

BUNYIP & DISTRICT OMMUNITY NEWS Issue 7/2016 19th July, 2016.

1000 Copies monthly



12th Annual Quilt And Craft Show

The popular annual Hillview Quilt and Craft Show will run over three days next month from Friday the 19th to Sunday the 21st of August opening from 9:30am till 3:00pm each day. A large number of people from all over Gippsland is expected to attend over this weekend.

The Quilt and Craft display will be at Hillview Aged Care, 22 A'Beckett Road in Bunyip. It is run by the Friends of Hillview which is a community committee of volunteers that raises funds through various activities to purchase items of equipment for the staff and residents at Hillview Aged Care. "We have a hard working dedicated committee and receive great support from the community", said Mrs Dickinson.

From humble beginnings twelve years ago, this annual event has grown to become one of this areas top draw cards attracting exhibitors and visitors from near and far.

Show organiser Barbara Dickinson said that the quality of the quilts on display last year showed that more people are taking up the art of quilting and some are producing and showing

magnificent quilts.

To submit an entry is only \$2 and guilters are encouraged to show off their work. There will also be Patchwork and Craft stalls, a BBQ, Stationary Engine display as well as delicious Devonshire Teas. "Our Quilt Show draws interest from a wide circle of Gippsland residents, who have come back each year as well as attracting new visitors", said Barbara.

Enquiries can be made to Barbara on 0407 294 326



Val Saunders of Bunyip shows her entry in last years Quilt Show.

HILLVIEW QUILT & CRAFT SHOW

19th, 20th & 21st August 2016 9.30am – 3.00pm daily Hillview Aged Care 22 A'Beckett Rd, Bunyip 3815

Quilt, Embroidery & Craft Entries - \$2 Admission - \$5 Ouilt Raffle - \$2 Patchwork & Craft Stalls Devonshire Teas - \$5 Sandwiches & Tea - \$5 Sausage Sizzle - \$2.50 Stationary Engine Display Presented by Friends of Hillview Enquire: Barbara 0407 294 326 All funds raised for Bunyip Hillview Aged Care

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President: Tony Arrigo

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Bunyip, 3815

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COMMUNITY CONTACTS

Bunyip R.S.L Sub Branch David Papley 0438295568

Bunyip Hall Hire Sue 0407 834 443 susananderson@dcsi.net.au

Bunyip Medical Centre 56 295 111

Bunyip Scouts Amber Richardson 5629 5986

Bunyip - Garfield Probus meeting 10am first Tuesday each month at Garfield Community Hall. Secretary 5625 4350.

Bunyip Uncle Bobs Club - Barry Turner 5625 4830

Bunyip & District Community House 5629 5877 admin@bdch.com.au

Bunyip Football Club Inc Secretary Gina Dowie 0422 335 660 or email bunyip.f.c@bigpond.com

Garfield Senior Citizens 5629 2586

Bunyip & District Soccer Club Inc Adrian Gatti 0417 590 830

Bunyip Singers Bunyip hall every Monday 9.30 am Dorothy Myers 5629 5601

Bunyip Playgroup Wednesday morning during the School term Beth Frances 0421 863 923 Dave Sempel 0409 382 631

Bunyip Slimmers Club meet every Wednesday at Uniting Church. Sandra Hogan on 5629.9548

Bunyip Animal Rescue Network animalrescue@dodo.com.au www.speakforanimals.info/barn

Longwarry Bowls Club Trevor & Judy Eastwell 5623 3631 Ken White 5625 4034

Bunyip Tennis Club Anne Marie Helmore 0408 295 626

Bunyip & District Toy Library Located at the Maternal Child Health Centre, Hayley 0400 103 644,

Bunyip Pony Club every 2nd Sunday at Pound Road Reserve. Jim Fraser 5629 4358 or Lisa Hocking. 5629 5259.

Lillico Pony Club every 4th Sunday Pound Road Reserve Bunyip. Bree 0458828782

Bunyip & District Agricultural Society Joan Harrison: 0429 550 605 Meeting 3rd Wednesday night at the hall 8pm.

Bunyip Netball Club Casey Walker 0421903056 Secretary; bunyipnetballclub@hotmail.com

Bunyip Country Women's Association Wendy Earwicker 5629 9241 meets 10am craft—1pm meeting 4th Friday Hillview Aged Centre

Garfield Bowling Club Maureen Lamport 5629 6014

Bunyp Cemetery: bunyipcemetery@dcsi.net.au Secretary: Karen Rovers 0499 295 772

COMMUNITY CONTACTS

Bunyip Landcare Group Sue Anderson 5629 5587 susananderson@dcsi.net.au

Bunyip Patch Workers Barb 5629 4326

Rotary Club of Bunyip-Garfield Dinner meeting each Wednesday 6.30pm Graeme Squires 0417 10 55 98

Bunyip & District Historical Society Monthly meetings. Located at Railway Pde, Bunyip. Sue Neilson 5629 5966

Justice of the Peace Martin F. Sayers. OAM. JP. 0411 074 468 0356 295 339

Bunyip Bulls Basketball Club Contact Donna Deken 0409 193 951

Longwarry & District Fire Brigade Market 1st Sunday OF MONTH (March to December) Contact Janine - 0419158946

Bunyip Community Op Shop Inc 7 High Street Bunyip ph: 56296117 A.h. Tony Arrigo 0407 563 441

Bunyip Red Cross, meets 1st Monday of the month. Contact: Shirley King - 5629 5210

Bunyip & District Community News - Tony Arrigo - President 0407 563 441

Bunyip & District Men's Shed, Bob Hamilton 0459 278 771 Open: Wednesdays 9.30am to 2.pm**.**

Bunyip Communnity Market Tony Arrigo 0407 563 441

Anglican Church of St Thomas Bunyip Raelene Carroll Phone 5629 5295

Cannibal Creek Landcare Group Pam Cunningham 0407876935

Westernport Indigenous Nursery (WIN) Open on Tuesday mornings 10 to 12. Ring Adele 0417 373 690 for sales or email <u>arichardson cec@dcsi.net.au</u>. Accessible from Kerrs Lane Tynong, south of the Tynong Train Station. Located behind the council depot and CFA.

> Local Community Groups Let us know your details so that we can place them here.

DO YOUR CLUB DETAILS NEED UPDATING? PLEASE LET US KNOW.

This is not only for the club but the people who would like to be involved.



Bunyip & District Commity House

Website: www.bdch.com.au Phone: 5629 5877 Email: <u>admin@bdch.com.au</u>



Do you play "Samba"?

We have vacancies in our Tuesday card playing group which meets from 1 pm till 4pm. Please contact Davina, or come in on a Tuesday afternoon and have a chat with our ladies.

Donation of Craft Books to BDCH

We have just received an extensive range of craft books which have been kindly donated to the House by Sharon Salsbury – "the cake lady" from Sharon's Home Patisserie, Garfield. If you have an interest in a craft, any craft – we are sure to have a book here for you. Come in and have a browse. Thanks heaps to Sharon.

What's New at Bunyip Community House

Are you looking for a new activity to join? We are seeking expressions of interest for the following groups to start later in the year, suitable for all age groups. Styling your personal Wardrobe All about Fishing, with Alf Lattin

DATES FOR YOUR DIARY

July:

Monday 25th – Paint your own Christmas Decorations (Christmas pudding or cupcake). Cost \$6.00; Time1pm-3pm. Afternoon Tea supplied. Tuesday 26th – Christmas in July lunch at Parnassus. Two course meal.

Cost: \$30.00, Time: 12 noon. Bookings are being taken now, contact Davina. **October:**

Bunyip Kids X Factor:

Mark your calendar – October 22nd from 2pm in the Bunyip Hall. Suitable for kids aged 5 to 15 years

Contact Davina on 5629 5877 for further information on any of our activities .

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Be in the know... before you go! Talking about end of life can be difficult.

However, we can have a say in what happens to us. Join our guest speakers over afternoon tea to swap ideas, ask guestions and dispel myths. **Planning Ahead GP** Relationships Grief and Loss **Understanding Palliative Care** Myth Busting Wednesday 27th July 2016 1.00pm - 4.00pm The "Hill Centre" - Hillview Aged Care 22A Beckett Rd, Bunyip (Enter through main reception) \$5 per person - Afternoon Tea Included. Bookings essential as places are limited. 1300 887 624 - cardiniaculturalcentre.com.au This initiative is proudly supported by Cardinia Shire's Age Friendly Strategy 2015-19

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\$50 for small ad and \$100 for large ad over 12 months publication.

Submit your ads or requests direct to our website manager at website@bunyipnews.org.au

BIRTHS; DEATHS; MARRIAGES:

We would like to make any announcements appropriate to the district and its readers. If you have any input, please email: newsletter@dcsi.net.au

Squires/King

Lyn & Graeme are proud and pleased as punch to announce the arrival of a granddaughter, Erin Lilliana to their Daughter Tiffany and Son-In-Law Peter. 4kg. Mum &



Dad are doing well, if not a little sleep deprived. Cousins to Olivia & Alex. More fun at Christmas.

What is 3815 Inc?

3815 Inc is your township group. It covers everyone in the 3815 postcode area. We meet on the 2nd Wednesday of the month in the Bunyip Hall's Supper Room at 7.30pm. We have invited councilor David Young to join us in August. We think it is time Cardinia Shire looked at the Bunyip Township Strategy. Also on the agenda will be new service signs to compliment our new town signs that the Cardinia Shire will be erecting. Why don't you come along and have your say. You are all very welcome.

BUNYIP COMMUNITY OP SHOP INC 2015-2016 DISBURSEMENTS

> 22/07/2016 at 2.00pm in the BUNYIP HALL ALL WELCOME

Garfield Seniors Annual General Meeting (AGM) will be held in the Garfield Community Hall on Monday 8th August 2016. (Garfield Senior Citizens)

> Keep in touch with the Bunyip & District Community News Facebook page.

PUBLIC NOTICES Garage Sales For Sale For Hire For Rent

If you have anything newsworthy to say, email: newsletter@dcsi.net.au We are always interested to hear your ideas. Please note: we do not print anything that is of a harmful nature to others.

Heart Foundation walking Group Wednesday from 11am.

Meeting at the Uniting Church Car Park, Nash Rd. All ages and your dog is Welcome. 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 further information please contact: Cardinia Shire Council's Active Places Officer,

Simon Harrex on 5945-4432



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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. There are no joining fees. Meetings are held at the Top Pub in Bunyip on the third Monday of the month at 6.30PM where we enjoy chatting over dinner. Come along – all welcome!



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OPENING HOURS MONDAY TO FRIDAY 9.30AM – 4.30PM SATURDAY 9.30 AM – 12.30 PM

ALL DONATIONS GRATEFULLY RECEIVED VOLUNTEERS ALWAYS WELCOME

Thank you to the community and district For their continued support



66-68 Longwarry-Drouin Rd, Longwarry ABN: 41 126 557 659

BUNYIP FLOWER SHOW 2016

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CHANGE OF VENUE: ST. THOMAS' CHURCH HALL 18 – 20 A'Beckett Road, Bunyip

Saturday 22nd October '16 9.30 a.m. – 3 p.m.

Outside stalls available - \$10.00 per stallholder

Phone Val 56 296 227 - Limited spaces

Early bird gets the worm



Lost & Found Keys found outside Red Hat Cafe in Main St Bunyip on election day. Can be collected from Davina at the Community House. Phone 5629 5877

SERVICES AT ST THOMAS' ANGLICAN CHURCH BUNYIP



Sunday @ 9.30 am

m Sung Eucharist followed by morning tea

Wednesday @ 11.45 am Eucharist

Hillview Hostel – Second Friday in the month.

For further information, phone 5629 5295 (please leave a message) Email: anglicanbunyip@dcsi.net.au

d by lunch



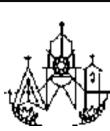
DROUIN-BUNYIP UNITING CHURCH PARISH Drouin – Longwarry Union -Bunyip – Garfield Minister: Pastor Margaret Callaghan

WORSHIP SERVICES :

Sunday July 17	10.00am 10.00am	Drouin Bunyip "Come as you
are"		Family Worship.
Wed. July 20	1.30pm	Lyrebird Village
Sunday July 24	10.30am	Longwarry – Com bined Mission – Speaker Helen McNeill Christian Blind Mis sion Followed by a sausage sizzle.
Wed. July 27	4.00pm	Hillview Aged Care
Sunday July 31	10.00am	Drouin
	10.00am	Garfield
Wed. August 03	11.00am	Amberlea
Sunday Aug. 07	10.00am	Drouin
	10.00am	Bunyip (H.C.)
	5.00pm	Drouin Ch. Hall
"Families at		Five" (Messy Church). Fun,
		Food, Faith, Friend
Sunday Aug. 14	10.00am	Drouin
	10.00am	Garfield
	of Ductor Cound	

Other events: Songs of Praise Sunday 14 Aug, 7.30pm. For further information telephone our Church office on 5629 9055. Phone messages can be left at anytime. Email us at ucadrouinbunyip@outlook.com





IONA-MARYKNOLL CATHOLIC PARISH

60 Nar Nar Goon Rd Nar Nar Goon 3812 Phone: 59425293Email: ionaparish@dcsi.net.au Mass times for the Iona Marvknoll Catholic Parish in partnership with Kooweerup are: **St James Nar Nar Goon** Saturday evenings 6.00 pm St Joseph's Iona Sundays 11.00 am 2nd Sunday each **Holy Family Maryknoll** 8.00 am month (Liturgy of the Word All other Sundays9.00 am) St John's Kooweerup Sundays 9.30 am St Mary's Lang Lang 3rd Sunday of each month 8.00 am (Liturgy of the Word All other Sundays9.00 am) Please contact the Parish office Ph. 59425293 for weekday Mass times or Baptism/Sacrament information

Bunyip & District Community Bank® Branch

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The Bunyip & District Community Investment Program is a management account of Community EnterpriseTM Charitable Fund. ABN 12 102 649 968. The Bendigo Centra, Bendigo, VIC, 3550. CEF14 (311172_v1) (12/07/2016)



National Tree Day planting





Date:	Sunday 7 August
Time:	10am – 12pm followed by free BBO lunch.

Venue: Bunyip Nature Sanctuary, Wattletree Road, Bunyip. Follow signs to planting site.

1300 787 624

cardinia.vic.gov.au

Get your green thumbs ready this National Tree Day! Make sure you bring sturdy

footwear or gumboots, gloves and appropriate planting clothing.

Cardinia

Contact: Alicia Brown, Biodiversity Offset Officer

MEDITATION GROUP **MEDITATION GROUP** When: Thursdays 11.00am – 12.00pm

Meditation classes are held every Thursday morning in Bunyip.

For further information contact Janice on 5625 6315.

PLAYGROUP AT DROUIN UNITING CHURCH HALL, SINCLAIR ST. THURSDAY MORNINGS 10am – 11.30am All Welcome Contact: Annie 0410 046 239 Sue 0428 254 568 Margaret 0418 854 498 (Not during school holidays)



meets Sunday at 11am ALL WELCOME

Enquiries: Diane 5629 4250

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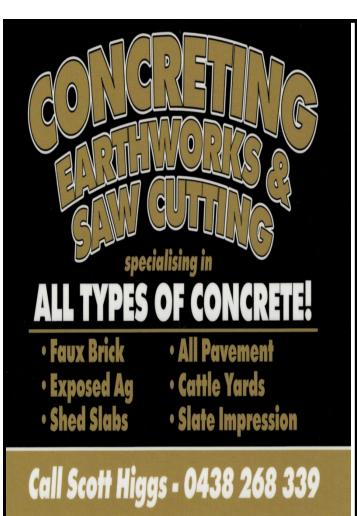
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Bunyip & District **Community Bank**[®] Branch will launch its Community Investment Program on Monday 1 August 2016 to help improve community outcomes.

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

"The program helps us to reinvest Bunyip & District **Community Bank**[®] Branch profits back into the local community," Marg said.

"Projects may be large or small and may also be carried out in collaboration with other groups or organisations at any level."

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

Applications are available on-line and are open for submission from Monday 1 August 2016 until Monday 29 August 2016.

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

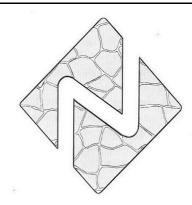
"There are currently 311 **Community Bank**[®] branches across Australia that have returned more than \$80 million to support local communities," Marg said.

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

For more information, please contact Bunyip & District **Community Bank**[®] Branch on 03 56296091

Media enquiries:

Bunyip & District Community Bank® Branch • media release



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A YEAR IN ROTARY—CHANGE OVER 2016-2017—John Legione, President.

President's Report 2015 -2016

This past year has certainly had its up and downs and the commitment from our members has been terrific. The birth of John McKimmie's twins was a real highlight, health struggles by some members and members partners has been the down. The year started at our changeover at In2Food in Warragul seeing off the great year from Graeme Squires and team.



One of our early speaker nights was Annette & Robin talking about and explaining the concept of the Rotary Nomads. They were minding a property in Tonimbuk at the time and volunteered to return and help us at the car show, which they did. Our first project was to upgrade the BBQ Trailer. Upgrades and adjustments were by Graeme Moore and myself. Sandblasting donated by Sam Papas, full repaint by Syd Lewis, it came up a treat and has worked well. Our partner's night at the Robin Hood Hotel was our first with our last being at the Koo Wee Rup Hotel. Bit of a pattern there but all partners nights were good social gatherings that were very well attended. We had good guest speakers throughout the year, Bill Pearson on the Tonimbuk Quarry and later in the year Danial Fyfe talking on behalf of the Quarry. The night we had Olympic Skier Jacki Cooper Pakenham Rotary were invited to join us. Several speakers were from Pakenham Rotary including Alwyn Williams on outback education, Ian Wake on his trip to the Artic region Ken Rook on RVFR and Greg Peck with Caz Walsh on our train system. We also had members of our own club like Graeme Moore on his trip to Japan, John McKimmie giving several interesting talks on his mining involvement and operation and Don & Marg's daughter Karen on "My Cambodia"

John Legione also organised the Big Red Firetruck for a first hand demonstration on its capabilities. We had other interesting speaker nights and I thank those who participated and those that organised them.

We used the BBQ trailer throughout the year at the Car Show, Main St Christmas, Antique Fair, Australia Day etc. Bunnings and Masters BBQ's were also put to use.

Our Xmas Wheelbarrow Raffle was well supported by Club Members and the public buying tickets. It was drawn at IGA on the morning of our Xmas Breakup. Graeme and Lyn Squires once again generously opened up their home and put on a great Christmas breakup.

Early in the New Year we had our annual bowls night with Pakenham Rotary, continuing our clos ties. A new initiative was the Valentine's Day Dance at the Old Garfield Theatre. Numbers were down on what we had hoped but all those that attended had a very enjoyable afternoon. Feedback was only positive so we look forward to a bigger and better rollup next time. In march Laura McKimmie gave birth to twins, a brother and sister to Archer and another son and a daughter for proud dad John.

Our Golf Day at Garfield Golf Club went well with everybody putting in on the day. Bill Clapp had once again organised everything well our thanks also to Terry Webster for again supporting our club with this annual event.

The Drouin Motorfest started in the wet but ended up two days of full on smoke, noise and smell of rubber and work for us. Lyn Squires provided lunch and drinks for the weekend which was very much appreciated. Thanks to Drouin Rotary for involving us in this annual fundraising event, we look forward to next year. I am definitely taking a break from car parking and going in those drift cars next time.

The Bunyip Cemetery seats project in commemoration of Rupert Mathews were unveiled in front of some of his family members and Rotarians.

In partnership with Pakenham Rotary we will be running a Car Show with a competition vehicle display at the Toomuc Reserve on Princes Highway, Pakenham on the 13th November. This first time event promises to be something special.

I would like to thank all Club Members for their support throughout the year. Marg and Jo's continued participation is appreciated and most welcomed by all. Lyn Squires has done a great job.



LtoR Car Show, Changeover 2015-2016, Rupert & Margaret Matthews Memorial Chair at Bunyip Cemetary, Xmas Raffle, Golf Day, BBQ at Garfield Winterfest, Valentines Day Dance at Old Garfield Theatre.







Cardinia Planning Scheme Amendment C208 - Changes to the Municipal Strategic Statement



Have your say!

Amendment C208 proposes to introduce initiatives detailed in Plan Melbourne into the Municipal Strategic Statement of the Cardinia Planning Scheme. Plan Melbourne is the Victorian Government's metropolitan planning strategy, guiding the way the city will grow and change over the next 40 years. The initiatives the Amendment is proposing to introduce are supported by two Council adopted documents, *Healthy by Design (2015)* and the *Cardinia Shire Airport Policy (2015)*.

Cardi

Council wants to hear from you

Visit cardinia.vic.gov.au/haveyoursay for more information on the Amendment.

The Amendment is available for public inspection (free of charge) during office hours at:

Cardinia Shire Council Civic Centre, 20 Siding Avenue, Officer

or at the Department of Land Water and Planning website at www.dtpli.vic.gov.au/publicinspection

Council is now seeking written submissions on Amendment C208. Submissions must be in writing and received by Council by **5pm, Monday 22 August 2016** by emailing mail@cardinia.vic.gov.au or in writing to:

Cardinia Shire Council Amendment C208 - Strategic Planning PO Box 7 PAKENHAM VIC 3810

Council is joining the 'neighbourhood'

Cardinia Shire Council has been selected as one of three metropolitan councils to participate in The Neighbourhood Project.

As a successful applicant, Cardinia Shire Council will be provided with 12 months of mentoring, training and funding to empower and inspire local people to come together to activate underused locations across the shire, into highly valued community spaces.

Cardinia Shire Council Mayor Cr Jodie Owen is pleased to announce Council's selection in the program.

"The Neighbourhood Project will help us to lead positive and long-term change in our shire to enhance the wellbeing of all our residents, and create more connected, healthy and safe communities.

Heritage grants open for 2016-17

Applications are now open for Council's 2016–17 heritage grants.

Cardinia Shire Mayor Cr Jodie Owen said local heritage landmarks helped shape the identity of Cardinia Shire.

"Council's grants program plays a critical role in ensuring items of heritage significance are preserved and enjoyed for generations to come," she said.

Please visit Council's <u>online news section</u> for the full version of this news item.

Editor Bunyip and District Community News	Rates – new options, new look
 Dear Barry, I enjoyed reading the 21 June issue of the News; however I would like to comment on the article titled <i>The Last Post</i>. The story as related by <i>anon</i>. is often seen elsewhere as an account of the origin of the American <i>Taps</i>. However this story is not even correct in relation to the origin of <i>Taps</i> - Google 'Snopes' and 'Taps'. Further, <i>Taps</i> has no relation to the British and Australian Last Post, that began in Britain in its own right - Google <i>Wikipedia and The Last Post</i>, or similar. Kind regards, in the interests of historical accuracy, Barry Higgins. Historian, Australian Commando Association Victoria 	Cardinia Shire Council will issue the 2016–17 rates notice in July, with a new look and more ways to pay. The new rates notice highlights when your quarterly instalment is due, and makes it easier to understand how your rates are calculated by showing a clearer breakdown of Council, Victorian Government and waste charges. Council will also introduce its new 'FlexiPay' payment tool, allowing you to pay your rates at certain times to best suit your budget. Please visit Council's <u>online news section</u> for the full version of this news item
(and a crusty old pedant).	
Thank you crusty, it is good to hear that we do have readers out there with knowledge such as yours. Please keep up the good work. Love to hear from our readers; Editor Lyn.	Contributions from the Community are welcome. We would appreciate more sporting results and news as to how our teams are progressing. Getting to the end of the Season for most. Photos would be appreciated as well with names etc. Ed.



<u>NEW NAME – NEW OWNER – NEW MANAGEMENT</u> www.gardengear.com.au 5629 5987

Welcome to the new BUNYIP GARDEN GEAR! Come in and meet the staff members, JOEL and RICK, who are more than happy to help you with all your GARDEN and LANDSCAPING needs! We offer QUALITY and AFFORDABLE products, plus BULK HAULAGE! If we don't stock what you require, we will do our best to obtain it for you!



Keep warm this winter with our <u>REDGUM FIREWOOD</u> See our wide range of <u>STOCKFEED</u>

SAND –	ROCK – MULCH – SOIL
CEMENT -	SLEEPERS – TYNONG TOPPINGS
HARDWARE	– STOCKFEED – FIREWOOD

HEALTH MATTERS FROM BUNYIP PHARMACY Ph 5629 5407 Dinesh Solanki B. Pharm MPS (Vic)

WHAT YOU NEED TO KNOW ABOUT ANTIBIOTICS

What is an antibiotic and what does it do?

Antibiotics are medications that are used to treat and prevent infections that are caused by bacteria. They are ineffective against infections that are caused by viruses. The common cold and the flu are caused by viruses and this would be the reason why your doctor may refuse to give antibiotics for this infection. Misappropriate use of antibiotics may cause bacteria to become resistant to antibiotic treatments.

The mechanism of action of individual antibiotics within the body and the types of bacteria they work against differs. Hence we have different groups of antibiotics, such as penicillins, tetracycline, cephalosporin's, macrolide (erythromycin) etc that are used to treat different kinds of infections. Your doctor will prescribe you the most appropriate antibiotic for the particular infection that you have, specific to the bacteria that usually causes it.

You do need to tell your doctor if you have any allergies to medicine and taking any over-the-counter, complementary or natural medicines. You need to also tell your doctor if he or she is unfamiliar with any chronic condition that you may have, such as asthma, heart, liver or kidney problems. Of course advise your GP if you are pregnant or breast-feeding.

It is important to follow instructions on when, how, and for how long to take the antibiotics. These instructions will be on the label attached to your packet by your pharmacist. Some antibiotics should not be taken with certain foods, while other are best taken with a meal or on an empty stomach. Your prescription label on the packet will generally have this information. Always finish the entire course of antibiotic, even if you feel better. If you stop halfway through your course the antibiotics may not have chance to completely kill off the bacteria. Bacteria could then become resistant to that antibiotic. This means the antibiotics will no longer work against these bacteria. Your symptoms may return and possibly be more severe. Do not share antibiotics with other people. They may be allergic to it, or have a different infection and can further lead to antibiotic resistance.

All medicines have side-effects including antibiotics. Ask your pharmacist for a printout if one isn't included in the packet. Most side-effects are not serious. Generally diarrhoea, nausea and vomiting are common complaints. If you have severe stomach cramps and severe or prolonged diarrhoea then you need to contact your doctor straight away. You may get a fungal infection such as thrush for which you can buy medications without a prescription.

Less commonly, allergic reactions may occur. Advise your doctor as soon as possible if you develop itching and/or a rash. Stop the treatment and seek medical attention from your nearest hospital if you experience a severe reaction with a lumpy rash, breathing difficulty and or swollen lips, tongue or face.

Patients commonly ask Pharmacists if they can have alcohol whilst on antibiotics. It is generally a good idea not to have alcohol if you are not well. Consuming alcohol in moderation is not usually a problem with most antibiotics, but there are some exceptions. Check with your doctor or pharmacist.

<u>Email: dsolanki@bunyip.aushealth.biz</u> if you have a topic of interest for the *Health Matters* page

BUNYIP ANIMAL RESCUE NETWORK

JULY NEWS

The first day of July saw the opening of the **2016 Animal Photo Competition**, now into its seventh year. As per usual, there are no entry fees, and photographers are invited to submit up to 3 digital images for inclusion in the competition, which closes on the last day of September. Photographers must reside within West Gippsland and the photos must have been taken within the West Gippsland region. We look forward to receiving your entries. Images can be sent to **animalrescue@dodo.com.au**

Thank you to the local people who have donated towels to BARN in the past month. We will use some ourselves as bedding and will share the remainder with the local rescue groups within our network.

July is **National Desexing Month** all around Australia, and as always, we encourage the community to be responsible with the animals in their care and please desex them before the breeding season starts again. On that topic, BARN currently has in its care a little black and white kitten who showed up unexpectedly at a local property. We assume he was recently abandoned, as he is quite a friendly little boy. His vet-work has now been done, and he is available for adoption to the right family. Please contact BARN if you would like to know more about him: **animalrescue@dodo.com.au**

The recent election created some interesting news and highlighted some interesting trends in the voting habits of the Australian people. The **Animal Justice Party** finished as the fifth most popular party overall in our local McMillan electorate. On a national level, the popularity of Derryn Hinch and his elevation to the role of Senator is likely to have a positive outcome for animals as he speaks out against a variety of injustices.

Sunday 17 July saw the launch of a cruelty-free business in the local area. Congratulations to Lorena for a successful promotional event, and you can see photos from the launch on the BARN's current news webpage. **The Velvety website is now live**, and while all sales are online, locals will be able to bypass the postage fees and collect their orders directly from a Bunyip address. Visit the website to view a range of apparel and accessories sourced from around the globe, and only from suppliers who have proven to be ethical, sustainable, fair trade and cruelty free: **www.velvety.com.au**

One lovely person has sent us an internet link to a short video on the Animals Australia website which is entitled: **Restore Your Faith In Humanity**. It is four magical minutes of footage from around the world showing a remarkable collection of animal rescues. Definitely something to warm our hearts on these cold winter days. The link is on the BARN's current news webpage. Enjoy!

More current news on the website: www.speakforanimals.info/barn-2016

Until next time ... " be kind to the kritters ... "

B.A.R.N.

www.speakforanimals.info/barn

Community Survey... Complete online by 31st July 2016





Creating an Age Friendly Cardinia Shire

Are you a resident of Cardinia Shire aged 50 years and over? Yes? Then you're invited to "Have your say". Go online to <u>www.cardinia.vic.gov.au</u> and **complete this survey by 31**st July 2016. It takes 15 minutes.

Cardinia Shire has recently been recognised by the World Health Organisation as an Age Friendly City. It is taking the lead by responding to the rapid growth of our "ageing" population. This survey is a direct initiative of the Cardinia Shire Age Friendly Strategy 2015-19.

Purpose...

The purpose of this survey is to gain a clear snapshot of how "age friendly" you find your local community today. We need to know what factors affect your quality of life, through your eyes, through your experience! Along the way, this survey will inform you about the concept of "age friendly communities"

Here is how to complete this survey online !



Go to <u>www.cardinia.vic.gov.au</u> Click on the icon pictured above, "Have your say <u>Consultation opportunities</u>". This will take you through to the Age Friendly community survey. This survey closes 31st July 2016

How this information will be used

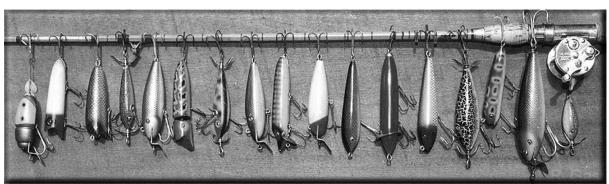
All information will be kept strictly confidential. We need this information so that we can respond appropriately to our ageing population at a local community level.

TALKIN' ... FISHIN' ON THE HUNT !

Wow! The cold has set in, the trout season is closed, the winds are howling, and my boats in dry dock, I don't know a reason for a fisherman to get up in the morning?

Shopping, that's the go, not with or for the Wife, but a selfie, by my selfie on a Tackle Hunt! Op shops, Garage sales, Second hand dealers and Clearance sales are all my favourite haunts. Anything that looks or smells fishy is fair game; sometimes the grungier the better, cleaning and playing with fishing tackle is still a fix for me, so long as there is hope of recovery. A reel can be repaired a lure restored and a fly touched up, or at worst copied and re-tied. Some reels are past it, but have some valuable spare parts if you already have one the same. Lures can be blinged up or restored to their original glory, new treble hooks and a paint job...beauty mate! A treasure find of a box of old flies can excite the trout as much as the Angler, mind you some do look like a 20 year old terrier. Disappointment sometimes goes along with it, I missed out on a tray of 140+ locally tied flies in Tassie by a day, I didn't ask the price they sold for though, for fear of tearing up in the guy's presence.

Some of the gear is good enough in its present state to use, or as originals aged gracefully look great hanging in a frame or suspended off the ceiling or hung in that special man cave. Either way being the dedicated tackle rat or bitten for life by the fishing bug, you'll always have one eye open at a market or wherever for that rare item that you just can't help yourself buying, the one thing your mates haven't got one of, just to make them a little jealous. So if I happen to see you on my rounds and you spot anything colourful or shiny, fluffy with fur or feathers with hooks, good luck it's every man for himself.



There Lures come in colour, unfortunately we cannot reproduce in colour as yet!

Catcha, The TackleMan

The Kids winter party held on Saturday 18th June was very well attended by local families – there were up to 50 people in attendance. Grandparents are wonderful people, and there were quite a few in the audience, some even coming from Melbourne. The kids had a great time, and all of the food went quickly – fruit drinks, twisties, chips, fruit platter and fairy bread.

Jen was there with her wonderful Butterfly Dance troop, who put on a small concert for a very appreciative and supportive audience. The dancers did a wonderful job and really enjoyed themselves.

Holly from "Hollipops – handmade bibs and bandanas" and Brooke from" Deez Designz – Clips, bows and ribbons", displayed their crafts and both enjoyed the party.

Butterfly Ballet is held each Monday 9.30 at the Bunyip hall, first class is free, ages 2.5 to 5 years old All welcome



CANNIBAL CREEK PONY CLUB.

Cannibal Creek pony club recently had two teams, one in the Pairs section and our Games team compete in the Pony Clubs Association of Victoria, West Gippsland and Southern Metro Zones Flat Teams, Pairs and Games Zone Qualifier day. Held at Lloyd Park, Belgrave South.

The Games team came in 7th place and will be back next year to represent our club again. Our pairs team finished 4th and qualified to go to the State Championships in June at PCAV Park in Gladysdale.

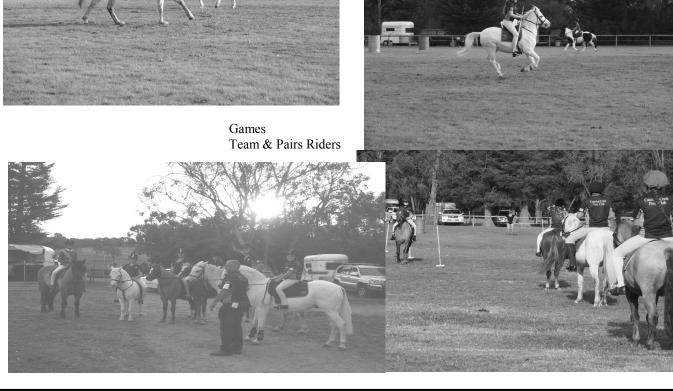
All the riders enjoyed the day. We would like to thank our Pairs coach Kirsty Porter and Games coach George Fry for all their time.

Our pairs team last weekend competed in the PCAV State Championship and did a great job in the wet slippery conditions, they were part of the West Gippsland Zone team.



Lachie Vistarini

Laura Huxtable





Bunyip Tennis Club Inc. Pres: Chris Mathisen: 0411437819 Sec: Helen Ross: 0411274025

BUNYIP TENNIS CLUB INC.

NOTICE OF ANNUAL GENERAL MEETING

Thursday 11th August 2016 7.30pm Bunyip Tennis Club Room.

Badminton Anyone?

Are you interested in playing social badminton or table tennis?

We are looking for expressions of interest from you. We are looking at playing Badminton and / or Table Tennis at the Bunyip Hall in the evening, maybe on a Monday, Thursday or Friday.

If you are interested please contact Chris on 0419 894 252 or Sue on 0407 834 443. Who knows where it may lead us to?



Origin, "Back to

Bunyip 1959

Bunyip Historical Society, Inc.

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

FORWARD NOTICE

The Bunyip Historical Society is pleased to announce Gippsland historian "John Wells" as speaker at their August meeting. John Wells is a Gippsland historian and author.

His books include Colourful Tales of Old Gippsland and Gippsland - People, a Place and their Past. John regularly contributes to the West **Gippsland Trader.**

Meeting held Tuesday August 16th 7pm. Entry via a gold coin donation. Supper Provided. RSVP for catering purposes 8th August. Phone 5629 5966 or bhs@dcsi.net.au.

AGM: Bunyip Tennis Club Inc.will be holding it's AGM on Thursday August 11th 2016 in the Tennis Club House at 7.30pm. All members are invited to attend.

Bunyip Tennis Club Inc. News



Monday Night Tennis: We are expecting to have enough

players for 8 teams in our intra club competition currently held on Monday nights. We are therefore exploring the possibility of running it over 2 nights (Monday and Tuesday) starting next October for the Summer Season.. this is just an advance "thought bubble" for your consideration and feedback about the idea would be most welcome!

- **Lighting Project:** We expect the lighting project to be completed this week and look forward to using our new, environmentally preferable, led lights on a Monday night very soon!!
- New Pavilion: The Netball and Tennis clubs will soon be sharing a brand new pavilion. The Shire has agreed to supplement a State Government grant for the building so it will go ahead over next summer season with no financial input from either club.