



BUNYIP & DISTRICT COMMUNITY NEWS



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21st March 2017



By Bill Pearson, President, Mt Cannibal and District Preservation Group

Hanson have put a notice in the Pakenham Gazette and included one in this newsletter, notifying that they are holding a meeting at Bunyip Hall on **Thursday 23rd March at 6:00pm**. We appreciate that Hanson has chosen an inconvenient time for most people but we urge you to attend this meeting. It is important that Hanson is forced to answer questions which we have been asking for almost one decade.

Hanson states that there will be as many as 530 truck and vehicle movements per day. That is more than 44 trucks and vehicles per hour (or every 80 seconds) at the Bunyip and Tonimbuk Road intersection. What are Hanson's plan to protect us from the staggering number of heavy and long quarry trucks at a small and commonly used intersection? What impact will it have on other roads in the area?

What impact will the dust from this quarry have on the health and wellbeing of those in Bunyip and wider community? This dust will contain silica a known carcinogen. How far will this dust travel? There has been continued and public outrage that quarry management (including Hanson) take short cuts with issues such as dust control and the lack of control used by the authorities to police those breaches.

Why is the head of this quarry proposal (Divisional Waste and SR Development Manager, Daniel Fyfe, lodged the referral for the EES) a man who has spent his career in waste management?

The local community and committee has worked with environmental groups to evaluate impacts on water, plants and animals – especially relating to our iconic Mt Cannibal Recreation Reserve and Cannibal Creek – both in immediate proximity to Hanson's proposed quarry.

Despite the huge scale of Hanson's impact on our community, Hanson has failed to provide information on its impacts. We have been asking for copies of expert reports Hanson started in 2008. Hanson promised to provide them, but has never honoured those promises. We have grave concerns about the manner in which Hanson has dealt with our community and others where it quarries.

It is vital that the government understands that Hanson must be held accountable and that this proposal is completely unsuitable for this location.

Please attend the meeting to ask your questions of a quarry that AFFECTS ALL in OUR COMMUNITY!

Visit www.stopthebunyipnorthquarry.com.



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Bunyip & District Community News

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

HOW TO PLACE AD OR ARTICLE WITH NO EMAIL

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

1. Ensure your ad is clearly written or printed.
2. Enclose your ad in a sealed envelope along with correct monies.
3. Write your name, email and/or phone number on the front, along with type of ad required.
4. Place your envelope in the slot before **deadline (2nd Tuesday of each month)**.

Alternatively you can leave your ad / article with the Bunyip & District Community House.



All advertising will need to be prepaid. Ads are not submitted for publishing unless fully paid in advance. You can pay by Paypal, Electronic Funds Transfer (EFT), Direct Deposit to Bunyip Bendigo Bank or place with ad in collection box.

Please support our local advertisers, as without them there would be NO community newsletter. Let them know you found them HERE!

Hillview Bunyip Aged Care's community mural art project

By Roman Kulkewycz

There is a blank brick wall in the 'Shelley House' outdoor area at Hillview Aged Care in Bunyip, and it is an ideal place for a mural to create a sense of safety through a holistic approach of using a rural farmland scene to promote stimulation of thought and senses for residents.

Karen Danielson, Bunyip Community House resident artist, will act as the overseeing consultant and plan the mural. Helpers are required to assist both in the preparation and to help in painting large passages of solid colours, known as "the block in". Karen will plot all the images relevant to size and perspective.

Volunteers are required to paint individual aspects of the scene once Karen has outlined the drawing, such as chickens, cows, etc. Individual arty types at working bees will undertake smaller specific elements such as a windmill, barn or a shed.

The undertaking of the mural will enhance a more pleasurable atmosphere in the Memory Support Unit 'Shelley House' garden area and give the residents a lovely peaceful place to sit in and relax. The cost of a mural of this size if outsourced would be significant, so the more hands the better. Bunnings in East Pakenham are kindly donating the paint for this community project.

BUNNINGS
warehouse

Hillview
BUNYIP AGED CARE



Bunyip artist, Karen Danielson, shows how the completed mural will look as Bunnings' East Pakenham Activities Organiser, Trine Benetti, watching on after she applied the first coat of undercoat paint to the wall.

If you can offer your assistance, please call Debra, Hillview Leisure and Lifestyle Coordinator on 03 5629 6886 to register your name. Morning and afternoon tea will be provided.

Working bees will be held between **1pm and 3pm** on **Thursdays 23rd and 30th March.**

Photo by Roman Kulkewycz

A big day out for local veteran

By Peter Holman

Hillview Bunyip Aged Care resident and local identity, Duncan Holman (QFSM), was recently invited to visit our State Parliament by State Member for Narracan, Gary Blackwood MP.

Gary has had a long standing interest in our World War II veterans and Country Fire Authority (CFA) volunteers, and Duncan fits the bill on both counts. He has served Australia in the Pacific Islands with the 2nd / 7th Field Engineers and was awarded Victoria's longest serving CFA volunteer with 79 years of dedicated service.

Duncan was invited to view the goings on during Question Time, and have lunch in the Member's Dining Room followed by a tour of Parliament.

Duncan would like to thank Mr Blackwood for his gracious hospitality and his ongoing support for our veterans and CFA volunteers.



Gary Blackwood MP and Shadow Minister for Emergency Services, Brad Battin MP, wishing Duncan Holman a happy 93rd birthday.



(L-R) Hillview residents Gloria Johnstone, Kathleen Fitzpatrick, Joyce Williams, Adrienne Matthews, Mary Usher, Ruby Griffiths, Sandy Griffin and Shirley King put on happy Irish faces for the day's celebrations.

Hillview celebrates St Patrick's Day in style

By Roman Kulkewycz

Hillview Bunyip Aged Care residents celebrated St. Patrick's Day on Friday 17th March with lots of Irish fun and games in the Hill Centre Reception Room which was appropriately decorated for the occasion.

Photos by Debra Snelten



Hillview's only actual Irishman - Sandy Griffin.



Irish Leprechaun, Cheryl Neubauer gets in to the spirit of the day.

Hillview welcomes Bunyip Playgroup

The children and their mums from the Bunyip Playgroup visited the residents at Hillview Bunyip Aged Care on Friday 17th March.

The mums kindly set up a "Teddy Bears Picnic" for all to enjoy. Which was greatly appreciated. The residents and the children all relished in playing and chatting together. It is hoped to make this a regular activity as part of Hillview's activity program.

Photo by Roman Kulkewycz



Bunyip Animal Rescue Network (BARN)



BARN has received calls for help regarding wombats with mange in recent weeks. We direct all such enquiries to the good people at Mange Management, who can provide advice and mange treatment kits to locals who need support. Visit their website at www.mangemanagement.com.au or call 0431 600 125.

Apologies for the recent lack of articles, we should now be back on track to provide regular updates.

Do you have the latest BARN email address? Just a reminder that the BARN email address is animalrescue@dodo.com.au. Emails are still arriving at our old address which is not regularly checked. Please use the new address if you require a speedy response to your enquiry.

Do you enjoy a bit of guilt-free shopping? Local business *Velvety* is now stocking a range of cruelty-free cosmetics and fair trade chocolate! Everything in the store is vegan, organic and ethically produced. Visit Lorena's website to view the newly arriving products and to hear the latest news about special offers that are available to locals www.velvety.com.au.

We love business owners who love animals! So also check out *That Vegan Hairdresser*. Based in the main street of Drouin and servicing the wider Gippsland area, Shannen is a colour specialist and beauty therapist extraordinaire. Visit her page on Facebook and see what magic she's capable of. All enquiries can be made by phoning 03 5625 5203. Only cruelty-free products are used in the store, which means no animal testing... Hooray!

A callout for help from a south-eastern vet

There is a lovely old 'Burmese' type cat desperately in need of a retirement home after his elderly human companion goes in to a senior citizen's home. This feline is a sweet 18 year old, needing somewhere quiet to live out his days in comfort. As you can imagine, he is running out of options... He does require some dental work, however there is no adoption fee. **His situation is urgent!** If you think you can help, please contact Ruth on 0434 919 756.

Young mother and kittens need loving homes

We have a mumma cat and her 7-week old kittens who are in need of homes. The kittens are up for adoption at \$125 each, that covers desexing surgery and a microchip for each of them. The mother is not yet one year old, so she is also classed as a kitten. Visit the BARN website to see photos of these kittens who need a home. If you are able to welcome a young feline in to your family please contact Carol on 0457 336 183.



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

Until next time...

"Be kind to the krittters!"



The history of Jolley Road, Bunyip

By Denise Nest

The late local historian Denise Nest wrote several articles for the Bunyip Newsletter on the origins of some of our street and road names. This was published in the February 2006 edition.

John Wallace Jolley came from Western Australia and went to Tonimbuk in its early days and married Florence Martha Jewell. The couple had nine children and during the January 1939 bush fires the family home was destroyed.

Jack Jolley became very well known in the district as an excellent bushman and tracker.



Raymond Jolley the couple's third child was born at Longwarry but attended the Tonimbuk school and later worked on the farm of Fred and Percy Hill and on a Kooweerup asparagus farm. In 1942 he joined the army. Ray married Eileen Redfern who came from Bonnie Boon and they had nine children.

Ray was employed with the Post Master General's Department for 32 years and was involved with the Bunyip Football Club, St. Joseph's Church, Iona, the scouting movement and the Recreation Reserve. Eileen had been involved in the Country Women's Association. Both are now deceased.

Mind matters with Jessica

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

Pomegranate Mind Therapy will be shortly celebrating three years of operation and service to locals of both Bunyip and surrounding areas. If you haven't heard of me before, that's alright. My main form of advertisement is word of mouth. I've up until recently been focused on being a full time Mum and now that both my children are at school I have stepped things up, started some new workshops, meditation classes and hypnotherapy groups as well.

I look forward to sharing with you my monthly contribution to the Bunyip News. 'Mind matters with Jessica' is all about helping you to get more out of life. My aim is to share with you as much helpful information as I can, primarily on Mental Health issues, but also providing general tips, tricks and strategies I hope you find both interesting and relevant. If you have an idea for a topic you would like addressed, please let me know. Equally if you have a question I would love to include a Q&A section here as well, depending on the response I get.

Today I want to talk about *Stress*. To me, this is a major issue, and the main reason behind clients coming in for therapy or coaching. According to the APS, (Australian Psychological Society) one in four Australians recently reported to have been affected by moderate to severe stress. This means that, in a town like Bunyip, with a population of around 2,500 people this equates to around 600 stressed out unhappy residents. For me, that figure is much too high!

Answer these questions below to see if you are affected by stress.

1. Do you get upset when things in life happen unexpectedly?
2. Do you sometimes feel like you are overwhelmed with things and can't get on top of your responsibilities?
3. Do you feel like things aren't going your way?
4. Do you feel nervous, anxious or 'stressed-out'?
5. Do you feel like you can't control the important things in life?

If you answered yes to any of these questions, I'd say that you do have some stress there. Whilst a small amount of stress is reasonable, constant or consistent pressure on yourself is unhealthy and can



**"Nothing is permanent in this wicked world.
Not even our troubles." – Charlie Chaplin**

lead to a range of health problems including high blood pressure, anxiety, depression and inflammation in the body.

Steps to reduce stress

- **Conscious breathing techniques** using the diaphragm reduce the stress response. Breathe slow and low. If you're not sure how, why not join a meditation class and learn?
- **Exercise and other mindful practices** help alleviate negative thought patterns which may be contributing to the stress.
- **Focus on the positives.** Do more of those things that you enjoy. Spending time with friends, watching a movie, doing a hobby.
- **You are what you eat.** Research shows that our happiness hormones are produced in the gut. Fill yourself up with wholesome nutritious food that makes you feel good. Don't forget to drink plenty of water too.

Remember If things get too much, ask for help. You can call the Drug and Alcohol Clinical Advisory Service on 1800 812 804 or LifeLine Australia on 13 11 14.

Please send your questions and suggestions to jessica@pgmt.com.au or visit www.pgmt.com.au.



Selecting the right breed of dog for you

By Jessie Kamperman

Another topic which comes up a lot in my profession is picking the right breed of dog for your family or situation. I am astounded at how many people go out and purchase a dog without first researching the breed they bring home. This is probably one of the major reasons dogs get rehomed or destroyed.

For example, I own four working dog crosses. I love them because they are smart, quick to learn and have the energy for obedience. To own one you need to have a generous sized yard due to their high energy levels, you also need to keep them mentally stimulated because they are so smart and can get bored quickly, and you need to be the type of person that will do things with them. If you aren't that type of person you shouldn't get a working dog, but there are plenty of other breeds that would be more suited to you.

Here are some of the things to take in to consideration when selecting a dog for you.

- Does your age and physical capabilities match the dog's energy levels?
- How much money are you able to spend on a dog, not only on the purchase, but on daily expenses such as food, vet bills, grooming etc.?
- Do you have enough yard space?
- How much available time do you have to spend with your dog? Working full time and walking a dog once a week won't make for a happy dog.
- Are you willing to train a dog? All dogs should be trained regardless of their size or breed.
- Do you have kids or live alone?
- Do you spend a lot of time away from home travelling?
- How attached are you to having a perfect house or yard? Dogs tend to chew things and dig holes.

The wrong dog with the wrong person is a recipe for disaster. A dog is possibly going to live with you for at least 15 years, so choose carefully as it makes the world of difference and will save a lot of heartache.

If you are not sure of what type of breed to get, visit dog shows and ask lots of questions from people who own that breed of dog. Find out the pros and cons of that breed, and make a list to compare which type of dog best suits you.

Only purchases puppies from reputable breeders where you can view mum and dad, and the breeders have done all the required health checks. Please DO NOT purchase a dog from a pet shop. This is only encourages dodgy breeding and unlike registered breeders, dogs can be kept in poor, unhygienic conditions.

If you choose to rescue a dog from a home or shelter and it is a cross breed, find out about the breeds in the dog. Then ask yourself do you have the time or the skills necessary to dedicate to a dog that has existing issues.

There are lots of aspects to consider, and just talking to someone with the knowledge before you bring your dog home can make all the difference. So if you need any help in making the best choice of breed for you, please give me a call and I would be happy to help on 0431 629 119.



Make sure you consider all the pros and cons of the breed before you take home your next best friend.



Happiness and mindfulness

By Jacqueline Early, Inspired to Shine

So... HAPPINESS! What is happiness, and how do we get there?

The Dictionary states that, "Happiness is a sense of well-being, joy, or contentment."

So, how do we experience this wonderful, overwhelming feeling?

We all have a story and a past, and these experiences can leave you feeling far from joyful. And the stresses of our crazy existences can also lead to our smiles to be turned upside-down.

But happiness is possible, sure not at every moment of our lives, but even through the hard times, it is possible to be happy.

Through my own life experiences and assistance from many a self-help book, life coach and self-development, there are a few tips that have helped me see the positive in some pretty stressful times. I write this from the heart, with good intention and willingness to offer some of the helpful advice I have received over the years.

Gratitude

Sure life can be hard, really hard at times, but being grateful for the good in your life can help you really appreciate the small stuff. A beautiful activity a dear friend of mine shared a few years ago was discussing three things you are grateful for each day at the dinner table with your family.

This is something I have done with my young boys since, and it is just so special to share the things you are grateful for from the day with your loved ones. This process can also be done in a journal. Each night before bed, note down three things you are grateful for from that day. It can be hard to do when you are having a tough time, but it really does highlight the simple things many of us take for granted each day.

Journaling

There is nothing better than getting your frustrations out on paper. It can release a huge amount of anxiety and pain you may be experiencing. Rather than taking out a hard day on your friends and family, write it down. It can be a very rewarding process when you read back over your journal in the weeks and months that follow to see how far you have come.

CHOCOLATE CHIA PUDDING

Ingredients

400ml of coconut milk or almond milk
½ cup chia seeds
1 tbs of cacao powder
1 tbs Maple or rice malt syrup



Method

1. Mix together and pour into four containers.
2. Allow to set in the fridge for 1 hour minimum, or ideally overnight.
3. Serve with Greek yoghurt and berries as a yummy after dinner treat!

When you are living through hardship, it can seem like you are stuck in one place forever, but reading back over your notes, you will more than likely see an improvement in your state of mind and the growth and improvements you have made. Be proud of how far you have come! Reflection is a very beautiful process.

Be true to your values

When you are in a negative state of mind, it is too easy to self-sabotage. We turn to emotional eating, distancing from our loved ones, alcohol or even drugs. Unfortunately these tactics will not solve the problems.

Remind yourself of your values. Be true to yourself and what matters to you. When you live a life of self-respect and honouring your core values, happiness is only around the corner.

Biophilia

A very powerful process I treat myself with on a regular basis is getting out in nature. Being at one with the land and the environment is such a beautiful thing.

Allow yourself to be present. Try and quieten the chatter in your mind, and take the time to listen, smell, and touch your surroundings. Life really is beautiful if you open your eyes to really see and experience it for its simplicity.

Inspired to Shine
Complete Wellness

Happiness and mindfulness (cont'd)

Take 5

Through the craziness of your day, aim to take 5 minutes out for yourself. Stop and just breath. Be kind to yourself. Love yourself for the individual that you are. Remind yourself that you are enough. Remind yourself of the things that you are grateful for. It seems very basic, but it works wonders.

Get active

Get those endorphins flowing and get yourself moving. Head out for a walk, hit the gym, practice your yoga poses. Whatever it is that you enjoy, do it. Exercise is so important to our health for numerous reasons, and happiness is one of them.

Be kind to yourself and kind to others. Unless you have walked in someone else's shoes, it is not your place to judge their journey or their past. Lift others up, encourage and support those around you. Everyone is fighting a battle you often know nothing about. Share some of these tips and give them a try for yourself. Sending love to all! xx

If you have any suggestions for my monthly articles, please send me an email inspiredtoshine@yahoo.com. I would love to hear from you!

About me

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

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



Baw Baw Business & Community Network Events

Simon Illingworth

Ethical Strength

WHEN:

Wednesday, 29 March 2017

6:00pm for 6.30pm start

Cost \$40.00 per person

Includes two-course dinner

WHERE:

Warragul Reception & Conference Centre

41 Sutton Street, Warragul



Simon Illingworth is a former Detective Sergeant who worked with police internal affairs in Victoria to prosecute corrupt officers. His story is one of courage and determination that nearly cost him his life. Simon is an influential speaker, inspiring audiences as he delivers messages on business ethics, leadership and culture.

For registration and to find out more, contact Kirstyn Krausz on 0413 187 576 or Kirstyn@gippslandem.com.au or visit the Facebook page **Gippsland Community Network Events**.

SPONSORS:



Federation
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Talkin' Fishin'... Vest is best!

By The TackleMan®

Whether you're a spin, fly or bait fisher, a fishing vest is a handy piece of equipment to have rather than a fashion statement. Your virtually wearing your tackle box and tool case all included and at the ready, sort of like Batman and his utility belt only with rod and reel.

When choosing a vest there needs to be careful consideration given to the practicality and purpose of the vest, but also the comfortable and ventilation. Ideally having a summer and winter vest solves this problem, simply changeover the gear as the weather changes in the seasons. Always allow for wearing heavier clothing under the vest in winter, and beware of online China clothing sizes. Where you can, always try it on for size. You could have one for saltwater and one for freshwater, but have less metal parts for the salt environment.

Hanging loops or rings means you can attach and detach tools and glasses cases easily, as they are not always needed. Look for a loop at the back of the neck to attach a landing net, usually by a magnetic clip. It is a handy place to keep it as it allows unobstructed casting and keeps it high above the ground avoiding tangling with fences and bushes.

Look for a vest that adapts, such as a zip off bottom half or adjustable straps that allow for wading deeper waters without filling your vest pockets with water. Storage pockets are important but too many small pockets can be confusing when looking for stuff, and with little function other than the look. Some are definitely required but give some serious thinking to this first. Count up what pockets will be used and for what, add a few more, and let that guide you.

This is the same for your entire gear see what you need to carry with you not what you want, anything that you unnecessarily carry only adds weight to your trip. Often you will need to de-clutter your vest as you try to sneak more gadgets in... you know the shiny things you'll never use, as we're all Bower birds when it comes to that... but again weight loss is the gain for comfort.

Essentials to carry would be a net, polaroid sunglasses, sun and insect lotions, bent tip forceps, leaders, small LED torch, matches, umpires whistle (for distress) lures, flies or rigs and a waterproof pouch (for mobile and keys). Possibly, a spare spool or line in case of being spooled by a fish... I'm dreaming of course!

Catcha...



Vest fitted out with gear.



Typical fishing vest.



Pair of forceps.



Net holder with lanyard.



Waterproof pouch.

Agriculture in the desert

By Roman Kulkewycz

Mariam Abouleish, SEKEM Agricultural Engineer, was the guest speaker at the Bunyip Landcare Group meeting in the Bunyip Hall held on Wednesday 8th March. Miriam holds a Master of Agricultural Engineering degree, and she spoke about sustainable farming in the desert where the annual rainfall averages only 4 mm.

Thirty year old Mariam was born and grew up in Egypt. She completed her university degrees in Germany before travelling through many countries to gain knowledge of organic sustainability in agriculture.

She has recently completed biological farming courses with Dr Elaine Ingham, an internationally renowned microbiologist and soil biologist from the US. Mariam asked Dr Ingham if work with her to add to her knowledge and gain some practical experience. However, Dr Ingham recommended that she travel to Australia to work with Dr Mary Cole instead, a world's leading academic and plant pathologist, and internationally recognised expert in the management of fungal pathogen *Botrytis cinerea*.

Mariam is now learning from Dr Cole in a hands-on way by making thermal aerobic compost for use in making compost tea along with Alan Cole. She is also learning microscope techniques that help to look quantitatively at soil biota which enables the individual soil to be identify.

Agpath is just one of two laboratories in Australia that has access to the techniques of Dr Elaine Ingham through the international data base of soils in the University of Oregon, Corvallis, Oregon, US. Mariam is grateful to Agpath in Garfield and to Dr Mary Cole for making training available to a young scientist such as herself.

She will complete her fourth and last week of practical training with Agpath this week. Mariam will take her knowledge back to the SEKEM farms to train the SEKEM staff in further biological farming techniques where they are already turning desert to productive agriculture without using chemicals.

Dr. Mary Cole has been invited to deliver talks at SEKEM in the future as well as acting as a consultant in the biological farming techniques at SEKEM working with Mariam.

SEKEM



Mariam's grandfather Dr. Ibrahim Abouleish started the SEKEM Initiative in 1977 on an untouched part of the Egyptian desert (70 hectares) 60 km northeast of Cairo. Using Biodynamic agricultural methods, desert land was revitalized and a striving agricultural business developed. Over the years, SEKEM became the umbrella of a multifaceted agro-industrial group of companies and NGOs. Today, SEKEM is regarded as a leading social business worldwide, producing organic food, natural medicine and clothing – all from products cultivated in the Egyptian desert.

Mariam says that she loves Australia. She said the friendliness of the people, the lovely wide countryside and the good food makes it a great part of the world. Her best Aussie meal so far has been Alan Cole's roast lamb.



Mariam Abouleish and Dr Mary Cole checking the temperature of a thermal aerobic compost pile.



Mariam and Dr Cole in front of a picture of lush growth in the desert at SEKEM in Egypt.



Bunyip Fire Brigade

MEMBERSHIP IS FREE!

Did you know?

CFA volunteers fulfill many different non fire fighting roles from community education, admin support through to support in our Incident Control Centre's during major fires and other incidents. There are many roles and many opportunities.

For more information call Brigade Support Officer Lisa Hicks on 0409 401 437.

JOIN THE CFA TEAM

Bunyip Fire Brigade are looking for community minded men and women who are ready to join an exciting team of volunteers who protect the Bunyip and surrounding communities in a range of different ways.

Our volunteers come from all walks of life. They have diverse backgrounds, interests and skills.



SKILLS AND EXPERIENCE

You don't need to have experience to join the Brigade. We will provide you with the skills you need depending on the role you choose. CFA volunteers attend nationally recognised and accredited training courses that could include:

- Basic Fire Ground Practices
- Pump Operation
- Radio Communication
- First Aid
- Leadership Skills
- CFA Community Education Program



TIME COMMITMENT

Your level of commitment will depend on your personal availability. Commitment to the Brigade simply requires time and skills that you can afford to give.

"Don't Just Live Here – Help Protect It"

FREE VOLUNTEERING INFORMATION SESSION

Date: Tuesday 28th March 2017

Time: 7:00 pm to 8:00 pm

Place: Bunyip Fire Station

The best way to find out all you need to know about volunteering with CFA is to come and meet current members and ask questions over a light supper. We look forward to seeing you on the night!

Influenza – the flu

By © MIMS Australia, 2017



19 HIGH STREET, BUNYIP (03) 5629 5407

Monday to Friday 9:00am to 5:30pm;
Saturday 9:00am to 12:30pm; Sunday Closed

What is influenza?

Influenza, usually shorted to 'flu', is a viral infection of your nose, throat and sometimes your lungs. Special care is need if children, the elderly or those with other health problems have flu, as influenza can cause severe illness in these populations.

The flu is usually not dangerous for a healthy person, but from time to time, new strains emerge that can cause serious illness and death even in healthy people.

While a log of illnesses with cough, runny nose, fever and headaches are called 'flu', influenza is a specific illness cause by influenza virus. Most illnesses that are termed flu' in everyday language are NOT influenza.

How did I get influenza?

Viruses that cause influenza are always around us. They constantly changes, so having had the flu before doesn't stop us getting it again. Influenza frequently occurs in epidemics, not commonly in autumn and winter. Sometimes when a new strain emerges it can spread across the globe – a so-called pandemic. The virus is very infectious and is spread from person to person by direct contact, touching contaminated objects or the fine droplets that are shot from the nose and mouth when you cough or sneeze.

What does influenza feel like?

Typical influenza in adults is characterised by the sudden onset of chills, fever, headache, weakness, cough, and generalised aches and pains (especially in the back and legs). You may also have a runny nose, sneezing and sore throat.

Occasionally the infection spreads to the lungs, causing bronchitis or pneumonia. This is more likely among the elderly, heavy smokers, people in poor health ad people with asthma or other chest complaints. Children may complain of abdominal pain, nausea and vomiting, and appear generally unwell. The illness typically last up to a week, but fatigue and cough may persist for longer.

What make influenza better?

Rest until you feel better and the fever goes. Drink at least eight glasses of fluid (such as water, fruit juice, cordial, ice blocks) a day. This is very important when you are sweating ad feverish. Avoid drinks such as tea, coffee or alcohol as they dehydrate you even more. Fresh lemon juice mixed with honey, some hot water and a little olive oil, shaken well and

then sipped, can soothe a sore throat or dry cough.

Try eating only light food when hungry.

Take medicine for the fever and pain. Do not give children aspirin. Ask you chemist for children's paracetamol, and follow the instructions on the bottle carefully. Antiviral medicines are also available, which can reduce the amount of time you are unwell. This medicine needs to be taken within 48 hours of getting the symptoms of the flue (aching joints ad fever) to be effective. However, most people get better without taking antiviral drugs.

How can my doctor help with influenza?

See your doctor if your influenza has not improved after four days or if you are elderly or have other long-term health problems. Young children with flu also need to see their doctor. Influenza is caused by a virus, so antibiotics do not help unless you get a bacterial infection following the flu which sometimes happens. If you see your doctor within 48 hours they may prescribe a specific antiviral medicine.

Influenza vaccines

Being vaccinated against influenza is recommended for people who want to reduce the likelihood of becoming ill with influenza. You should get advice from your doctor about whether influenza vaccination is recommended for young children. If you are at high risk of getting influenza, more likely to have complication or are in an essential service (such as police or hospital workers) your doctor may strongly recommend you have an influenza vaccination. Influenza vaccination is provided free for anyone over 65, for those who have long-term health problems and Aboriginal or Torres Strait Islander people over 50. The influenza vaccine will improve your chances of not getting the flu, but does not give 100 per cent protection.

New vaccines are made each year, depending on the type of virus that is around. They are generally released for use at about the beginning of March, and to maintain protection, you should be vaccinated every autumn. Influenza vaccines should not be given to babies under 6 months, people who have extremely severe allergies to hen's eggs, or who have had bad reactions to a flu vaccine before. Pregnant women should discuss the advantages and disadvantages of vaccines with their doctor.

The material provided by MIMS Australia Pty Ltd is intended for Australian residents only.

Discover herbal medicine

By Robert Jacobs, Naturopath

As a follow on to my previous article in the February edition, I have decided to further discuss the preparation of herbs.

Before I start about herbs, my attention has been drawn in recent weeks to the media attention being paid to the efficacy of vitamin and mineral supplements that are available to be purchased over the counter. As a naturopath, I have been trained in the knowledge, prescribing and side-effects of nutritional supplements. I think it is important for a person to seek professional advice before purchasing and taking vitamin and mineral supplements. Also, like everything in life, cheap may not mean better.

Most of the supplements that I prescribe and dispense are “practitioner only” products. There has been a lot of research done in to the effectiveness and dosage of these remedies, and as a practitioner we know that they are both effective and safe.

Preparation of herbs

Years ago, infusions and decoctions were the way that herbs were prepared, so I will explain what they are. Today, I feel that there are safer and more effective methods of preparing herbal medicines.

Internal remedies

Infusions

Infusions are as simple as making a pot of tea. Place the herbs in a pot, pour boiling water on them, and let steep for 15 to 20 minutes. This can then be drunk hot or cold. These are very easy to prepare but are not very accurate in terms of dosage, and this technique does not extract the very important active ingredients such as volatile oils. Infusions are used with herbs when their leaves, flowers and green stems are required.

Decoctions

Decoctions are made from plants that are hard and woody. Roots, rhizomes, bark, and nuts etc. Place the parts of the plant required into a saucepan of water and boil. Cook for 10 to 15 minutes, and then strain into a container. Again, the disadvantages are that the volatile oils are not extracted properly and dosage control is not great. Both of the above techniques do have the advantage that you can put several herbs into each mixture.



Liquid extract

While the traditions of herbal medicine remain constant and consistent, preparation techniques have advanced significantly. The herbs that I use are prepared in a cold percolation method using the raw ingredient, be it fresh plant, dried plant, rhizome, root, etc., so that all the active ingredients of the herb are extracted and tested with a process called “Thin Layer Chromatography”. This is very accurate and allows us to correctly identify a plant, stops adulteration, and it enables us to know the specific dosage and correct therapeutic value of the given herb. These are called liquid extracts. These extracts have the advantage of being able to blend several herbs into one bottle, accuracy of dosage, and only small amounts are required for a therapeutic dose.

Tablets

Herbal tablets are extremely effective and again have quality control, but they are what they are, so don't have a lot of flexibility.

Capsules

Similar to tablets, usually made of bark and roots.

There are many “practitioner only” herbal tablets and capsule combinations that are extremely effective and easy for the patient to use.



The NDIS is coming soon!

By Bryan Whelan

The NDIS (National Disability Insurance Scheme) will soon be coming to the West Gippsland area. The NDIS is a new way of providing individualised support and services for eligible people living with a permanent and significant impairment.

According to the NDIS website, it will commence in the Baw Baw Shire soon after the 1st July 2017, and in the Cardinia Shire from 1st September 2018.

If you wish to find out more, you can visit www.ndis.gov.au/about-us/our-sites/VIC.html#who.

The NDIS assists people who are under 65 years old, are an Australian Citizen and need some help because of their disability. It can help with aids and equipment, assistance in the home, and changing access arrangements to the home.



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To find out more about access requirements you can visit www.ndis.gov.au/people-disability/access-requirements.

If you think you may be a possible candidate for NDIS, I would encourage you to start looking in to it now so you will be ready by the time it commences in your area. You can also subscribe to the NDIS newsletter from their website. This will keep you informed of latest developments and events.



Local landmark upgraded

By Roman Kulkewycz

The members of the Mt. Cannibal and District Preservation Group Inc. and The Friends of Mt. Cannibal Flora and Fauna Reserve have had the wooden signs at the reserve rejuvenated and repainted by the Bunyip & District Men's Shed.

The Cardinia Shire has also assisted by upgrading the car park, renovating the toilet block and installing a car counter to accurately gauge the usage of the Mt. Cannibal Reserve.

Local residents have been working to preserve the beautiful Mt. Cannibal walk and protect the rare orchids growing in a natural environment on its slopes. Residents are intent on protecting the area from the development of a stone quarry as their neighbour.

Member of the Mt. Cannibal and District Preservation Group Inc., Bill Pearson, encourages locals and visitors take a walk on the reserve and take in the beautiful views. "We are very fortunate to have such a rare local landmark." Bill said.

A cheque for \$100 was presented to Bunyip & District Men's Shed President, Bob Hamilton, for their work and assistance.

Photo by Roman Kulkewycz

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(Far R) Bill Pearson presents cheque to Bob Hamilton with Men's Shed members (L-R) Michael Conyers, Roger Dickinson, Alan Berry, Simon Robins, Dave Armstrong and Dave Everett looking on.

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Community profile... David Johnston OAM

By Roman Kulkewycz

On Australia Day, 26th January 2009, David Johnston was awarded the Order of Australia Medal (OAM), one of the highest awards an Australian citizen can receive. He was awarded "For service to music and the community, particularly through organ performances, installations and restorations and fundraising events".

David and his partner Jo-ann live in Bunyip and can be seen on most mornings taking their Cavoodle (a cavalier / poodle cross) dog Bessie for a walk. A highly respected and accomplished organist, David is well known and loved in professional music circles and we are fortunate to have David as one of our "locals". I have been privileged to see David perform on a couple of occasions. What an entertainer!



David Johnston pictured here playing the church organ at St. Thomas' Anglican church in Bunyip.

David never wanted to be a professional musician. He was born in to a musical family, and his father Bill was an accomplished classical organist. Bill's first attempts to teach him music were futile. As five year old David thought he knew far more about music than his father with all his qualifications. Besides, he couldn't stand those awful things called 'organs' in churches. Even at the age of five he had a desire to do things his own way – something he has become renowned for in later life.

His love of organs came about whilst playing "radio stations" with the family gramophone, and using his father's collection of records that included much theatre organ material. It was then that he thought,

"Now if I could play an organ that sounded like that, I wouldn't mind being a theatre organist!"

It was during his school days at Haileybury College in Brighton that he received his only formal musical education – seven years on the bagpipes, which eventually led him to becoming Pipe Major of the School Band.

With his legs now long enough to reach the organ pedals, he reluctantly took a few organ lessons from his father. However this was only an excuse to get access to the church organ so that he could practice his 'popular' style of organ playing when no one was listening. Playing popular music in church was frowned upon in those days, and organs in homes were very rare.

Haileybury College was growing rapidly and a new assembly hall was built with a pipe organ, and David became school organist. Such was the growth of the school that an annual Speech Night had to be held in a local cinema, the Dendy Theatre, and an electronic organ was obtained for the occasion. The theatre manager was so impressed with David's playing that he invited him to play for several more nights before the organ was returned.

This was the first of many occasions at the Dendy when an electronic organ would be used, usually with David at the console. It was also during his school years that he developed a love of jazz, still his favourite form of music.

Still determined not to be a professional musician, he commenced studies in Electrical Engineering at RMIT. At about this time the Theatre Organ Society of Australia (TOSA) was formed and David was one of the first members. TOSA had recently purchased the Wurlitzer organ from the Capitol Theatre in Melbourne and had commenced its refurbishment. David put his electrical knowledge to work and took charge of the rewiring of the organ. When it was eventually installed in the Dendy Theatre, he became their first Resident Organist.

Completing his studies, he combined his musical and technical knowledge by working for numerous organ companies, demonstrating and selling their products as well as understanding the technical aspect. In 1969 he was appointed organist to the "Carols by Candlelight" at the Sidney Myer Music Bowl – a position he held for 23 years.

Community profile... David Johnston OAM (cont'd)

With changing technology he commenced further studies in Electronic and Computer Engineering, at the same time pursuing another love – that of theatre – playing in numerous theatre restaurants and other venues, as well as regular concerts in theatres, concert halls and town halls throughout Australia, New Zealand and the US. He still has a keen interest in live theatre, and is the Patron of MLOC (Mordialloc Light Opera Society).

David's love of theatre introduced him to the silent movie. Combined with his love of theatre, theatre organs and creative music, he is considered to be Australia's finest exponent of accompanying these movies, and has composed and recorded several scores for Australian movies restored by ScreenSound Australia.

With interests lying in many fields, David has played regularly in churches for over 40 years, and he holds a pilot's licence with Command Instrument Rating – a rare achievement for a private pilot. He works tirelessly for the Theatre Organ Society in playing, promoting and refurbishing theatre organs, and is a past President.

In 2005 and 2007 he completed two 100 km bike rides to raise money (over \$5,000) for a new theatre organ in Warragul. What a great achievement!

Computers have always been an interest of David's, and the application of computers in music fascinates him. He is continuing to further develop these skills and is now producing his own recordings of his original interpretations of many styles of music on organ and keyboard.

In 2008 he was admitted in to the Australian Society of Cinema Pioneers as recognition of his work with the cinema industry, especially his work in playing, promoting and composing musical scores for early Australian silent movies.

For the past 10 years David has been a regular guest organist with Jonathon Welch, an Australian choral conductor who has lead some of Australia's finest community choirs, including the internationally renowned "Choir of Hard Knocks" that comprises of homeless and disadvantaged singers from Melbourne.

For some 40 years he has been a regular performer on the Grand Organ of the Melbourne Town Hall. In 1990 he served on the Committee to restore and refurbish this magnificent instrument.



David with the Grand Organ in the Melbourne Town Hall.

For one who never wanted to be a professional musician David has accomplished a great deal.

David and Jo-ann's interests centre mainly around music; they are in constant demand for their Silent Movie shows. Jo-ann also plays the organ and is a great help when preparing for a concert as she is able to play the organ whilst David listens to the sound in the auditorium. In this way she has been able to play some of the world's biggest and best organs, with her favourite being the Melbourne Town Hall Grand Organ. Jo-ann is also completing studies in to the effects of alcohol and other drugs on family members.

The couple loves travelling and "the great outdoors", especially bushwalking in Tasmania and snow skiing at Mount Buller. In the past 10 years they have completed two white water rafting trips on the Colorado River through the Grand Canyon.

"After a life of city living, we really felt the need to get out of the city and move to the peace and quiet of the country. We came across our present unit in A'Beckett Road by accident, coincidentally almost next door to the only person we knew in the town, Elizabeth Izzard. Elizabeth and her late husband Len were originals in the area. We still have a unit in the city and consider it to be a great privilege to have both a town house and country estate!"

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There is no prescription required and vaccination is by appointment only; charges apply.

The date the supplier can guarantee stock is yet to be confirmed, but it will hopefully be in April, at which time the nurse will be available at the pharmacy for vaccinations.

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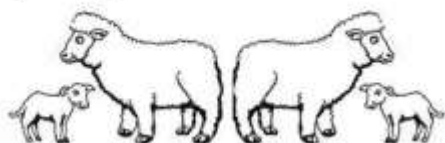
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For further information or enquiries
about price, please call 03 5629 5582.



WANTED Hall Hire in Bunyip

Responsible trainer urgently needs hall for
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Monday and Wednesday nights.

Hall will be left clean and tidy, and references
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14ft 1981 Millard Poptop Caravan

Including new timber kitchen and Waeco
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Annex and many more extra's all in good
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\$5,000

Can send photos by email. Phone Clint on
0458 974 131 or clint.diston@hotmail.com.

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✓ 5 x hand drawn curtain tracks
– assorted sizes **\$10 each** or
\$30 for all

✓ 2 x Uniden cordless phones in working order
\$10 each

✓ 1 x Reverse Cycle Refrigerated 4-in-1 Air
Conditioner, Dehumidifier, Heater 10000BTU
with remote for **\$150**

Phone Clint on 0458 974 131

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Sunday 26th March
 FOR THE COMMUNITY **Bunyip** BY THE COMMUNITY
Community Market
 Last Sunday of Each Month
 TONY 0407 563 441 **9 AM TO 2 PM** ROMAN 0417 360 783
 BUNYIP FIRE BRIGADE TRACK

 **Uniting Church Drouin - Bunyip Parish** 
CAMERA CLUB
 1st and 3rd Thursdays from 4 pm
 at Bunyip Church Hall, 9 Nash Road, Bunyip
 For further information, please contact
 Margaret on 03 5629 2318

Thank you to the community and district for their continued support
 **Bunyip Community OP SHOP inc**
 7 High Street, Bunyip
 Ph: 03 5629 6117
Monday to Friday 9.30 am to 4.30 pm
Saturday 9.30 am to 1.00 pm
ALL DONATIONS GRATEFULLY RECEIVED
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Enquiries: Diane 03 5629 4250


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 packed full of great bargains. Within our walls
 you will find lots of hidden treasures including
 clothing, shoes, toys, books, bric-a-brac,
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 Run by volunteers with all profits being directed
 back into the local community.
 Mon-Fri 9:30am-4:30pm, Sat 9:30am-12:30pm, Sun closed
 59 Nar Nar Goon-Longwarry Road, Garfield 

 **Uniting Church Drouin - Bunyip Parish** 
BUNYIP MEDITATION GROUP
 Every Thursday from 11 am to 12 noon
 Meditation classes are held every Thursday
 morning in Bunyip. If you are interested in
 attending, please contact
 Fred on 0439 247 253 for further details.

 **Walking**  **Meet at Uniting Church Car Park, Nash Road**
 Every Wednesday a brisk walk from
 11:00am or 1:30pm for slower walkers
 Walking on a regular basis can help improve your overall
 health and wellbeing, and reduce stress levels. As a bonus
 it's a fun to spend time with family and friends, and a great
 way to meet new people. For all ages and dogs welcome.
 For further information please contact
 Erica Ponting on 0428 595 639

 **Uniting Church Drouin - Bunyip Parish** 
MORNING / AFTERNOON PLAYGROUP
 Every Thursday from 10:00 am to 11:30 am
 and 1:15 pm to 2:45 pm
 at Uniting Church Hall, Sinclair Street, Drouin
 For further information, please contact
 Annie on 0410 046 239; Sue on 0428 254 568; or
 Margaret on 0418 854 498
 (Playgroup is closed during school holidays)

REMINDER
PRIVATE PROPERTY 
 The grounds and walking tracks of
 Hillview Bunyip Aged Care are private
 property, therefore would
 unauthorised persons please refrain
 from using these areas.

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

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



Happy birthday to you...

Congratulations to Carmela Pisa on her 90th birthday. Wishing you a wonderful day.

Love from Tony and Carmelina Arrigo, Vittoria Arrigo, and Frank Arrigo and family, and Mimma Arrigo and family.

Bunyip Fire Brigade Tuesday 28th March
Information Night 7:00pm to 8:00pm



Do you have a passion to help others and a desire to be the best that you can be? Bunyip Fire Brigade is now recruiting members. You might think that you have nothing to offer, but everyone has a skill that can be utilised in assisting the brigade in its activities. If you're interested in helping in protecting our community then please phone John on 0407 357 422 or Simon on 0411 535 075.

Ian

Bobbie & Laurie are back!

Ian and Laurie will be playing

Music on the green

St Thomas Hall Bunyip

Sunday 26th March 4pm-6pm

Gold coin donation. Bring your family, chairs or a picnic rug. Light refreshments provided.



Night Owls

Welcome New Members

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

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

Come along - all welcome!

REGIONAL OWL PRESENTATION / SURVEY

When: 7:30pm, Thursday 30th March

Where: Tynong Nth Community Hall, cnr Clark Rd and McInnes Rd, Tynong Nth

Hoo-hoo: Everyone is welcome to come and join in this wonderful citizen science opportunity!

More Info: Visit www.friendsofmtcannibal.weebly.com

Friends of Mt Cannibal Flora and Fauna Reserve are proud to host local owl expert Ed McNabb for an owl slideshow presentation and information on how you can participate in the survey activities which include recording owl calls, locating nesting and roosting sites and learning all things OWL! See you there!



healthy waterways
Waterwatch Program

TOADLETS IN TYNONG

Frog friendly land management in Westernport

Want to know the best way to manage weeds without impacting your amphibian neighbours? Join Cannibal Creek Landcare and Melbourne Water for a night of frog filled fun.

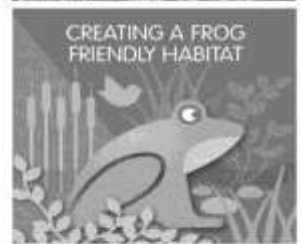
Hear all about frog friendly land management from Nathan Taylor of Habitat Creations.

Then learn all about the threatened Southern Toadlet, including where they have been found in Westernport. Followed by a nocturnal survey at a local property - bring your torches and sturdy shoes!

Above Southern Toadlet photo by Peter Robertson



CREATING A FROG FRIENDLY HABITAT



INVITATION

When: Friday 21st April
6:30pm-8:30pm;
BBQ at 6:00pm

Where: 426 Tynong North Road, Tynong

Cost: FREE

RSVP: By 14th April
email cannibalcreeklandcare@gmail.com or
phone 0407 876 935

Anzac Day Services



Saturday 22nd April

10:30am Bunyip Junior Football Club at the Bunyip Football Club grounds

Tuesday 25th April

1:00pm Cenotaph in Main Street Garfield

2:00pm Cenotaph, Main Street Bunyip - followed by march to Bunyip Hall for a concert and afternoon tea. All community groups are welcome to march behind Ex-Service Personnel and band.

Tuesday 26th April

11:00am Hillview Bunyip Aged Care

For further information contact
Dave Papley on 0438 295 568.



**Bunyip RSL
Sub Branch**

Colin Teese
President
Dave Papley
Secretary

SERVICES AT ST THOMAS' ANGLICAN CHURCH BUNYIP



Sunday @ 9:30am Sung Eucharist
followed by morning tea

Wednesday @ 11:45am Eucharist with hymns
followed by lunch

2nd Friday in month Hillview Hostel

*St. Thomas' Anglican Church is open for quiet, for prayer
and meditation every day.*

MUSIC ON THE GREEN

Sunday 26th March 4 pm to 6 pm
Music from Laurie Malcolm and Ian Chatfield
held on the green outside the church.



UPCOMING EASTER SERVICES



GOOD FRIDAY
Friday 14th April 9:30 am
Hillview Bunyip Aged Care
11:00 am

EASTER DAY
Sunday 16th April 9:30 am
The joyous celebration of the
Eucharist. Please bring bells
to ring on Easter Day.
Easter egg hunt in church
grounds after the service.

PALM SUNDAY
Sunday 9th April 9:30 am
Procession of palms and
Eucharist of the day.

LAST SUPPER
Thursday 13th April 7:30 pm

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



Uniting Church Drouin -
Bunyip Parish



DROUIN – BUNYIP – LONGWARRY – GARFIELD WORSHIP SERVICES

Minister: Pastor Margaret Callaghan

Date	Time	Location
Sun, 19 Mar	9:00 am	Longwarry Union Church
	10:30 am	Drouin Uniting Church
Sun, 26 Mar	9:00 am	Bunyip Union Church
	10:30 am	Drouin Uniting Church
Sun, 2 Apr	9:00 am	Garfield Uniting Church – 'Holly Communion'
	10:30 am	Drouin Uniting Church
	5:00 pm	Drouin Church Hall – 'Families at 5' – Messy Church with Fun, Food, Faith, Friends
Wed, 5 Apr	1:30 pm	Amberlea Aged Care
Sun, 9 Apr	9:00 am	Bunyip Union Church
	10:30 am	Drouin Uniting Church
	7:30 pm	'Songs of Praise'

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

SERVICE LOCATIONS

Amberlea Aged Care, 5 Pearson Rd, Drouin
Bunyip UC, Cnr Nash Rd and Flett St, Bunyip
Drouin AC, 132 Princes Way, Drouin
Drouin UC, 7 Sinclair St, Drouin
Garfield UC, 13 Garfield Rd, Garfield
Hillview Aged Care, 22 Abeckett Rd, Bunyip
Longwarry UC, 7 Drouin Rd, Longwarry
Lyrebird Village, 8 Neerim St, Drouin



IONA-MARYKNOLL CATHOLIC PARISH

Phone: 03 5942 5293

Email: ionaparish@dcsi.net.au

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

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

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

SERVICE LOCATIONS

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

*He is not here;
he has Risen!*

*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

Date	Time	Location
Palm Sunday 9th April	9:00 am	Bunyip Union Church
	10:30 am	Drouin Uniting Church
Maundy Thursday 13th April	7:00 pm	Drouin Uniting Church
Good Friday 14th April	9:00 am	Longwarry Union Church
Easter Sunday 16th April	6:30 am	Drouin Recreation Reserve – Ecumenical Sunrise Service. Service will be held under a viewing canopy, even if weather is wet. Some chairs will be provided, but please bring a folding chair and if it is cool a rug. Refreshments will be provided after the service.
	10:15 am	Drouin Uniting Church



Uniting Church Drouin -
Bunyip Parish

Bunyip Tennis Club Inc New

Our new clubhouse to be shared with Bunyip Netball Club was officially opened on Thursday 2nd March.

The Mayor of Pakenham, Brett Owen, and both club presidents (Chris Mathisen for tennis and Tracie Wright for netball) all spoke briefly and then a lovely afternoon tea provided by the two clubs was shared.

The summer season of tennis is drawing to a close and plans for the winter season are underway.

We have six junior teams going in to the finals and the junior presentation evening will be held on the day after the Grand Final, **Sunday 26th March**. As this is also Bunyip Show Day the **Finals Presentation** will not commence until 4:15pm.

One of our Wednesday night teams has made the final series which started on Wednesday 8th March.

Our Monday and Tuesday night **Social Competition** has been a huge success this season with eight teams playing each week. The final series kicks off on Monday 20th March with the **Grand Final** being held on **Saturday 25th March**.

Anyone interested in playing tennis through terms 2 and 3 should contact those listed below prior to Friday 31st March.

Monday Night Social Competition (may also include Tuesday night depending on numbers).

For more information please contact Chris Dicker on 0448 167 620 or email 2easy@dodo.com.au; or Helen Ros on 0411 274 025 or email heleninbunyip@gmail.com.

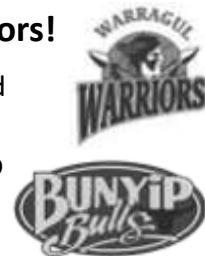


Wednesday Night Interclub Competition (WGTA) call Ian Balfour on 0429 233 028 or balfour@dcsi.net.au.



Bunyip Bulls Young Gun Warriors!

Congratulations Tijana and Emilia and the U10 Warragul Warriors Squad. A little over eight weeks ago the Bunyip girls attended U10 try-out sessions for a place in the squad, with both girls cementing a place after some very good and hard training sessions.



The squad team was formed and Coach Azz put the girls through some fantastic drills and fun sessions, with the girls striking up new friendships in preparation for the tournaments ahead.

Over the weekend Tijana and Emilia travelled to Traralgon to compete in just their second tournament with success winning all 7 games and elevating them to U10 Premiers. An amazing effort, and a fabulous experience for the "Young Warriors Squad". The girls are now looking forward and excited about the next tournament.

Bunyip Bulls are very proud of Tijana and Emilia. Goodluck... Dream big girls! Go Bulls!



Coach Azz with premiers Young Warriors Squad.

Bunyip-Garfield Probus Club

We were lucky to have a very informative guest speaker at our first meeting for the year.

Damian McKenna from Duffy and Simon explained the difference between Power of Attorney, Enduring and Medical as well as the importance of making a Will.

Damian was able to answer many of our questions which we all appreciated.

A group of us went to Warragul to see the heart warming film Lion before having lunch at New Masons.



Netball Club President Tracie Wright (with ball), and Tennis Club President Chris Mathisen (with racquet) with Mayor of Pakenham Brett Owen (FR) in front of new club house.

Bunyip Bulls Basketball Club
2017 Winter Season
REGISTRATION NOW OPEN
for all junior players (U10s–U19s)



The link to register can be found on our Facebook page in the feeds or the homepage of our website www.bunyipbullsbasketballclub.teamapp.com.

Fees this season are set at \$120 per person. Payment will be required at the time of registration and fee subsidy will be applied to the 3rd and 6th child to register in the same family.

For 5 to 8 year olds, Bunyip Bulls will be starting up an *Aussie Hoops* program in the next few weeks. Keep an eye out on our Facebook page, website and Teamapp for further updates.

For more information on how to join the Bunyip Basketball Club 03 5629 5237 or send email to bunyipbullsbasketballclub@gmail.com.



Bunyip Netball Club

The Bunyip Netball Club invites children between the ages of 5 and 10 years to participate in our 10-week NetSetGo program.

The NetSetGO program has been specifically designed for children aged 5 to 10 to participate in activity and skills sessions along with modified competition before joining a junior netball team.

The cost for the 10-week program is \$85 per person which includes Netball Victoria registration and a participation pack which is sent direct to your home address upon registration.

The program will commence on **Wednesday 26th April 2017 at 5:00pm** at the Bunyip Netball Club new club house.

Online registration will be open 10th March 2017 via link below.

www.netball.resultsvault.com/common/pages/noauth/olregstart.aspx?type=6&entityid=44657&fl=1&id=27467

Bunyip Football Club

Youth and Women's Open Teams for 2017



We want you, women and youth football has come to Bunyip Football Club and has also hit Melbourne by storm in the last few weeks with some great matches being televised.

We have training and fitness sessions Monday, Wednesday and Saturday.

You don't have to be an athlete, just keen to give it ago and you will be shown the art of playing football. Like us on Facebook to keep up with all training details and upcoming events.

For more information contact Steve for Junior football on 0475 513 854 or Shelby for Women's Open on 0408 003 366. You can also visit our website at www.bunyipfootballclub.teamapp.com.



Or in turn go to www.netsetgo.asn.au and search for 'Bunyip Centre'.



BUNYIP NETBALL CLUB INC

For any further regarding the program or registration please contact Tracie Wright on 0417 346 528 or email bunyipnetballclub@bigpond.com.



Visit our website at www.bunyipnetballclub.teamapp.com.



Bunyip Country Women's Association News



At the recent Ficifolia Festival held in February at Drouin by the Latrobe Central Group of the CWA, the ladies of Bunyip CWA acquitted themselves very well. Although small in number, Bunyip made up for it with originality and creativeness.

The Group Presentation Table was won by Drouin, however Bunyip came third.

The following Bunyip ladies were very successful in various sections with firsts going to Lorraine Stephenson, Wendy Earwicker, Liz McComb, Michelle Lindsay, Lorraine Elliott, Doris Hogben, and Elizabeth Peggie, who won 'Best Art' and 'Most Successful Overall Exhibitor' categories.

A great weekend was had by all and a special thank you to Wendy Earwicker for all her overall hard work.

The Bunyip CWA meets at the Eileen Dawes Activity Centre at Hillview Bunyip Aged Care on the 4th Friday of each month.

Craft starts at 10 am, then the meeting commences at 1 pm with cups of tea provided.

New members are always welcome!

If you are interested in joining the CWA email bunypcwa@gmail.com or visit www.cwaofvic.asn.au.



Bunyip's Group Presentation Table won third place.



First prize winner Elizabeth Peggie's entries and awards.

Garfield Auskick

By Roman Kulkewycz

About 40 youngsters, some as young as 3 years old attended the first day of Auskick at the Garfield Reserve last Thursday. As well as the official trainers there was a good representation of keen parents – all keen to see their future AFL champions develop into great footballers.

Photo Roman Kulkewycz



5 year old Stella from Bunyip getting into the football spirit.

Bunyip & District Community House



Rotary Club of Bunyip–Garfield



Over the past month the Rotary Club has been busy with its Annual Charity Golf Day which was held on 1st March at the Garfield Golf Club. This event was very well attended with over 70 players teeing off in beautiful sunshine.

The profit made on the day will go to supporting Rotary projects in the local area and overseas. A very big thank you to our sponsors Bunyip & District Community Bendigo Bank® Branch, John Duff & Co, Country Style Meats Garfield, Garfield Golf Club and The Golf Clearance Outlet in Fountain Gate.

The club recently celebrated International Women's Day with our guest speaker Bec Singleton. A Garfield resident, Bec is a chef by trade, and was the club's representative at the RYLA Camp held recently in Northern New South Wales.

The Rotary Youth Leadership Award (RYLA) is a residential camp unlike any other. Over seven days, participants were immersed in a program covering leadership, self, community and other related topics. Bec spoke about how the camp changed her outlook towards setting goals, helping others and being the best that you can be. Well done Bec, the Rotary Club of Bunyip–Garfield was pleased to assist.

The final community Automated External Defibrillator (AED) training session will be held on 2nd May at the Tynong Fire Station. This free training session is open to all community members and provides people with the confidence and skill to use an AED in the event of a sudden cardiac arrest.

Ever thought about joining a community group? Why not join Rotary? For more information about how, please call John on 0407 357 422.



Thank you to our sponsors of the Annual Charity Golf Day.



Bunyip Fire Brigade – ready to serve

In 1942, members of the Bunyip community got together and decided to formally register a fire brigade and the Bunyip Fire Brigade was born. This occurred because a number of like-minded people believed that they help and assist the town by protecting it from fire.

Well in 2017 we are again asking the people of Bunyip and the surrounding district to rally together and become a member of the largest volunteer fire fighting force in the southern hemisphere.



Bunyip Fire Brigade is currently recruiting members to assist in its activities. Unfortunately in recent times we have not been able to crew a vehicle to attend to emergencies on two occasions. This means that people's lives are put at greater risk.

On **Tuesday 28th March at 7:00 pm** the brigade will be holding an **Information Night** for community members. Why not pop in and have a look at what we do? You may think that you have nothing to offer, but that is not the case. Each and every one of you has a skill that can be utilised, a passion to help others and a desire to be the best that you can be.

CFA conducts free courses to assist people in developing their skills, so why not make some enquiries. If you're interested please phone John on 0407 357 422 or Simon on 0411 535 075.

**Fire Restrictions are still in place.
Please do not burn off until these are lifted.**

Dial 000



Colour me in

Kindly created by
Zach Jacobs

Happy
Easter



From the Editor...

The hunt for Longwarry's Automated External Defibrillators (AEDs)

I recently tried finding details on AEDs in Longwarry. After searching the web for quite some time, I was unable to find any information on how to locate the closest AED to me. I did however come across the Australia Wide First Aid website (www.australiawidefirstaid.com.au/forget-symptoms-wheres-defib), which advised me to contact my local council.

So I contacted the Baw Baw Shire Council and a very helpful Customer Service Officer, Raymond, informed me that he was unsure as to whether the council had a list, but suggested calling Ambulance Victoria and the CFA. He also said he would get someone to call me back; which they did and confirmed there was no list.

So I called Longwarry and District Fire Brigade who informed me there was a defibrillator at the station. Yay! Then I contacted Ambulance Victoria to find out if there were other AEDs in Longwarry. I was told that they could not tell me where any AEDs were

because they were currently developing a search option for their website, due to be released in April sometime. They were in the process of confirming AED contacts, so for legal reasons couldn't say. I asked if they were going to do a mobile app like Tasmania and New Zealand, but the operator said she did not know. Considering it took me over an hour to get to this point, I was pretty glad I wasn't in need on an AED! She did tell me when I asked who could give me the **closest AED location to call 000**.

So it turns out I learnt a few things from this exercise. Firstly, many of these locations are subject to operating hours. Secondly, public access AEDs generally have a key and you need to call the contact to get access. Third, you don't need to know how to use an AED as instructions are on the box. Fourth, using an AED within the first 3 to 5 minutes of a person suffering a cardiac arrest can dramatically increase a victim's chance of survival.

So please, if the information is incorrect or AED locations aren't included on **page 39**, email editor@bunyipnews.org.au so I can update this important information, as I'm sure you'll agree finding an AED in the quickest time is essential.



Visit our website for further information—www.bdch.com.au



Bunyip & District Community House

Our groups are very social.

JOIN NOW!

Contact Davina or Cathrine

Wednesday 10 am to 12 noon

Thursday 10 am to 12 noon



We have a range of **ART CLASSES** to suit everyone this year at BDCH.

- ♦ Art Class with Karen: Monday 10:00 am–12 noon
- ♦ Art for Adults with Trish, Monday 5:30 pm–7.30 pm
- ♦ Folk Art with Judy, Tuesday 10:00 am–12 noon
- ♦ Art Class for Beginners. New members very welcome:
Tuesday 4:00 pm–5:30 pm
- ♦ Hillview Art & Craft Class with Karen: Thursday
from 10:00 am at Bunyip Hillview Aged Care

Contact Davina or Cathrine for further information.



What do you do with your precious photos and digital photos?

Would you like to know how to make photobooks, calendars, collage prints, gifts and more?

Contact the Davina or Cathrine to register your interest on 03 5629 5877 or email admin@bdch.com.au.

Cuppa & Chat with Rose & Kath Thursdays 1pm–3pm at BDCH

Are you new to town? Have you been here a while and looking to reconnect with the community? Do you know what's going on in our local area?

Call in and have a cuppa and chat with Rose and Kath who are waiting to meet you.



COMMUNITY PLAY TIME is held every Wednesday (during the school term) from 9:30 am at the Bunyip Hall in Main Street, Bunyip. Families are asked to bring a plate of fruit to share for morning tea. If you think that this might suit the needs of your pre-schooler, contact Nic on 0409 544 916 for further information and to register your interest in participating.



IPAD DISCOVERY

Are you thinking of buying an iPad and want to learn more about it? Do you own an iPad and want to put it to better use? Lessons are designed for beginners and will cover the basics to give you confidence using its many features. Includes terminology, personalised settings, apps, camera, photos, email, internet and much more. Contact Davina for further information on 03 5629 5877 or email admin@bdch.com.au.



Community Calendar

MARCH / APRIL 2017

★ Public Holiday

MON	TUE	WED	THU	FRI	SAT	SUN
20	21	22	23 Hillview Mural Working Bee 6pm Hanson Community Meeting	24	25 Bunyip Netball Grand Final (Presentation on 26th)	26 9am–3pm Bunyip Show and Community Market 4pm–6pm Music on the Green
27	28 7pm–8pm Bunyip CFA Information Night	29	30 Hillview Mural Working Bee 7:30pm Regional Owl Presentation	31 6pm Garfield Bowls Club's Twilight Bowls	1	2
3	4	5 x	6	7	8 x	9
10	11	12	13	14 ★ Good Friday	15 ★	16 ★ Easter Sunday
17 ★ Easter Monday	18	19	20	21 6:30pm–8:30pm Toadlets in Tynong	22 10:30am Anzac Day Service at Jnr Football Club	23 x
24	25 ★ Anzac Day Cenotaph 1pm Garfield; 2pm Bunyip	26 11am Anzac Day Service Hillview	27 x	28 x	29	30

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

Local Automated External Defibrillators (AEDs)

BUNYIP

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

GARFIELD

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

LONGWARRY

Longwarry Fire Brigade Station – 15 Bennett St

MARYKNOLL

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

NAR NAR GOON

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

TONIMBUK

Tonimbuk Equestrian Centre – 370 Sanders Rd,
Bunyip North



TYNONG

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

Community Contacts

- A Bunyip Animal Rescue Network**
animalrescue@dodo.com.au or
www.speakforanimals.info/barn2017
Bunyip & District Agricultural Society
Joan Harrison – 0429 550 605
(Meets at 8 pm on 3rd Wednesday at Bunyip Hall)
- C Bunyip Cemetery**
Secretary Karen Rovers – 0499 295 772 or
bunyipcemetery@dcsi.net.au
Bunyip & District Community House
Davina Veenstra – 03 5629 5877 or
admin@bdch.com.au
- F Bunyip & District Fire Station**
1800 240 667 or 000
- H Bunyip Hall Hire**
Sue Anderson – 0407 834 443 or
susananderson@dcsi.net.au
Bunyip Historical Society
03 5629 5966 (Meets bi-monthly)
- J Justice of the Peace (JP)**
Martin F. Sayers (OAM, JP) – 0411 074 468 or
03 5629 5339
- L Bunyip Landcare Group**
Sue Anderson – 03 5629 5587 or
susananderson@dcsi.net.au
Cannibal Creek Landcare Group
Pam Cunningham – 0407 876 935
- M Bunyip Community Market**
Tony Arrigo – 0407 563 441 (Last Sunday each month)
Longwarry & District Fire Brigade Market
Janine – 0419 158 946 (1st Sunday each month –
March to December)
Bunyip Medical Centre
03 5629 5111
Bunyip & District Men's Shed
Secretary Allen Berry – 03 5629 6140 or 0429 296 140
(Meets each Wednesday 9:30 am to 2:00 pm)
- O Bunyip Community Op Shop**
03 5629 6117 (After hours Tony Arrigo – 0407 563 441)
- P Bunyip Playgroup**
Beth Frances – 0421 863 923 or Dave Sempel –
0409 382 631 (Held Wednesday mornings during the
school term)
Bunyip Police Station
03 5629 5205 or 000
- R Bunyip R.S.L Sub-Branch**
David Papley – 0438 295 568
- S Bunyip Scouts Australia**
Steven Agnoletto – 0408 395 792 or agots@bigpond.com
Bunyip & District SES
1800 240 667 or 000

- S Anglican Church of St Thomas Bunyip**
Raelene Carroll – 03 5629 5295
- T Bunyip & District Toy Library**
Hayley – 0400 103 644 (Located at the Maternal Child
Health Centre on Thursday 9:30 am–10:30 am)
- W Bunyip Country Women's Association**
Wendy Earwicker – 03 5629 9241 (Meeting at 10 am to
1 pm on 4th Friday at Hillview Aged Centre)

Community Clubs

- B Bunyip Bulls Basketball Club**
Donna Deken – 0409 193 951
Garfield Bowling Club
Maureen Lamport – 03 5629 6014
Longwarry Bowls Club
Trevor or Judy Eastwell – 03 5623 3631 or
Ken White – 03 5625 4034
- F Bunyip Football Club**
Secretary Gina Dowie – 0422 335 660 or
bunyip.f.c@bigpond.com
Bunyip Junior Football Club
President Noel Mollison – 0438 513 443 or
noelxchloe@bigpond.com
- N Bunyip Netball Club**
Secretary Casey Walker – 0421 903 056 or
bunyipnetballclub@hotmail.com
- P Bunyip Patch Workers Club**
Barb – 03 5629 4326
Bunyip-Garfield Probus Club
Secretary – 03 5625 4350 (Meets at 10 am 1st Tuesday
each month at Garfield Community Hall)
Bunyip Pony Club
Jim Fraser – 03 5629 4358 or Lisa Hocking –
03 5629 5259 (Every 2nd Sunday Pound Road Reserve)
Lillico Pony Club
Bree – 0458 828 782 (Every 4th Sunday Pound Rd Reserve)
- R Rotary Club of Bunyip-Garfield**
Graeme Squires – 0417 105 598
(Dinner meeting each Wednesday at 6:30 pm)
- S Garfield Senior Citizens Club**
03 5629 2586
Bunyip Singers Club
Dorothy Myers – 03 5629 5601
(Meets at Bunyip Hall every Monday 9:30 am)
Bunyip Slimmers Club
Sandra Hogan – 03 5629 9548
(Meets every Wednesday at Bunyip Uniting Church)
Bunyip & District Soccer Club
Adrian Gatti – 0417 590 830
- T Bunyip Tennis Club**
Anne Marie Helmore – 0408 295 626
- U Bunyip Uncle Bobs Club**
Barry Turner – 03 5625 4830

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