BUNYIP & DISTRICT COMMUNITY NEWS

Issue 3/2016

999Copies monthly

15th March, 2016.



Bunyip Fire Brigade

Ready to serve

Please note that **FIRE RESTRICTIONS** are still in force. This means

NO fires are to be lit or allowed to remain alight in the open. Our attendance at an illegal burn also means that we have to notify the police. If you <u>light a fire on a day of Total Fire Ban</u> the police **MUST** attend and you may face a fine in excess of \$30,000 or 2 years imprisonment or both.

Over the next few weeks DEWLP and Parks Victoria will be undertaking a number of Fuel Reduction Burns in the Gippsland area. This may mean that we will experience smoke haze in our brigade area. If you are concerned please phone the Victorian Bushfire Information Line on 1800 240 667 for advice.





The Bunyip Fire Brigade will be assisting in the tin rattle for the Good Friday Appeal. We would love for locals to help (even for a few hours) on Friday 25th March. We will kick off registration at 8.30am from the Bunyip Fire Brigade. If you can help please attend the Fire Station in Pearson Street or stay in touch through Facebook - Bunyip Fire Brigade



Proudly supported by Bunyip & District Community Bank® Branch



Bunyip & District Community News Est. 1982

Advertising Rates

Full Page A4—\$80 non commercial groups

1/2 page A4 - \$40.00 1/4 page A4 - \$20.00 Small Advert - \$10.00

Business Card Page \$100 - 12 Issues Website ads: - Large per year \$100

Small per year \$50

Email: advertising@bunyipnews.org.au

Anne Diston 0498 852 137 Editor: Lyn Squires 0419 542217

President: Tony Arrigo

Email: editor@bunyipnews.org.au

Mailing address **PO BOX 126** Bunyip, 3815

News & adverts can be left in the box at the Bunyip Supermarket by 12 noon on the 2nd Tuesday of each month.

Advertisements must be accompanied by monies in a sealed named envelope, otherwise contact

advertising@bunyipnews.org.au Printers this issue: Alan & Adrian

Backup; Julie & Syd

April printers: Jane & Camelina

Backup: Alan & Adrian

Distribution Coordinator: Tony Arrigo Please Note: It is necessary to have signed permission from all participating parties in personal notices. Those without cannot be published

The Fair Trading Act requires all advertisements to include your OWN NAME or your COMPANY NAME or your REGISTERED BUSINESS NAME.

AND

Your BUSINESS STREET ADDRESS, or a BUSINESS NAME REGISTRATION NUMBER, or a BUSINESS LICENCE NUMBER (an ABN or ACN is not sufficient.)

The Bunyip & District Newsletter wishes to advise that the views or remarks expressed in this publication are not necessarily the views of the volunteer committee and editor and no service or endorsement is implied by the listing of advertisers, sponsors, or contributors. Although every effort is taken in reproducing and printing advertisements and contributions correctly, we take no 999 issues printed monthly responsibility for errors. 12 issues per year



The Bunyip & District Community News is a member of Community Newspapers Association of Victoria www.cnav.org.au

Advertising Information

Community Groups Discount

Did you know that community groups and clubs in our area get a 50% discount on our standard advertising rates? Enquire now!

Advertising Submissions

All advertising and advertising enquiries in The Bunyip News are handled by the advertising coordinator at advertising@bunyipnews.org.au or ring Anne Diston on 0498 852 137. The Editor cannot process your advertising requirements.

Advertising Payments

All advertising in the Bunyip News is prepaid -Adverts are not submitted for publishing unless fully paid in advance.

Support the Advertisers.

Without their advertisements there **Would be NO Community** Newsletter



Bunyip & District Community News accepts all payment types including credit card via our PayPal invoicing system. Contact us at advertising@bunyipnews.org.au if you need more information.

PLEASE NOTE EMAIL CONTACTS:

editor@bunyipnews.org.au advertising@bunyipnews.org.au president@bunyipnews.org.au secretary@bunyipnews.org.au treasurer@bunyipnews.org.au facebook@bunyipnews.org.au

PLEASE NOTE: ALL ADS TO advertising@bunyipnews.org.au

COMMUNITY CONTACTS

Bunyip R.S.L Sub Branch David Papley 0438295568

Bunyip Hall Hire Sue 0407 834 443 e. 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 5997 1462.

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 Cancer Support Group 1st Thurs of the month. Lyn Treble 0409 414 175 - Rozanne Morton 5629 5523

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. Janet 5629 5925

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 1.00pm 4th Friday Hall or 7.00pm 3rd Monday Top Pub

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 Commuity Market Tony Arrigo 0407 563 441

Anglican Church of St Thomas Bunyip

Raelene Carroll Phone 5629 5295

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

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.



27 Main St Bunyip 3815

Bunyip & District Community House

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









- → Do you need help getting the most from your iPad or Tablet?
- → Have you updated to Windows 10?
- → Are you having trouble getting started?
- → Do you want to know how to use Facebook, Messenger or Twitter?

We can help you!

Contact Davina to discuss your needs. You may just be looking for a bit of help to get started OR you may benefit from joining one of our classes.

Cardinia Shire Youth Program—"Final Edit" Projection Video Making.

"Final Edit" is a video editing class suitable for 12-17 year olds.

Students are nearing the end of this program and will be showcasing their final films at a function to be held on Tuesday 12th April, 4pm—7pm at Bunyip Community House. The event will feature live music, Captain Koala, Bunyip Fire Brigade and a BBQ.

Members of the public are cordially invited to attend. Contact Davina for further information.

Holiday Program—Sewing for Beginners

(suitable for adults & teens) Make a cushion or bag.

2 Wednesdays, 30th March & April 6th 2016 from 10am to 2pm. BYO lunch.

Cost \$7.00 per class (total \$14.00). Need sewing machine, fabric, cotton thread, 70 universal needle, quick un-pick.

Bookings Essential - Contact Davina.

Favourites:

Butterfly Dance—Mondays 9.30am to 10.15am
Art with Karen—Mondays 10am—12noon
Social Card Playing Group—Tuesdays 1pm—4pm

Community Playtime—Wednesdays 9.30am to 11.30am

Computers with Maureen & AJ—Wednesdays 10.00am—12noon Computers with AJ—Thursdays 10am—12noon

Cuppa and a Chat with Rose & Kath—Thursdays 1pm—3pm

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







ARTHRITIS VICTORIA EXERCISES ARE HELD AT HILLVIEW

Victoria Arthritis Classes have begun last Friday at Hillview and will continue to be held each Friday at 11.00am at the Eileen Dawes Activity Centre.

Exercise coordinator Erica Ponting said that the classes cover Chair Based Exercises, Ball Exercises and Balance with lots of fun and games to make the classes more enjoyable.

The cost of each class is only \$5 which will assist with the cost of equipment maintenance.

These classes are open to all residents of our local community and inquiries can be directed to Erica on 56295 411 or 0428 595 639.

UNCLE BOB'S CLUB ARE SEEKING HELP!

VOLUNTEERS REQUIRED.

TO DOOR KNOCK IN BUNYIP AND SURROUNDING AREAS

FOR THE ROYAL CHILDRENS HOSPITAL GOOD

FRIDAY APPEAL.

WHEN. GOOD FRIDAY 25TH MARCH.

WHERE. MEET AT THE BUNYIP CFA
PEARSON ST. BUNYIP.

TIME COME ALONG FROM 8.30 AM

ONWARDS.

FOR FURTHER DETAILS PLEASE CONTACT BARRY ON 56254830

Proudly supported by

Bunyip & District Community Bank® Branch



BUNYIP COMMUNITY SHOP – 15 YEARS OF COMMUNITY SERVICE

By Roman Kulkewycz

This month the Bunyip Community Shop has reached a milestone of 15 years of service to the community. Over those years approximately \$320, 000 of the profits made have been given back to local organisations through Grants for the benefit of the whole district.

Behind the tiny shop front in High Street there is a hive of activity — a room for sorting and pricing, another room for displaying the saleable goods. Other areas are set aside for various purposes. It's a busy, happy place. Its President/Secretary is Sue Beattie, a bubbly effervescent, caring and compassionate Bunyip local — the right person for this job.

The shop is run entirely by approximately 30 volunteers who each work 4 hour shifts in pairs. The shop is open Monday - Friday 9.30am to 1pm and 1.30 to 4.30pm Saturday 9.30am to 12.30 pm. A bane of all Community shops is the plethora of unacceptable items that land at the shop door (usually after hours). Dirty clothing, broken computers and printers, incomplete toys and incomplete electrical goods, encyclopaedias, outdated educational books, outdated children's car seats are just some of the things that need to be disposed of at a cost. "Some of the weird things that are left at the front door

would make your hair curl, "said Sue. Some of these things can't be mentioned in a respectable publication. "We've had money and jewellery of all sorts come in with clothing and boxes of nick knacks."

The Red Cross operated an Op Shop until they closed the end of volunteers. From Left Peggy Patterson, Tony Arrgio, Jen-

The following year the Bunyip Community Shop opened in March 2001 under the umbrella of the Bunyip Township Committee. This idea was driven by Lorraine Cartilage and Elizabeth Porter.

Bunyip Community Shop volunteers. From Left Peggy Patterson, Tony Arrgio, Jenny Robinson, Sue Beattie, Kerry Bodi and Robyn Johnson.



CLEAN UP AUSTRALIA DAY BUNYIP STYLE. Bv Glenda Pitman

Sunday March 6th was Clean Up Australia Day, a day when people from all over Australia gather to clean up their community. 15 keen Bunyip residents donned the gloves and bags and picked up 30 large bags of rubbish over a 5 km stretch of Bunyip. This was a staggering amount and an eye-opener for all involved about the amount of rubbish carelessly tossed in our communities or blown from rubbish bins.

One resident, Nicole Ashton, was so shocked by the rubbish along the roadside that she gloved up her family and friends and continued the clean up well past the finish time.

Bottles, aluminium cans and takeaway food containers dominated with larger items such as chairs, microwaves and antennas found in bushier areas.

The event was coordinated by the Bunyip and District Community Bank in conjunction with the IGA, local traders and the steering committee for a "Plastic Bag Free Bunyip".

The Bank has created calico bags with a logo designed by local school children, "Don't be a dag. Bring your fabric bag" and all traders open between 10 and 12 on the Sunday used these bags instead of plastic bags. This was a wonderful community collaboration showcasing one important way to reduce the enormous environmental impact created by plastics and to encourage people to bring their reusable bags when they shop.

Board Members from the Bunyip and District Community Bank, Marg Bardon, Lindsay McNaught, Jim Fitzgerald, Tony Pitman and Manager Sue Dubbeld worked hard on the day, committed to raising awareness of waste and rubbish in our community and encouraging positive community action.

The Rotary Club of Bunyip and Garfield provided a sausage sizzle, free to volunteers, which was very welcome after the clean up effort

Clean Up Australia day is a great day for bringing communities together and raising awareness of the issues around waste and litter in our environment. For the well being of our communities and our childrens'

futures there is a compelling need to reduce waste and dispose of waste with care.

Photos by Tony Pitman

Amber McLeod with Lindy and Jim Fitzgerald of Bunyip finding lots of



Thirty bags of rubbish and more collected on Sunday



A hard days work picking up rubbish Seth Ashton. Wyatt Price. Ned Ashton and Riley Simpson from Bunyip.

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

It's on Easter Sunday

FOR THE COMMUNITY BUNY 1P BY THE COMMUNITY

Community Market LAST SUNDAY OF FACH MONTH

TONY 0407 563 441 ROMAN 0417 360 783

BUNYIP FIRE BRIGADE TRACK
Sunday the 27th March

9.00AM - 2.00PM

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 well-being 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

LIFE MOVES

EXERCISE FOR A BETTER FUTURE



Friends, Fun and Function

Hillview's New Exercise Group!



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.



Michael Neilson & Kristy Miglas are happy to announce the arrival of

Luke Aubrey

born 17th February 2016

First grandchild for Barry & Sue Neilson and Sue Miglas of Bunyip and Eugene Miglas of Cairns

Introducing

Bunyip & District Community News
The Voice Of The District

Website

Get your favorite News online with our downloadable PDF version in full color. Not only environmentally more friendly, Its your news right now when you want it. Help us reduce costs and download your copy today.

Hit our website regularly and watch it develop.

We are:

Bunyipnews.org.au

If you are interested in advertising online, ask us about our limited front page advertising offer at:

Advertising@bunyipnews.org.au

DID YOU KNOW YOU CAN HAVE A FLU SHOT AT THE BUNYIP PHARMACY?

NO PRESCRIPTION REQUIRED

ONLY BY APPOINTMENT & CHARGE APPLIES

NURSE AT PHARMACY FROM 1:30PM TO **4:30PM ON THURSDAY 7TH APRIL**

QUADRIVALENT VACCINE WILL BE USED THIS **YEAR BUNYIP PHARMACY PHONE 5629 5407**

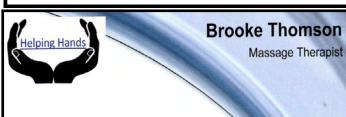
"3815 INC

It would be a very good idea if the general public could be informed about 3815 Inc as most people seem to be in total ignorance as to what, who, where or why this organisation exists.

Who runs it and what is it for? Who can have an input into it and become a member if that is what is required? For who's benefit is it run and for what

Most people who I have asked about it have either admitted they know nothing about it, or haven't even heard about it, so if it is something which is in place to benefit the whole community, perhaps it would be a good idea to put its aims, policies and outcomes on paper so everyone is aware of what 3815 Inc is there for"

Margaret Cockburn



Helping Hands

Massage Therapy

52 Princes Avenue Longwarry 3816

0429 177 218

Like us on Facebook

DEADLINE FOR NEXT NEWS 12/4/2016

PRINTED 19/4/2016



Bunyip Medical Clinic

11 A'Beckett Road Bunyip

Dr M Georgy 56 295 111

Dr M.Kwee

Monday - Friday

8.30 - 5:00pm Saturday 9am to 12noon

Bunyip Optical

Tues. & Fri. 9am to 5pm

Sonia Romm

5629 5531

Podiatrist

Jack Fitzpatrick

Thursday 5629 5297

Gippsland Pathology (Mon to Fri) 8.30 am to 12.30 pm. No Appointment Required 5629 5962

Bunyip Dentist

Hanny William

5629 5676

Bunyip's Community Health Service A Community owned Health Service Growing to meet the needs

Hearclear

5625 5155

Of the Community.

DEFIBRILLATORS IN THE AREA

Bunyip Rec Reserve Garfield Rec Reserve Garfield Bowling Club N.N.G. Rec Reserve **Tynong Rec Reserve** Maryknoll Rec Reserve **Bunyip Fire Brigade** Nar Nar Goon Fire Brigade Maryknoll Fire Brigade **Tynong Fire Brigade Garfield Golf Club Bunyip & District Men's Shed** Hillview Bunyip **Aged Care**

MY FUN RIDES

Hi my name is Zoe and I am 7 years old. My sport is Horse riding. Our family goes to Endurance rides. An Endurance ride is where a horse is ridden over long distance and has to pass vet checks along the way. The vet checks show that the horse is fit to continue.

So far I have ridden at 3 Endurance rides. I got through all of them. I have done a 20km, a 10km and a 40 km ride. The 40km ride was important because I have to do two successful 40km to be able to do any longer distance.

Mum and Dad are hoping to complete a 160km soon. I will be in there supporting. I will be supporting by helping to look after the horses. This ride will take place soon on April 8th 9th and 10th locally. The riding tracks will be in Bunyip State Park. It will be so much fun.



Setting off on the 40km ride

Friends of Mt Cannibal Flora and Fauna Reserve

Are excited to invite you to the launch of:

Department of Environment, Land, Water and Planning

"Communities for Nature" grant funded Mt Cannibal publications

~ Virtual Ranger Trail, and

~ Mt Cannibal: A Nature Walker's Guide



Who: Everyone, plus a friend!

What: Grand Launch and Demonstration

When: 11am Sunday, March 20th, 2016

Where: Mt Cannibal Flora and Fauna Reserve (Garfield Nth Rd, Garfield Nth)

A free copy of the guide will be given to every family attending the opening



Why not follow us on Facebook, or visit our website for regular new, info and updates about Mt Cannibal Flora and Fauna Reserve:

www.FriendsOfMtCannibal.weebly.com or Facebook.com/FriendsofMtCannibal



BUNYIP Adjacent Med Centre 5629 5756
PHARMACY BLOOD PRESSURE CHECKS
5629 5407 ASK US ABOUT MEDADVISOR

Mon-Friday WE KEEP SAFETY NET

RECORDS

9 to 5.30pm READING GLASSES Saturday FRENCH PERFUMES

ILU Residents Fitness Classes.

Residents from the Independent Living Units at Hillview will have the opportunity to attend fitness classes at the Eileen Dawes Activity Centre at Hillview Bunyip Aged Care from mid March.

The focus will be on chair based exercises with a view to expanding to other exercises, eg: balance, standing, ball games, light weights.

For those attending, there will be a small charge to cover costs and equipment. Further information will be available in this newsletter in the March issue



Deceased Estate

Saturday 19th March @ 9am - 2pm 44 Drouin Rd Longwarry.

Lots of Bric-a –Brac, Homewares, clothing and Furniture!

EVERYTHING priced to sell!!!!

Annual General Meeting

Notice is hereby given that the Annual General Meeting of the **Bunyip Cemetery Trust** will be held at the Bunyip Cemetery Meeting Room, Hope St., Bunyip, on Tuesday, April 12th 2016 at 9.30am.

Interested parties welcome. Karen Rovers, Secretary.

BUNYIP COMMUNITY OP SHOP INC.

7 HIGH STREET, BUNYIP 3815 PHONE 5629 6117

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



In conjunction with the Bunyip Community House, we are holding a Bunyip Street Festival on the 13th Nov this year. For the event to be successful, we need your support! If you're a local business, you can support a great community event, while at the same time, promoting your business.

We have 3 sponsorship packages to choose from:

GOLD SPONSOR \$200 (5 available)

Includes logo on all flyers & posters, logo on the large projector throughout the day, promotion through our Facebook page with a personal profile about your business and services and your logo on the colouring competition.

SILVER SPONSOR \$100 (10 available)

Includes logo on all flyers, logo on the large projector throughout the day, promotion through our Facebook page.

BRONZE SPONSOR \$50 (20 available)

Includes logo on all flyers, promotion through our Facebook page.

We are also looking for enthusiastic volunteers in the lead up to the event and on the day. Please, if you are interested in sponsorship, volunteering or both, then email us at: bunyipfest@outlook.com

We have a fabulous family day planned, with kid's entertainment, music, stalls and much more.

All profits from the day will be given to the Bunyip Community House. Don't forget to "like" us on Facebook to stay up to date with the event.

HEALTH MATTERS FROM BUNYIP PHARMACY

Ph 5629 5407

Dinesh Solanki B. Pharm MPS (Vic)

What is flu? Why vaccinate?

Flu (short for influenza) is a very common viral illness that is very easily spread from person to person. The infection affects the nose, throat, bronchi (the two pipes at the end of the trachea that enter the lungs) and, occasionally, the lungs.

Flu is not the same as the common cold. Flu is caused by a completely different virus (the influenza viruses A and B), and the symptoms are more severe and tend to last longer than a cold. Influenza can lead to serious illness, including pneumonia, sometimes requiring hospitalization and may even lead to death.

People at most risk of complications from influenza include those with pre-existing medical conditions, such as chronic lung and heart disease, the elderly and pregnant women. Even healthy people can get severe influenza and vaccination is the single best way to protect against the disease.

In Australia, there are, on average, 85 deaths and over 4,000 hospitalisations due to influenza illness each year although this is based on notifications only and is recognised as an underestimate. Other approximations of burden have estimated that 13,500 hospitalisations and 3,000 deaths occur annually in Australia due to influenza in the over 50 age group alone.

Who is eligible for free influenza vaccination?

All individuals aged 65 years and over. People aged 15 years and over who identify as Aboriginal or Torres Strait Islander, Pregnant women, Individuals aged 6 months and over with medical conditions predisposing to severe influenza, namely: cardiac disease, including cyanotic congenital heart disease, coronary artery disease and congestive heart failure. Chronic respiratory conditions, including suppurative lung disease, chronic obstructive pulmonary disease and severe asthma, other chronic illnesses requiring regular medical follow up or hospitalisation in the previous year, including diabetes mellitus, chronic metabolic diseases, chronic renal failure, and haemoglobinopathies, chronic neurological conditions that impact on respiratory function, including multiple sclerosis, spinal cord injuries, and seizure disorders, impaired immunity, including HIV, malignancy and chronic steroid use, children aged 6 months to 10 years on long-term aspirin therapy

What are the likely side effects?

The most common side effects from influenza vaccination are: pain, redness, swelling and transient induration at the injection site, mild febrile response, mild myalgia, arthralgia, drowsiness or tiredness. These effects, if they occur, usually only last for one or two days. They may be more pronounced in children under 5 years.

Some Flu Facts: the flu virus is spread in two ways: from an infected person's cough or sneeze or by touching a contaminated object or surface. Flu virus can exist on some hard surfaces for up to 2 days. Flu virus can survive on unwashed hands for up to 30 minutes and flu virus can stay alive on handkerchiefs, paper towels and tissues for up to 12 hours.

Take a flu break – this means staying home for at least 24 hours to help keep your germs to yourself. Cover your nose and mouth with a tissue when you cough or sneeze. Alternatively cough or sneeze into the inside part of your elbow, rather than using your hand as this can help to prevent the spread. Regularly wash hands with soap and warm water or use a waterless hand sanitiser. Avoid touching yours eyes, nose and mouth, as this is a surefire way to spread germs. Be mindful of objects and surfaces like desks and door handles that can easily spread germs; clean and disinfect them regularly with products like Dettol Glen 20 Disinfectant Spray or Dettol Surface Cleanser Wipes.

Try adding an extra serve of high vitamin C fruit to your daily intake. Good choices include citrus fruits (oranges, lemons, limes, mandarins, tangellos and grapefruit); kiwi fruit; strawberries; pineapple; and rock melon. Include at least one or two vegetables with good content of Vitamin C such as those in the brassica family (cabbage, chinese cabbage, Brussel sprouts, broccoli), tomatoes, capsicum, potatoes (unpeeled). Include the age-old remedies and protectors against the colds and flus – onion and garlic, in your cooking, as well as lots of fresh leafy green herbs, such as, parsley, well recognised for its excellent vitamin C content.

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



Make Autumn Awesome with 11 weeks of Outright Fun!

Everyone welcome – beginners to advanced!

Starting Monday 11th April, 2016

Monday	Wednesday	Thursday	Friday
6:00am	Boxing 6:00am	-	6:00am
9:30am	Boxing 9:30am	-	9:30am
6:00pm	Boxing 6:00pm	6:00pm	_

\$165 - 1 class per week x 11 weeks \$264 - 2 classes per week x 11 weeks \$330 - 3 classes per week x 11 weeks

Places are limited so call or email NOW to secure your spot.



Make Autumn
Awesome with
11 weeks of Outright
Fun!

Everyone welcome – beginners to advanced!

Starting Monday 11th April, 2016

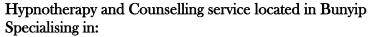
Monday	Wednesday	Thursday	Friday
6:00am	Boxing 6:00am	-	6:00am
9:30am	Boxing 9:30am	-	9:30am
6:00pm	Boxing 6:00pm	6:00pm	-

\$165 - 1 class per week x 11 weeks \$264 - 2 classes per week x 11 weeks \$330 - 3 classes per week x 11 weeks

Places are limited so call or email NOW to secure your spot.



POMEGRANATE MIND THERAPY



- \Rightarrow anxiety and depression,
- \Rightarrow fears and phobias,
- ⇒ unwanted habits and behaviours,
- \Rightarrow grief and loss and:
- ⇒ motivation & study skills for children and students.



Jessica Peters Hypnotherapist

Graduate Diploma of Education Diploma of Clinical Hypnotherapy

① 0438411495

⊠ jessica@pgmt.com.au



MEDIBANK REBATES AVAILABLE PROVIDER No. 1316281W



www.pgmt.com.au



Dorothy Myers is an amazing woman. She is a Bunyip icon and is well known and respected in our community. She is the Choir Master and accompanist of the Bunyip Singers and plays the organ at St Thomas' Anglican Church. Dorothy is an accomplished pianist. She has recently travelled overseas for a holiday and keeps herself busy when at home in Bunyip. The reason that I say Dorothy is amazing is because this November she will turn ninety years old, yet she has the stamina and youth of someone at least half her age. Her lovely, caring nature endears Dorothy to our community......

Dorothy Madge Tottenham was born at Swan Hill on the 14/11/1926. She was educated at Swan Hill Primary School, Swan Hill High School and Donnington Girl's Grammar School .After leaving School she became a Student teacher at Swan Hill Primary School.

Dorothy won a scholarship to study for her Diploma of Music at the Melbourne Conservatorium and afterwards finished her teacher training course at Bendigo Teacher's college.

Dorothy was appointed as a qualified trained primary school teacher to a teaching position on the specialist music branch of the Victoria Education Department.

This involved giving demonstration lessons for class room teachers, teachers in training, visiting college students and overseas visitors as well as advising all schools in the Waverley Inspectorate as to the best music program to develop in their own schools.

Retirement from teaching was in 1987. Looking for a nice quiet town to retire in, Dorothy and her husband Don moved to a "wonderful small country town by the name of Bunyip". "We immediately joined local community committees such as meals on wheels", said Dorothy.

At this time there was a small CWA choir under the leadership of a local CWA member called Olive Healey. Olive invited Dorothy to an audition as to her ability to play the piano as accompanist for the choir. "I am still there. Olive retired from choir work in the 1990's and I became both Choir Master and accompanist.

Olive led the choir into competitions in the annual CWA choral festivals which were held in different country towns throughout Victoria. The choir won many certificates in competition

."I was invited to become the accompanist for the CWA Victorian State Choir to play whenever needed. Monthly practices were held at Guide House in Toorak

As the Bunyip choir became a smaller group there was a name change and we became the Bunyip Singers which is now a small community group performing mainly at Bunyip community functions such as Australia Day, Anzac Day, special days and special programs for Hostels.

Bunyip/Garfield Probus Club: We started the year with about 80 people attending our meeting. The outings for this month were to the Cardinia Cultural Centre to see a couple of shows. The first one was a Rock and Roll night with plenty of great music that everybody sang along with the very talented Artists. One of our ladies was wooed by Elvis who sang to her .It certainly made her night.

The next week was a morning show where we had a cuppa and scones before it started. We saw the much loved Gilbert and Sullivan's, The Mikado. With only a small cast, it was still a great production with lots of extra dialogue thrown in to the delight of everyone. Thanks to our member who organised these outings.

Helen Peggie. Public Officer

The Saga of An Irish Flight

Shortly after take-off on an outbound evening Air Lingus flight from Dublin to Boston, the lead flight attendant nervously made the following painful announcement in her lovely Irish broque:

"Ladies and gentlemen, I'm so very sorry, but it appears that there has been a terrible mix-up by our catering service. I don't know how this has happened, but we have 103 passengers on board, and unfortunately, we received only 40 dinner meals. I truly apologize for this mistake and inconvenience."

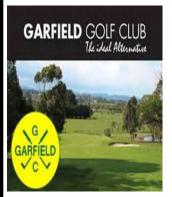
When the muttering of the passengers had died down, she continued, "Anyone who is kind enough to give up their meal so that someone else can eat will receive free, unlimited drinks for the duration of our 5 hour flight."

Her next announcement came about 2 hours later:

"If anyone is hungry, we still have 40 dinners available."



Rotary Club of Bunyip – Garfield



We recently held our major fundraiser for the year with our Annual Charity Golf Day going off without a hitch.

Sixty-four very enthusiastic players of all ages played the very picturesque Garfield Course on what turned out to be a very warm autumn day. The support provided by our sponsors enabled us to give out some fantastic prizes in numerous categories. We would like to thank The House of Golf in Pakenham for their

very generous sponsorship. Support also came from Country Style Meats, John Duff Petroleum and the Community Bank Bunyip. Thank you.

At this stage the final amount is not known but will be up from previous years. Once again thank you to everyone who supported the Rotary Club in any way. A special thank you to Friend of Rotary Terry for his invaluable help.

Our next major event is the Motorfest to be held over the Labour Day weekend at Lardner Park. The Rotary Club of Drouin conducts this event and we provide support in the form of parking attendants.

Later this month the Bunyip Fire Brigade will be showing the club members their new fire truck and what it is capable of. They will also be demonstrating their new Thermal Imaging Camera that detects heat via infrared technology.



A Grade winners, from left Glenn Whelan, Marty Atkins (Golf club captain) and major sponsor Trent Denham, from House of Golf Pakenham

Queenslanders

A genuine joke from Queensland. It is well known that humour is regional, but this is the first joke that I can say is truly a Queenslander:

At a national conference of the Australian Hotels Association, the general managers of Cascade Brewery (Tasmania), Tooheys (New South Wales), XXXX (Queensland), CUB (Victoria), Coopers (South Australia) and Swan Brewery (Western Australia) found themselves sitting at the same table for lunch.

When the waitress asked what they wanted to drink, the GM of Tooheys said without hesitation, "I'll have a Tooheys New."

The head of Carlton & United smiled and said, "Make mine a VB." To which the boss of Coopers replied, "I'll have a Coopers, the King of Beers." The bloke from Cascade asked for "a Cascade, the cleanest draught on the planet." The bloke from Swan asked for a Swan Lager..

The General Manager of XXXX paused a moment and then placed his order: "I'll have a Diet Coke."

The others looked at him as if he had sprouted a new head.

"Well, he said with a shrug, if you guys aren't drinking beer, then neither will I."

News from the Shire and surrounds.

Bunyip And District Newsletter And Bunyip History Committee Inc,(and to all concerned)

I am writing to bring to your attention an announcement made today by the Minister for Social Services, the Hon Christian Porter MP and the Assistant Treasurer, the Hon Kelly O'Dwyer MP.

In a joint media release published this morning, the Ministers announced their decision to retain the Australian Charities and Not-for-profits Commission.

You can read the media release with statements from both Ministers at christianporter.dss.gov.au.

I welcome the Ministers' announcement and look forward to working closely with the Government to enhance public trust and confidence, support a vibrant charitable sector, and reduce red tape for charities.

Good wishes. Susan Pascoe AM

Get active with Mobile March

Cardinia Shire Council is encouraging students to lace up their runners, hop on their scooter and strap on their helmets to get to school during March. This is the sixth year Council has facilitated Mobile March.

Students can get active, have fun and win great prizes for their school. The most active school in the shire will win the 'Streets Ahead' cup. Please visit Council's <u>online news section</u> for the full version of this media release.

Nominate a stand-out for the Stan Henwood award

Nominations for Cardinia Shire's Stan Henwood award are now open. For the first time, the nominations are open to the community to nominate those who make a valuable contribution to Cardinia Shire for the award.

Please visit Council's online news section for the full version.

Roll in the feedback

Council's Draft Skate and BMX Strategy has been developed and is now open to community feedback. The new draft strategy will guide Council in delivering and improving skate and BMX facilities around the shire, and ensure high quality and diverse facilities are available for all ages and abilities. It will replace Council's existing Skate Strategy (2002).

Please visit Council's online news section for the full version.

Safer communities a Council commitment

Six key safety and injury concerns have been identified for Cardinia Shire residents, as part of Council's commitment to become a World Health Organisation (WHO) International Safe Community (ISC). Council undertook significant research and community consultation between July and October 2015 to formulate the International Safer Communities consultation report.

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

Have your say on the draft budget

More than \$36 million will be invested in new community and recreation facilities, road and footpath construction and maintenance and other significant capital works under Cardinia Shire Council's draft 2016–17 budget.

Please visit Council's online news section for the full version



COMMUNITY STRENGTHENING

Bunyip Slimmers Group

Do you want to shed those unwanted kilos? Then come along and join our friendly group! We are a group that supports each other to lose weight in a relaxed and happy atmosphere. Bunyip Slimmers group meet every Wednesday night (except public holidays). At the Uniting Church, Nash Rd, Bunyip at 5:30pm for weigh in with a short meeting following. We are a support group with the aim of losing weight in a friendly and encouraging atmosphere.

Contact Erica: 5629 5411 /0428 595 639 or Lyn

0428 299 534



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60 Nar Nar Goon Rd Nar Nar Goon 3812

Phone: 59425293Email: ionaparish@dcsi.net.au

Mass times for the Iona Maryknoll Catholic Parish in partnership with Kooweerup are:

St James Nar Nar Goon 6.00 pm Saturday

evenings

St Joseph's Iona Sundays 11.00 am 2nd Sunday each **Holy Family Maryknoll**

month 8.00 am

(Liturgy of the Word All other Sundays 9.00 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 Sundays 9.00 am) Please contact the Parish office Ph. 59425293 for weekday Mass times or Baptism/Sacrament information.



EASTER:

So often we come to Easter services as part of the crowd and merely observe what is happening to Christ. We are uninvolved spectators. And yet the Saviour of the world is hanging there, on the cross, suffering and dying for each one of us. We are left with the question: if Jesus died for my sins am I part of the story or just a spectator?

EASTER SERVICES UNITING CHURCH - DROUIN-BUNYIP PARISH

Palm Sunday 10.00am Drouin, 7 Sinclair Street. March 20 10.00am Bunyip, 9 Nash Rd. "Come as you are" Family Worship Children's activities. 7.30pm Garfield, 13 Garfield Road. Maundy Thursday Mar. 24th Good Friday 9.00am Mar. 25th Longwarry, Cnr. Witton St./

Longwarry Drouin Road. Easter Sunday Mar. 27th 10.30am Drouin (H.C.). 7 Sinclair St.

EASTER DAY SUNRISE SERVICE.

The Easter Day Sunrise Service will be held at the Drouin Recreation Reserve at 6.30am on EASTER SUNDAY, 27th March,2016. The service will be held under the viewing canopy, even if the weather is

Some chairs will be provided, but if convenient, please take a folding chair. If it is a cool morning, a rug would add to your comfort. Refreshments will be provided, after the service.



DROUIN-BUNYIP UNITING CHURCH PARISH

Drouin - Longwarry Union - Bunyip -Garfield

WORSHIP SERVICES –				
Sunday Mar. 20	10.00am	Drouin		
Palm Sunday	10.00am	Bunyip "Come as		
		you are"		
		Family Worship.		
Wed. Mar.23	4.00pm	Hillview Aged Care		
Thurs. Mar. 24	7.30pm	Garfield - Maundy		
		Thurs. Combined Wor		
		ship		
Frid. Mar. 25	9.00am	Longwarry – Good		
		Friday Combined Worship		
Sun. Mar. 27	10.30am	Drouin – Easter Sunday		
		Combined Worship (H.C.).		
Sunday Apr.03	10.00am	Drouin		
	10.00am	Longwarry (H.C.)		
	5.00pm	Drouin Ch. Hall "Families		
		at Five" (Messy Church).		
Wed. Apr. 06	11.00am	Amberlea		
Sunday Apr. 10	10.00am	Drouin (H.C.)		
	10.00am	Garfield		
Sunday Apr. 17	10.00am	Drouin		
	10.00am	Bunyip " Come as you		
		are" Family Worship, Chil		
		dren's activities.		

Other Events: Sunday 10 April 7.30pm, Songs of Praise at a members home. For further information telephone our Church office on 5629 9055.

1.30pm

Lyrebird Village

Phone messages can be left at anytime.

Sunday Apr. 20

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

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)



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followed by morning tea

Wednesday @ 11.45 am Eucharist

followed by lunch

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

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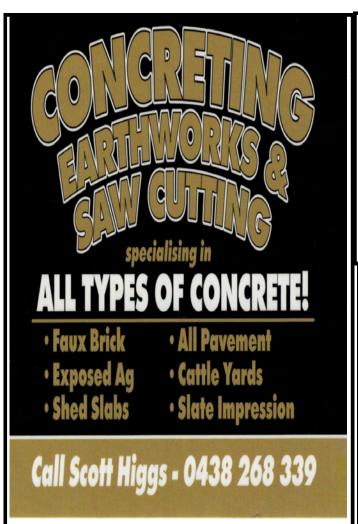
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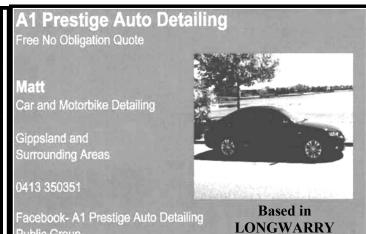






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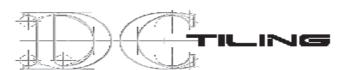
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BUSINESS COMMUNITY PROFILE.....

Kayleigh Hayward

Kayleigh Hayward has just started an apprenticeship with her father who is Bunyip's new baker. She has a warm, friendly smile and a lovely personality. I caught up with Kayleigh recently and asked her some questions about herself and the bakery business

Age 25

Your job description: Apprentice Baker/Pastry

Some details about yourself:

IfinishedVCEin2008,didmycertiiincommercialcookery,whichleadtoanapprenticeshipasachef,becomingqualifiedin2013.

I took a break from cooking and joined IGA Supermarkets, where I became a Produce Manager at 2 stores. Now my latest adventure is starting another Apprenticeship at the Bunyip Bakery and I'm really looking forward to what t had to bring. I have always enjoyed cooking in all its forms.

Tell me about your Bakery business and the varieties of bread you bake, cakes and pastries as well as pies and other baked delicacies.?

The bakery has recently been taken over by a local man, Alan Hayward. We bake a wide variety of breads with different specialty breads made daily, from no fat Pasta Dura to 100% Rye bread. Everything is made fresh daily and on the premises. We pride ourselves on the excellent quality of our products and the customer service to match.

There is an extensive range of delicious slices, cakes and sweet breads available, even birthday cakes of all sizes that can be made to order.

We currently run a monthly pie special along with our assortment of pies, sausage rolls, pasties and quiches, with vegetarian options available. And for the health conscious, we also have salad rolls and sandwiches made daily, ready to go. So come on in, you won't be disappointed!!

How long has your family owned the bakery?

My family has only just recently taken over the bakery, in October 2015, but the town's response and loyalty has been amazing. We are always looking for new and interesting products to make and sell, so if there are any suggestions out there, we are more than happy to consider them and give them a go.

Your contact details: Phone 56295793

How long have you lived/worked in Bunyip? I've lived in Bunyip for 15yrs, before moving to Drouin with my Fiancé.

What do you like about Bunyip?

It has 2 pubs and a Bakery...what's not to like!!

Your Favourite Pastime/hobby? Cooking

What type of movies do you enjoy – your favourite movie?

Animations – everyone is a kid at heart.Favourite movie would be 'Cars' for sure.

Describe yourselves in 2 sentences.

I smile because I have no idea what's going on J

Your likes: Anything, except orange flavoured anything.

And dislikes

Anything orange flavoured.

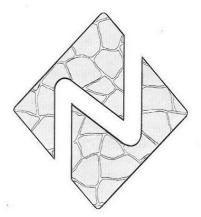
Are you a Summer or Winter person

Both!!

Is there something unique about you that many people don't know?

This isn't something unique about me, but as this newsletter is coming out in March, we can add that our 'Pie of the Month' for March is going to be a Cracked Pepper Pie.





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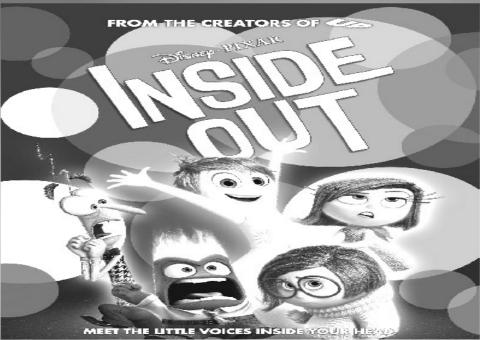
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CFA THANKS THE COMMUNITY



Saturday 9th of April 2016

Gates open to the public at 5pm **Holm Park Recreation Reserve** 100 Holm Park Road, Beaconsfield (Entry via Beaconsfield-Emerald Road)

Please note this is a family friendly event.

Alcohol and Smoking are strictly prohibited.

We ask that you respect the oval by placing your rubbish in the bins provided when you leave.

This event is supported by Cardinia Shire Council

THIS EVENT PROUDLY SUPPORTED BY: Beaconsfield District

Community Bank* Branch Bendigo Bank

a picnic rug).

Estate.

CHARLES

Cardinia CFA Brigades would like to thank the community for all their ongoing support. Come and join us for a BYO picnic and movie. (Don't forget to bring

Fire trucks will be on display to climb on and popcorn will be provided to the first 1000 at no cost thanks

to Kaye Charles Real

Its Painting time.



Prevention is better than cure. With the wet season approaching, its time to seal up those wooden extremities of your house to prevent wood deterioration. Cracked, bubbling or flaking paint will let moisture penetrate into your wood and could lead to costly repairs.

Most people seem to hate painting, particularly the very essential preparation side of the process. Well you should hate it, and leave it up to warped individuals such as myself to protect your properties from natures' wrath. We love it, the sanding, grinding, bogging, undercoating, and then finally, the timeless gazing as we watch the finishing coat dry.

> OOOH AAAH

No fair dinkum now. I am an excellent painter with an eye for detail, and a warped sense of humour. Now is the time to seal the exterior of your house before the Autumn and Winter rain.

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BUNYIP ANIMAL RESCUE NETWORK MARCH NEWS

BARN must apologise for the absent newsletter during February. The technical difficulties have now been resolved and we should be back on track for another year.

The **Australia Day** catch up in the Bunyip Hall was a successful event. A friendly group of folks from the West Gippsland area gathered together to chat about animals, enjoy a delicious afternoon tea, and swap notes about where to find various cruelty-free products in the local region. The network is growing bigger each year and the cruelty-free products are becoming much easier to source.

At last, we are enjoying some much needed rain for the start of Autumn, and the Autumn season always begins with Clean Up Australia Day in early March. We must remember to "**reduce**, **reuse**, **recycle and repurpose**" whenever we can to minimize landfill, and this will help both our natural environment and the beautiful animals who dwell within it.

The BARN lending library has added quite a few new DVD titles in recent weeks. If anyone would like to borrow a film relating to animal rescue or cruelty free living, all titles are available to loan at no charge, (within the Bunyip area). Contact BARN via email to view a list of titles: animalrescue@dodo.com.au

Sunday 20 March is the **Ride for the Animals** charity cycling event, raising funds for Animal Aid. Participants can choose between 30 and 95 kilometre stints. The ride starts at the Animal Aid shelter in Sale and ends with a celebration in Bairnsdale. More details: **www.animalaid.org.au**

The **AWARE Wildlife** group is holding a workshop day on 30 April which aims to train people in the skills of wildlife rescue and transport. The cost to non-members is \$55 and it is a full day event – (which often means 10 hours or more in duration). These events are excellent value and the quality of the training is of a high standard. More details are on the website: **www.awarewildlife.org.au**

The BARN team sends an email notice to its mailing list approximately once a month. If anyone would like to be added to the mailing list, to be kept up to date with additional news, feel free to let us know: **animalres-cue@dodo.com.au**

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

B.A.R.N.

www.speakforanimals.info/barn

Bunyip Tennis Club News:

Monday Night Tennis:

The Grand Final of the Summer Comp was held last Monday Night and winners and runners up are pictured below with their

"trophies".



Monique Giesen, AnneMarie Helmore,

Underhill, Scott Giblin, Steve Shorten Abe Friedlander, Dave Bracken.

Louise Scott Andrews, Ian Balfour, Craig Morris.

Will has already started sorting out teams for our Winter season which will start on April 11th. If you are interested in playing please contact Will on 0400524133 or email <u>williamdtjackson@hotmail.com</u>.

Wednesday Morning Tennis: We have once again entered 2 teams for this comp..and can always do with more players...contact Helen Ross on 0411274025 or email heleninbunyip@gmail.com if you would like to join us.

Fast Four Tennis: Thursday Evenings Attendance for this new initiative has so far been a bit disappointing. Our co-ordinator, Mark, will be away during April but is hoping to start up again in May with a slightly different format...please email Mark on mark.hocking@outlook.com if you are interested.

Cardio Tennis: Is still happening on a Friday afternoon at 2.30. Contact Chris on 0404077673 or <u>aceactivetennis@ymail.com</u> if you would like to join us.

Junior Tennis: The Saturday afternoon Junior Competition is now into their finals matches. Bunyip has had 5 teams finishing on top of their section and a further 4 teams playing in Preliminary Finals this weekend...what a fantastic effort..Thanks to our Junior Coordinator, AnneMarie Helmore, and also to all the parent team managers and supporters for their invaluable help throughout the season!!

TALKIN'...FISHIN' MURPHY'S LAW, ALWAYS THE WAY!

I've been slowly concentrating on the Tarago river over the past 6 months, systematically working 100m at a time at dusk, a couple of hours every few nights after work. Working an area often enough you'll get to know where the best holes are, water levels and fish territorial boundaries, and the typical food supplies guiding you to using the correct lure fly or bait to use.

Sometimes you just succumb to the urge of just having a go, but you just don't want to go to all the trouble of fully gearing up with Net, Waders, Vest etc. because, I'll just have a quick fish, won't be too long, you know the feeling, right!

On the average I've been regular catching Trout, and Grayling, around 400g-800g easy to handle but fun to catch on the fly or bib

regular catching Trout, and Grayling, around 400g-800g easy to handle but fun to catch on the fly or bit lures.

However, this is what happens when you don't take a Net because you don't think the unexpected will happen, and of course *MURPHY'S LAW* predicts it will.........

A gentle

pendulum cast into a very unassuming spot, resulted in a frightening power strike by an unknown variety of fish, still not giving up its identity as it charged up and down river with a bow wave of an Orca looking for any cover, only a glimpse of its dorsal fin hinted what it might be, fortunately I managed to steer it clear of any structure and snags, but good fortune or not it came straight to me and still very green. It ran itself into the grassy bank right at my feet and with no other course; I had to try to gently lift it out by the line attached to my 'now' favourite lure. Always a danger, and the 3kg line broke! Panic stations! Desperately I've got to get this one in, I just want a photo, prayers flow freely, you need proof or your mates never believe you otherwise.

And so this is the photo proof of the lengths I will go to and the result of trying to man-handle a slippery 3lb female brown trout up a river bank when you don't have that net, so a leap into the dark muddy water in my work clothes, and boots, without my waders (yep with the net) and it has a lure still in its mouth with a lot of treble hooks swinging freely, it slipped from my grip after rolling and twisting to freedom and left me with the lure as a medal, pinned to me.

Of course the first aid kit was at home also, with the net! goodness I had tools with me and especially the pliers.

thank







I just wonder how my old Mate's doing at Bemm River now, with reports of Salmon off the beach up to 4kg, and he doesn't have a surf rod packed at all!

Who would go that unprepared?

Catcha, The TackleMan ®



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WINNER - 2015 U14 Team Code Of Conduct Award



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FOR MORE DETAILS AND INFORMATION

Contact JOHN FRERIKS (President)

Mobile: 0419 689 787

Email..freriksja@gmail.com

<u>eb..</u>www.garfieldjfc.sportingpulse.net

acebook..GarfieldJuniorFootballClub



BUNYIP & DISTRICT "STRIKERS" SOCCER CLUB THE FAMILY FRIENDLY CLUB

REQUIRES BOYS AND GIRLS FOR AN U12 TEAM FOR SEASON 2016

CONTACT ADRIAN GATTI: 0417 590 830

The Bunyip & District Soccer Club is looking for boys and girls who would like to participate in the Under 12's competition this coming season. Club President Adrian Gatti said that this is the ideal age for juniors to learn and become proficient at soccer skills. The family friendly Club caters for Juniors as well as seniors and is affiliated with the FFV.









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