly Dance (suitable 2½ to 5 yrs)
	4:30pm–6:30pm	Yoga with Chris in the supper room
Tuesday	1:00pm–2:00pm	Tai Chi Practice (Golden Lion)
Wednesday	9:30am–11:30am	Community Playtime – suitable for pre-schoolers during school-term (\$4 per child or \$5 per family)
	8:30am–2:00pm	Bunyip & District Men's Shed (For information call President Robert Hamilton 0459 278 771)
	10:00am–12:00pm	Hillview Art & Craft (held at Hillview Bunyip Aged Care)
Thursday	4:30pm–6:00pm	Art for Adults with Trish (bookings essential – \$12 per person)
Saturday	10:00am–11:00am	Tai Chi Practice (Golden Lion) in the supper room

Community Calendar

DECEMBER 2016 / JANUARY 2017

MON	TUE	WED	THU	FRI	SAT	SUN
19	20	21	22	23 5:30pm Walk for wellbeing	24 Bunyip Fire Brigade Santa Run 7:30pm Longwarry Union Church Christmas Eve Service	25 ★ Christmas Day – Santa arrives! 9:00am Drouin Uniting Church Christmas Day Service
26 ★ Boxing Day	27	28	29	30	31	1 ★ New Year's Day
2 ★	3	4	5	6	7	8
9	10	11	12 Nominations close for <i>Citizen of the Year</i>	13	14	15
16	17	18	19	20	21 11:00am Bunyip Rodeo	22
23	24	25	26 ★ 9:30am Bunyip & District Australia Day Ceremony	27	28	29 9:00am–2:00pm Community Market
30	31	1 Bunyip Tennis Club Term commences	2	3 6:00pm Garfield Bowls Club's Twilight Bowls	4	5

★ Public Holiday

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!** Enquire now about how you get your event / function in to the community calendar which will be coming to our website soon.

Defibrillators In Your Area

BUNYIP

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

GARFIELD

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

TYNONG

Tynong Fire Brigade Station – 47 Nar Nar Goon-Longwarry Rd
Tynong Recreation Reserve – Park Rd



Community Contacts

Bunyip Animal Rescue Network

animalrescue@dodo.com.au or
www.speakforanimals.info/barn

Bunyip & District Agricultural Society

Joan Harrison – 0429 550 605 (Meets at 8 pm on
3rd Wednesday at Bunyip Hall)

Bunyip Cemetery

Secretary Karen Rovers – 0499 295 772 or
bunypcemetery@dcsi.net.au

Bunyip & District Community House

Davina Veenstra – 03 5629 5877 or
admin@bdch.com.au

Bunyip & District Fire Station

1800 240 667 or 000

Bunyip Hall Hire

Sue Anderson – 0407 834 443 or
susananderson@dcsi.net.au

Justice of the Peace (JP)

Martin F. Sayers (OAM, JP) – 0411 074 468 or
03 5629 5339

Bunyip Landcare Group

Sue Anderson – 03 5629 5587 or
susananderson@dcsi.net.au

Cannibal Creek Landcare Group

Pam Cunningham – 0407 876 935

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)

Bunyip Community Op Shop

03 5629 6117 (After hours Tony Arrigo – 0407 563 441)

Bunyip Playgroup

Beth Frances – 0421 863 923 or Dave Sempel –
0409 382 631 (Held Wednesday mornings during the
school term)

Bunyip Police Station

03 5629 5205 or 000

Bunyip R.S.L Sub-Branch

David Papley – 0438 295 568

Bunyip Scouts Australia

Steven Agnoletto – 0408 395 792 or agots@bigpond.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

Maureen Lamport – 03 5629 6014

Longwarry Bowls Club

Trevor or Judy Eastwell – 03 5623 3631 or
Ken White – 03 5625 4034

Bunyip Football Club

Secretary Gina Dowie – 0422 335 660 or
bunyip.f.c@bigpond.com

Bunyip Netball Club

Secretary Casey Walker – 0421 903 056 or
bunypnetballclub@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)

Rotary Club of Bunyip-Garfield

Graeme Squires – 0417 105 598 (Dinner meeting each
Wednesday at 6:30 pm)

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

Bunyip Tennis Club

Anne Marie Helmore – 0408 295 626

Bunyip Uncle Bobs Club

Barry Turner – 03 5625 4830

DOES YOUR LOCAL CLUB / COMMUNITY GROUP DETAILS NEED TO BE ADDED OR UPDATED?

Let us know your details and get more people involved.