

# BUNYIP & DISTRICT COMMUNITY NEWS



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## The Melbourne Cup visits Bunyip this Thursday

#### By Roman Kulkewycz

The Melbourne Cup will visit residents of Hillview Bunyip Aged Care and the Independent Living Units on Thursday 20th October at around 2:30 pm. With well known Australian Race Caller Brian Martin in attendance, Friends of Hillview will be serving a Devonshire Tea. All are most welcome to come along and see the Cup. Thanks to Debra Snelten, Hillview's Diversional Therapist, who arranged the visit.

The Cup and its entourage will tour the district as part of its 14th annual tour of Australia and New Zealand. The \$175,000, 18-carat gold trophy will tour 34 destinations, and since the tour began in 2003 has travelled more than 456,000 kilometres engaging tens of thousands of people.

On Thursday the Cup will ride on Puffing Billy through the Dandenong Ranges, to then arrive at the Cardinia Shire headquarters in Officer for a civic reception before coming to Hillview to visit the residents.

Following the visit to Hillview, the Cup will then travel to Tynong for the Pakenham Racing Club's first night race meeting this season (find details on page 15), then ending the tour at Flemington on Cup Day.







For more details on the destinations of the Cup, visit www.flemington.com.au/melbourne-cup-carnival/emirates-melbourne-cup-tour/

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Picture: Walkers stop outside Garfield Picture Theatre on their way to Morwell.

## Practical steps taken for cooperative factory: Walkers "moved" by Gippsland community support

By Dan Musil, Earthworker Cooperative Secretary

A community group walking from Melbourne to Morwell has been blown away by the support of the Gippsland community over the week of the 'Walk with the Valley', and are in full of awe and gratitude for all who came together to make it possible. It has truly been a show of community strength, and a groundswell of support for an idea.

Supporters of the non-profit community organisation, the *Earthworker Cooperative*, have been walking as part of the 'Walk with the Valley'. The walk aimed to raise funds and build support for a worker-owned factory to manufacture renewable energy technology, providing much needed employment in Gippsland's Latrobe Valley.

The 'Walk with the Valley' concluded in Morwell on Sunday 25th September with a large public celebration in the Tarwin Street Pop-Up Park.

The 'Valley on the Move' celebration was held on Saturday 25th September and featured food, live music, a renewable energy demonstration trailer and activities, as well as speeches from community-members, high-school students and others about the economic future of the Latrobe Valley.

Since the walk launched on Monday 19th September with Father Bob Maguire and a range of speakers at Melbourne's Parliament House, the group walked to Warragul, stayed overnight in Tynong, Bunyip and Drouin.



Picture: Father Bob Maguire and Earthworker's Secretary Dan Musil at the front of Parliament House, Melbourne.

"We've been so pleased by the interest and support of community-members in each of the towns we've passed through, and we've had some great conversations. People are so glad to see that there are practical and community-focused initiatives to deal with the question of jobs, climate change and economic transition in the Valley." said Earthworker's Secretary, Dan Musil.

The walk has raised almost \$20,000, which will help enormously with the Morwell factory (and it's not too late to chip in: www.walkwiththevalley.org). This includes donations from Gippsland residents who have seen the walk or learnt of the project in local media.



Picture: Supporters at the launch of 'Walk with the Valley' at the front of Parliament House. Melbourne.

Passers-by have been particularly attracted to the solar battery trailer accompanying the walkers, which features a powerful and environmentally-friendly sodium nickel chloride battery and fold-out solar panels. Earthworker plans to manufacture these trailers, and solar hot water technology, in its first worker-owned factory in Morwell.

Earthworker is asking the State Government to "meet them halfway" and help them set up the factory, after their own fundraising enabled them to purchase factory equipment and intellectual property.

Walkers made their way to Yarragon on Friday 23rd September, where they co-hosted a forum with the Baw Baw Sustainability Group at 7:30pm on the role of cooperatives in transition for local economies.

"There is so much creativity, vision and pride in this community that is not often recognised, as well as a whole range of skills and resources here. 'Valley on the Move' aims to bring people together to profile many of the initiatives already happening, and to talk about different positive futures for the Latrobe Valley." said Dan Musil.

The festival held on the Sunday 25th September in the Pop-Up Park was followed by a Bush-Dance and concert at the Latrobe Valley Hotel (Morwell). Local band The Corr Boys played along with the Earthworker Bush Band, with all funds raised going towards the first cooperative factory in Morwell.



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Picture: Walkers travelling through the township of Nar Nar Goon.

We'd like to thank all the amazing walkers that participated in 'Walk with the Valley' as without their willingness to join the adventure none of this would have been possible. Their effort and commitment all week was a beautiful demonstration of collective action and care.

Also a big thank you to the enormous effort of the Earthworker organising team in coordinating the mammoth event, especially Anna and Eleanor, and to Phil Cleary, Mark Wakeham and Father Bob Maguire for your support and giving us an excellent send-off at Parliament steps (and in the case of Father Bob, driving down to Morwell just to welcome us on arrival!)

Lastly thank you to all the communities we passed through and who hosted us, especially the folk that kindly let us stay overnight including Peppermint Ridge Native Food in Tynong, the wonderful Sue and John



in Bunyip, St Paul's Church in Warragul, Yarragon Uniting Church Hall, and Wurruk'an in Newborough.

For more information about this event please visit www.earthworkercooperative.com.au or www.walkwiththevalley.org.

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## Daylight savings... not for me

#### By Roman Kulkewycz

One of the favourite chestnuts regularly rolled out of the fire by the proponents of daylight savings is how good it is and that we should make it last longer.

Well dear friends, I beg to differ. I have never liked daylight savings no matter how many times I have tried to convince myself to be of the opinion of the majority who love it.

Originally it was implemented by the Germans to lower fuel costs back in 1916. The theory was that while changing the clocks reduces the use of artificial lighting in the evening but increased use in the morning, the evening reduction outweighed the morning increase.

That might have been all well and good a century ago. But recent studies show that at best, daylight savings reduces electricity usage by 1 per cent. Other estimates, by the National Bureau of Standards in the US suggest it actually has zero effect.

It's also universally acknowledged that clock shifts disrupt our circadian rhythms. Studies have shown that, around the times of the spring clock changes, there are spikes in suicide rates and an increase in the number of recorded heart attacks in the US.

In fact, when Kazakhstan ditched daylight savings in 2005, it cited health reasons.

As one of the minority of people who opposes daylight saving. I get a bit peeved at hearing "What ... are you afraid an extra hour of sunlight will fade the curtains?"

So on Sunday, 2nd October at 2am when we all put our clocks forward an hour, did we fail to consider the key sufferers in this disrespectful approach to linear time.

Farmers have long hated daylight savings. I remember in the early days they lobbied relentlessly against it because the lost hour of the morning meant there was a rush to get to the market (and let's face it ... they have a point). Dairy farmers still hate it because they say the cows never adapt to the new schedule.

What about parents? Well done! You've just managed to get the little ones into a regular routine. You were getting something closer to the 7 hours of sleep per night that you desperately crave. Along comes daylight savings to ensure that you're now being woken at 5am instead of 6am. It's back to the drawing board for you.

Every year you lose an entire hour of your life. The average person lives just 672,000 hours and you just willingly frittered one away.

While we may whinge and complain, daylight savings is here to stay and there's very little we can do about it.

What's your opinion on daylight savings? Email editor@bunyipnews.org.au to have your say.



The national release of rabbit biocontrol measure RHDV1 K5, a variant of rabbit haemorrhagic disease virus, is proposed for 2017. In preparation for the release, landholders and the community are being asked to lend a hand in developing baseline information about rabbit populations before the release, and in reporting any evidence of disease-affected rabbits in their local area.

For more information visit: www.pestsmart.org.au/boosting-rabbit-biocontrol-rhdv-k5-national-release

Landholders and the community are asked to report any evidence of disease-affected rabbits in their local area.

#### Two ways to get involved

- 1. Record rabbit activity in your local area in RabbitScan (www.rabbitscan.org.au), preferably after completing a walked or driven spotlight count of rabbit numbers.
- Report any evidence of rabbit disease in your local area, such as dead rabbits and rabbits with symptoms of RHD or Myxomatosis, and/or submit tissue samples if you can.

### Talkin' Fishin'... bon voyage!

#### By The TackleMan®

Not all of our best and favourite fishing spots are around the corner, many require us to pack and travel distances. Importantly taking our precious and quite often expensive fishing gear with us and whether by plane, train or automobile, safe packing methods will get it there in one piece.

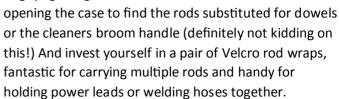
Many a fellow has been close to tears opening his soft fishing rod bag, to find his beloved one piece fishing rod now a two piece, and only good now for staking plants. I see this all the time too, don't travel with your rods sticking up in the boat rod holders, may look to impress but a tree will bring you undone.

Another is to tie surf rods to the roof rack or bars, I've no problem with this, but make sure they're on the driver's side. I've fixed too many customers rods wiped out by the parking sign at the gutters edge... does a great job of stripping guides from rods.

Rod bags do stop the scratching of the rod's finish or guides catching, but offer little other protection. A rod case can be purchased or you can make your own out of high pressure plumbing PVC. Use push on caps with one end glued or larger diameter PVC can fit a screw on the end for multiple rods. Still use the rod bag when in the tube, but remember to put a foam plug in each end as dropped on its end without this will still break a tip.

If your rods are out of sight when you travel, like on a plane trip with airport handling, seal the ends of your rod case with a tamper proof indicator like coloured duct tape.

Check that your rods are still in the case before you depart the airport, as there are many cases of guys getting home and



Reels are best kept in a soft pack or in your bag surrounded by clothing, as parts broken are not easy to get on holidays with weeks expected for delivery. There are many socks lost in the wash, so this is not a problem as the orphan one is now going to live out a useful life as your reel cover, and this will keep dust out and stop the line from piling off the spool.

Like most of us we have tackle box for lures, but leave the big bulky kind behind as the separate flat types are better and pack easily. Other types are a pocketed pouch style that can be easily rolled up, similar to a chisel or knife pouch. And this reminds me of a simple mistake... fishing knives go in the cargo hold **NOT** in your carry-on luggage. I had a lot of explaining to do when I made this mistake and I never saw my fillet knife again. Bigger lures can be simply wrap in waxed sandwich paper and rolled up in a tea towel. You should be able to get a few in there and the wax paper keeps moisture away and prevents them from tangling with each other.

Catcha... and good luck with your next fishing holiday!

HIMAN



Picture: Rod travel tube case.



Picture: Odd sock reel bag.



Picture: Velcro rod wraps.

Picture: Flat type of lure pouch.

### Arthritis in the elderly

## By John Murtagh, Patient Education, 4th Edition, McGraw-Hill Australia

Arthritis means inflamed joints, and there are many types of arthritis. The commonest type is osteoarthritis, which is a problem of wear and tear due to excessive use over the years and to old injuries in the affected joints. Most cases of arthritis are mild, and people cope with it. Arthritis does not necessarily get worse as you get older; sometimes it can get less painful (arthritis in the lumbar spine is a good example of this).

#### What are the symptoms of osteoarthritis?

- Pain, swelling or stiffness in one or more joints.
- Pain or stiffness in the back or neck.
- Pain and stiffness after heavy activity such as gardening or housework or long walks and on getting up in the mornings; light activity might actually relieve some of the symptoms.
- Painful limp in the case of the hip and knee.

#### Which joints are affected?

Osteoarthritis mostly affects the weight-bearing joints such as the spine, knees and hips. The base of the thumb, the ends of the fingers and the big toes are also common sites.

#### What is the treatment?

There is no cure, but there are many ways to make life more comfortable and keep you mobile and independent.

#### Diet

Keep your weight down to avoid unnecessary wear on the joints. No particular diet has been proved to cause, or improve, osteoarthritis.

#### **Exercise**

Keep a good balance of adequate rest with sensible exercise (such as walking, cycling and swimming), but stop any exercise or activity that increases the pain.

#### Heat

It is usual to feel more comfortable when the weather is warm. A hot water bottle, warm bath or electric blanket can soothe the pain and stiffness. Avoid getting too cold.

#### **Physiotherapy**

This can be most helpful in improving muscle tone, reducing stiffness and keeping you mobile.

#### Walking aids

Shoe inserts, good footwear and a walking stick can help painful knees, hips and feet.



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

#### Medication

Aspirin and paracetamol are effective pain-killers. Your doctor may prescribe special anti-arthritic medications, which should be taken with food. Inform your doctor if you have had a peptic ulcer or get indigestion. There are new drugs which are kinder to your stomach. Glucosamine has proved effective for osteoarthritis of the knee.

#### Special equipment

It is possible to increase your independence at home. There is a wide range of inexpensive equipment and tools that can help with cooking, cleaning and other household chores. These can be discussed with your physiotherapist or occupational therapist.

#### Surgery

Modern surgery can give excellent results with relief of severe pain for most joints. The new techniques and artificial joints are improving all the time, and so there is no need to suffer with severe pain.

#### Osteoarthritis of the hip

Replacement of your worn-out joint with an artificial hip made of a combination of metal or plastic is a very common operation. More than 90% of these are most successful.

#### Osteoarthritis of the knee

Special injections of lubricating fluids for the knee are now available. The results are very promising. Modern knee replacements are also giving

New plastic socket

Metal hip replacement

Bones

Illustration: Total hip joint replacement

excellent results, and if you have crippling knee pain this operation can give great relief.

- ☆ Your Pharmacist Dinesh Solanki (B.Pharm MPS)
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- ☆ We keep safety net records
- ☆ We're a National Diabetes Services Scheme (NDSS) Community Pharmacy

## Bunyip Animal Rescue Network (BARN)

Thank you to everyone who submitted photos to the 2016 Animal Photo Competition. There were some truly beautiful images.

The winning photo was taken by Denise Cervasio from Pakenham, who was also last year's winner. Her delightful photo was taken of a garden scene populated by kangaroos, rabbits and a cat... all within a few meters of each other. Congratulations Denise!

Two other photos were highly commended, and both of those were taken by Suzanne from Bayles. Thank you to the team at the Bunyip Vet Clinic for selecting the winning photo.

Visit the website to see the wonderful photos www.speakforanimals.info/barn-photos.

To read this month's BARN news visit www.speakforanimals.info/barn-2016.

Until next time...

"Be kind to the critters!"





#### Thursday 10th November

11:00 am Remembrance Day Service at Hillview Bunyip Aged Care

#### Friday 11th November

10:30 am All Ex-Service Personnel are welcome to assemble at the Bunyip Hall and march to the Cenotaph lead by Irish Pipers

10:45 am Remembrance Day Service at Cenotaph, Main Street Bunyip

Members of the public are invited to attend these services and support the RSL welfare by purchasing a Remembrance Day token.



Colin Teese President Dave Papley Secretary

Landcare

Bunyip

## **Annual General Meeting and guided tour of Bunyip Sanctuary**

#### By Sue Anderson

Please join us for a guided tour of Bunyip Sanctuary led by Bunyip Landcare life member, Alan Cole (OAM), followed by lunch and our Annual General Meeting (AGM) from 10 am on Sunday 30 October.

Alan has been a champion of the sanctuary since its' beginning in 1994 and will share his extensive



Picture: Alan Cole

knowledge of the area. The sanctuary is a wonderful natural resource right on our doorstep and a home to many native birds, bats, frogs, mammals and plants.

Meet at the car park at the very end of Doran Road, Bunyip. Please wear appropriate clothing (hats, sunblock etc.) and waterproof footwear.

If you would like to stay for lunch and the AGM, please let our secretary Jackie know by contacting her on 03 5629 5123 or emailing blcg@gmail.com.



Picture: Car park for Bunyip Sanctuary end of Doran Road

## **Ballot packs mailed for Cardinia Shire Council elections**



## Voters should check the mail for their ballot packs for the Cardinia Shire Council elections.

Returning Officer for the elections Rob Rutter is encouraging people to vote as early as possible: 'With the whole election being conducted by post, it's incredibly important voters complete and return their ballot material as soon as possible to make sure their vote counts.'

Ballot papers must be posted or hand-delivered to the election office by **6:00 pm Friday 21 October** or they cannot be counted.

Voters who haven't received their ballot pack should call 1300 593 894 during business hours to arrange a replacement.

Candidates who have nominated to stand for election are listed in the ballot packs. Where provided by candidates, a photo and statement will be included. Voters can also view candidates' answers to the candidate questionnaire online.

Voting is compulsory for voters who were on the State roll for this election at 4:00 pm Friday 26 August 2016 — State-enrolled voters who don't vote may be fined. Voters aged 70 years or older and council-enrolled voters are encouraged to vote but will not be fined if they don't vote. To check if you need to vote at www.vec.vic.gov.au/Enrolment.

#### Voting

Voting in the Cardinia Shire Council elections is conducted entirely by post — there are no in-person voting centres available.

Ballot packs will be mailed to all enrolled voters over a three day period commencing Tuesday 4 October. Packs are mailed out in random order, so voters in the same household may not receive their packs on the same day. Completed ballot material must be posted or hand-delivered to the election office by 6.00 pm Friday 21 October.

Full preferential voting is used for council elections: voters will need to put the number 1 in the box next to their most preferred candidate, and then number all the other boxes in order of their preference. Every box must be numbered and each number can only be used once.

Cardinia Shire Council is divided into one four-councillor ward, one three-councillor ward and one two-councillor ward, with a total of nine councillors. Ward boundary adjustments will take effect at these elections, following the VEC's 2015 subdivision review, placing some voters in a different ward. Voters will receive a ballot pack with a ballot paper listing the candidates for their ward.

#### **Candidates**

A list of candidates and their contact details, where provided, are available online at www.vec.vic.gov.au/ CardiniaElection/Candidates. Where provided by candidates, a photo, statement and answers to the candidate questionnaire are also available.

Elected candidates will represent their local community on Council for a fixed term of four years.

#### For All Enquiries

Media and public enquiries can be directed to Rob Rutter, Returning Officer on 1300 593 894.

#### **More Information**

For election information, visit www.vec.vic.gov.au/CardiniaElection

For a copy of the 2016 council elections Media Guide and further media resources, visit www.vec.vic.gov.au/Media



Victorian Electoral Commission VEC



## Proposal to install a mobile phone base station at 145 Nash Road



By Emily Wardlaw, Director - Planning Services, Acquirecomm Pty Ltd

Telstra proposes to install a mobile telecommunications network base station on the existing SP Ausnet Monopole at 145 Nash Road, Bunyip.

Telstra has identified a need to improve mobile service for customers in Bunyip, and the proposed facility will meet the increased demand placed on the network and accommodate growth. The new facility will also improve local mobile network services, including voice calling, SMS, live video calling, video-based content services (such as news, finance and sports highlights) and internet browsing via our Next G® network.

Details about the proposed facility and its emissions can be found on the website www.rfnsa.com.au/3815004 or by contacting Emily Wardlaw of Acquirecomm directly, acting on behalf of Excomm Integrated Services (EIS).

The proposed facility will be in compliance with the ACMA EMR regulatory arrangements. The proposed facility will be comprised of:

- Six 2.5m panel antennas to be installed on a new headframe at a height of 20m, on the existing 50m SP Ausnet monopole.
- Six tower mounted amplifiers to be mounted behind the antennas.
- Six remote radio units to be mounted below the antennas.
- One Telstra MK3.3 equipment shelter located at the base of the monopole.
- One 300mm wide cable tray to run externally on the existing monopole to the shelter.





As part of Telstra's consultation process, the community was invited to provide feedback about this proposal until Wednesday 7th September 2016. There were no issues raised in the consultation process, and a report on the outcomes of the consultation was made available on the website on Wednesday 14th September 2016.

It is now intended to begin construction of the telecommunications facility late in 2016. Any changes to this or other dates will be advised on the above website.

If you require more information about this proposal visit the website or contact Emily Wardlaw, Director – Planning Services at Acquirecomm Pty Ltd (on behalf of Excomm Integrated Services) by emailing emily@acquirecomm.com.au or calling 0422 685 472.

## Problem with your road?

#### By Chris Kelly

Are you free on **Wednesday 9th November** at 7:30 pm? You are welcome to come along to the Annual General Meeting (AGM) of our town group **3815inc**. being held in the Supper Room of the Bunyip Hall.

Following the AGM, there will be a general meeting where we hope to have a member of Cardinia Shire Council present to talk about the state of our roads and address any issues that we may have.

Please come along and see whether we can come up with a constructive plan to improve the state of our roads. You are welcome to join our group and discuss any issue relating to our towns within the 3815 area.



3815<sub>Inc.</sub>
NEW MEMBERS WELCOME!









## 24hr Public Access AED's in your local area

## Would you like to help save lives in your community?

If you are up for the challenge, Bunyip CFA, Rotary Club of Bunyip / Garfield and Ambulance Victoria invite you to join us for a free one hour *Chain of Survival* workshop.

The workshop will provide you with the following information.

- Recognising a health emergency
- Calling Triple Zero (000)
- Performing cardiopulmonary resuscitation (CPR)
- Using an Automated External Defibrillator (AED)
- Each year Ambulance Victoria attends more than 5,500 cardiac arrests
- Three out of four cardiac arrests occur in the family home
- Survival depends on early CPR and defibrillation

#### Did you know?

With the support from local business and community groups we have been able to purchase five 24 hour access life saving AED's. These will eventually be positioned around our community at Bunyip Community Bank, Garfield Post Office, Cannibal Creek Reserve, Tonimbuk Equestrian Centre and Tynong Fire Brigade.

For more information or to RSVP, please contact Simon Sharpe, 3rd Lt, Project Coordinator, Bunyip CFA on 0411 535 075.

## Join us for a free one hour workshop

18th October 2016 7.00pm – 8.00pm

Bunyip Primary School 1290 Nar Nar Goon-Longwarry Road, Bunyip



### Bunyip-Garfield Probus Club



#### By Helen Peggie, Publicity Officer

Meetings are held on 1st Tuesday of every month at 10:00 am at the Garfield Community Centre. In August the club went to the West Gippsland Art Centre to see Johnny Bowles in a tribute show showcasing a century of music legends. He and his friend, Michelle Fitzmaurice, sang a great selection of songs such as Rhinestone Cowboy, Thank God I'm A Country Boy and Islands In The Stream, as well as many more. It was certainly a Country Gold Show.

On 1st September there was a *Probus Friendship Day* at the new Pakenham Race Course. Over 300 members joined together to enjoy a day at the races. We were very impressed with the facilities and had a two course meal in the large dinning room that over looks the track so we could watch the races.

There is a turf and also a synthetic track so they can run races all the year round. We were surprised to learn that they have over 40 races a year and some of us had a bet but no one came away rich from the day.

Rob Robson from the West Gippsland Art Centre was our guest speaker for this month. He told us about the plans to extend and update the art centre. One of the main things they want to do is to increase the seating to be able to attract bigger shows to Warragul for all of us to enjoy.

## Cardinia Shire's Age Friendliness Community Survey



Cardinia Shire is responding to its "ageing" population by working toward creating a more age friendly city.

Residents aged 50 years and over are invited to participate in the *Age Friendliness Community Survey*, which will take just 15 minutes to complete.

Information gathered will be kept strictly confidential and will provide an insight into how "age friendly" you find your local community today. We want to know what factors are important for you, through your eyes, through your experience.

Call Cardinia Shire Customer Service on 1300 787 624 and request a copy be sent out to you, or go online www.cardinia.vic.gov.au/seniors.

#### Media Release

Bunyip & District Community Bank® Branch



## Buy a blue towel and help beat breast cancer

October is Breast Cancer Awareness Month and Bunyip & District Community Bank® Branch is being asked to get on board with a fundraising appeal to help those living with the insidious disease.

The "Little Blue Towel" might not seem like much, but each packet sold will help those diagnosed with breast cancer spend time at a special retreat with their families at no cost, courtesy of the OTIS Foundation.

The towels are recycled from hospitals where they have been used to dry sterilised hands, and are normally discarded after a single use.

As part of the Little Blue Towels initiative – the brainchild of The Horizon Committee – they are instead laundered and packaged by Echuca-based Laundry Mates, an enterprise owned and operated by people with disabilities.

The recycled towels – lint free, super absorbent and perfect for cleaning, camping or fishing – can then be purchased from any Bendigo Bank branch, with proceeds going to the OTIS Foundation.

OTIS Foundation General Manager, Rachel Mason, said this year the charity will make close to 4,000 nights of accommodation available to those diagnosed with breast cancer and their families, in beautiful retreats across Australia.

"By buying a \$5 packet of Little Blue Towels you will support OTIS to provide this unique gift and help us expand the number of retreats we offer," she said.

Breast cancer is the third most commonly diagnosed cancer in Australia and it is estimated that 15,934 females and 150 males will be diagnosed with new cases in 2016.

One in eight women will be diagnosed during their lifetime and eight women die every day from the disease.

Bunyip & District Branch Manager, Sue Dubbeld, said the statistics were staggering, and the branch wanted to do all it could to help.



"Bendigo Bank has been a long-time supporter of The OTIS Foundation and we're proud to be able to help them even further with the Little Blue Towels fundraising campaign as part of Breast Cancer Awareness month," Sue said.

"Every one of us has known someone who has battled breast cancer, so we see this as another important step in helping to strengthen our local community."

Head into Bunyip & District Community Bank® Branch at 18 Main Street, Bunyip to buy a Little Blue Towel during October. Packs of five recycled towels are \$5 and 100 percent of proceeds go to the OTIS Foundation.

For all media enquiries, please contact Sue Dubbeld 03 5629 6091 or email susan.dubbeld@bendigobank.com.au



## **Bunyip & District Community House Butterfly Dance**

#### Can you spot the difference between last year's group and this year's?

All are most welcome to attend the butterfly dance, including boys. The dance class runs during school term and is held in the Bunyip Hall on Mondays from 9:30 am till 10:15 am.

The dance class is suitable for children from 2½ to 5 years. Jen is a wonderful teacher and the children love her and exploring dance. Each year there are two concerts (as depicted in photos); one in winter and the other in December.

We look forward to seeing you at the next **Butterfly Dance!** 



# Find out how to make 'YOUR



Saturday 22nd October, 2016

#### Water and Waste

- Installing a water tank
- Installing water efficient devices
- Use water efficient practices
- Installing a grey water divert system
- Save sink water
- Recycle paper, bottles & household goods
- Use recycled/sustainable building materials
- Recycle/dispose e-waste & chemicals
- Use biodegradable cleaning products
- Start smart purchasing

Guest Speaker - Tammy Logan, Unwrapped

Guest Speaker - Cardinia Shire, Water Officer



Saturday 19th November, 2016 Garden Sustainability Guest Speaker - Ella Boyen, Chooktopia

Main Presenter - **David Rasmus** "Building Biologist" Black Diamond Sustainability



plus adapting to climate change cick building syndrome

Free Workshops

Free Sustainable Home Folder

Free Showbag

Free Light Lunch









Bookings Essential: Brian Harlow 5997 9687

Donations accepted for the

Koo Wee Rup Men's Shed Bandicoot Habitat Protection Program

October Issue

13

## 1st Annual Car Show and Expo – Pakenham

The Rotary Club of Bunyip-Garfield together with the Rotary Club of Pakenham are holding the *1st Annual Car Show and Expo* on 13th November to be held at the Toomuc Reserve, Pakenham.

For enquiries please contact Tony on 0433 304 501 or follow us on Facebook (www.facebook.com/Rotary-Club-of-Bunyip-Garfield).

Don't forget the FREE AED training on 18th October at Bunyip Primary School (see page 11 for details).







## 24 Hour Public Access Defibrillators in our area

Over 30,000 people a year nationally suffer Sudden Cardiac Arrest (SCA) with typically no warning or sign and without defibrillation the chances of survival decrease by 10% for every minute, so with access to



an Automated External Defibrillator (AED) we hope more lives can be saved.

With the support from local business and community groups, including Ambulance Victoria, we have been able to raise enough funding to purchase five 24hr Public Access AED's.

There is now a AED in front of the Bunyip Community Bank in Bunyip, this is the second installation in recent months, with one already installed out the front of the Garfield Post Office. For a list of defibrillators and the locations in our area please see page 31.



14 Main Street, Bunyip VIC 3815 (03) 56 295 292 mickey01b@yahoo.com.au www.butchershophotel.com.au

The Butcher Shop Hotel is now under New Management. With a beer garden and function room available, the Butcher Shop Hotel also serves amazing food every day. Live music on Saturday nights and Sunday afternoons in the beer garden will have you tapping your toes, and our \$15 Parmas on Tuesday nights are quickly becoming popular with regulars. Come and get the best pizzas in town on Friday and Saturday nights, and on Sundays between 12 pm and 5 pm.

Have you booked something for your Christmas party? Try our function room and celebrate in style. Book early so you don't miss out!

#### UPCOMING EVENTS AT THE BUTCHERS

Saturday 22<sup>nd</sup> Emily Mudica from 9 pm

Friday 21<sup>st</sup> Karoke 9 pm (every second Friday) Sunday 23<sup>rd</sup> Gary Townsend 2 pm to 6 pm

Wednesday 26th Rutherglen Estate Wine Dinner (limited seats available)

Saturday 29<sup>th</sup> Retro DJ Night from 9 pm Sunday 30<sup>th</sup> Joel Spence 2 pm to 6 pm

#### Follow us on Facebook for all upcoming events



#### **OPENING HOURS**

Tuesday to Thursday – 11 am to 11 pm Friday to Saturday – 12 pm to 1 am Sunday – 11 am to 10 pm



# Unwrap THE COUNTRY THIS Christmas

SATURDAY, 3RD DECEMBER 2016 - GATES OPEN AT 11AM



MEMBERS \$140pp - PUBLIC \$160pp









MEMBERS \$30pp - PUBLIC \$55pp



THURS 20TH OCTOBER 2016 - GATES OPEN 5PM



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## **EVERGREEN TURF**

THURS 17TH NOVEMBER 2016 - GATES OPEN 5pm

















Own a real Christmas tree for your home

### Just \$40 each

Pick up from Cnr 13 Mile and Nar Nar Goon-Longwarry Rds, Garfield

From 7:30 pm to 8:00 pm on Thursday 1st December

Or 11:00 am to 11:30 am on Saturday 17th December





Σ

EAR

Help us in the fight against cancer.
Relay For Life raises vital funds for
Cancer Council's research, prevention and
support services. Support by purchasing one
of our trees or donate to
Secondhand Roses Team at
www.relayforlife.org.au.

|                              | Relay For Life nas Tree Order Form             |
|------------------------------|--|
| Name:                        | 1 1  |
| Phone No.:                   |  |
| No. of trees:<br>(\$40 each) |  |
| Please ti                    | ck your preferred pick up time                 |
|                              | Thursday 1st December<br>7:30 pm to 8:00 pm    |
|                              | Saturday 17th December<br>11:00 am to 11:30 am |
|                              |  |

Pick up from Cnr 13 Mile and

Nar Nar Goon-Longwarry Rds, Garfield

Please place your order and cash payment in

an envelope marked "Christmas tree order"

and drop it into the Garfield Community Shop,

Main Street, Garfield.

Thank you for your support!



#### GARFIELD CHRISTMAS FESTIVAL

Fri 16th Dec, 4-8pm, Main Street

This is a great opportunity for local businesses, community groups and services.

- ✓ Local businesses to promote themselves and host your own self-decorated table / stall in order to network with local residents face-toface (suitable for mobile tradesman and small home based businesses)
- ✓ Stallholders to sell goods and products, i.e. food, candles, jewellery, clothing, jumping castle, wine, honey, flowers etc. (suitable for regular market stallholders and local community organizations looking to fundraise)

## STALLHOLDER APPLICATION FORM

| STALLHOLDER APPLICATION FORM  |
|---|
| Business Name:  |
| Location/Address:   |
| Contact Name:   |
| Phone No.:  |
| Email:  |
| What are selling/<br>promoting?   |
| Will you require power? Yes No  |
| Please tick which stall size you require  \$15 - small card table (size approx. 1 meter)  \$30 - trestle table (size approx. 2 to 3 meters)   |
| Requirements  ✓ Current Public Liability Insurance (PLI)  ✓ Current Food Handlers Certificate (if relevant)  ✓ Table to display flyers, business cards, products, laptop video etc.  ✓ Set up no earlier than 3:00pm  ✓ Opportunity relevant to local businesses only |
| Stallholders will be placed along the main street, location to be   |

advised closer to the date. Upon approval of this application you will be contacted to arrange payment. Approval is at the discretion of the Garfield Christmas Festival Committee – who aims to secure a wide variety of stalls while limiting those selling the same product. Ideally your product will not conflict

with existing shops located in the main street.

Completed forms, along with the above certificates, can be emailed to **garfieldchristmas@yahoo.com** or delivered in person to Brewster's Café located in Main Street, Garfield.

#### **Garfield Community Association INC**

Proudly supported by Bunyip & District **Community Bank®** Branch

Bendigo Bank



- Floral Displays Refreshments
  - BBQ Crafts Cakes Plants
  - Raffle Children's Activities

### Saturday 22 October 2016 9:30 am to 3:00 pm

St Thomas Church Hall A'Beckett Road Bunyip

Something for everyone ... to enter ... to view ... to eat and share!

#### Admission: Adults \$5, Children Free

Entries to be staged between 9 am and 1 pm on Friday 21st October.

Entry Fee: 30 cents. No entry forms needed, just bring your flowers etc. along on Friday morning (categories on right).

No entries to be collected before 3 pm on Saturday afternoon.

Trophy for Most Successful Exhibitors in 'Cut Flowers' and 'Floral' Art', and Lorna Dowie Memorial Award for 'Potted Rose'.

> All enquiries please contact Wendy on 0417 352 258

First Prize money is \$1.00 unless otherwise mentioned.

- 1. A Decorative Rose is a large flowered rose, either hybrid tea or a floribunda hybrid type, with more slender proportions than an exhibition type. Side buds allowed. It is not essential to have a symmetrical arrangement of petals, circular outline and a well formed centre, e.g. Queen Elizabeth.
- 2. A *Single Rose* consists of a single row of 5 petals, but may have 3 extra petals. Circular outline. Fresh stamens.
- 3. Most roses are judged to this point scale: Form (4); Condition (3); Size (2); Presentation (1) (from the National Rose Society "Handbook for Judges").

# CUT FLOWERS AND SHRUBS All entries in this class are to be grown by the exhibitor. In sections 5, 6, 7, 9, 11, 12, 13, 25 and 29 — place each stem in a separate bottle.

- One Rose Pink or Mauve
- One Rose White, Yellow or Orange
- 3. One Rose Red (Lorna Dowie Memorial Award)
- One Rose Single (Single Row of Petals, 5–8)
- 5. Three Roses, Different
- Three Full Bloom Roses, Different
- Three Old Fashioned Type Roses, Different
- 8. Container Decorative Roses
- Three Stages of a Rose, No Tight Buds
- 10.One Stem of Multi-headed or Cluster Rose, Buds Allowed
- 11.Three Stems in Bloom, Australian Varieties
- 12.Three Stems in Bloom, Different, Not Australian
- 13.Three Cut Flowers, Different Varieties
- 14.One Stem Azalea
- 15.Rhododendron, One Truss
- 16.One Stem of Fuchsia
- 17.Container of Toning Flowers and Foliage
- 18.One Clematis Bloom
- 19.Container One Variety / Cultivar, Colour Variation Allowed
- 20.Container of Mixed Flowers, at Least Three Varieties
- 21. Container of Daisies
- 22.Container Grown Plant(s), Foliage
- 23.Container Grown Plant(s), in Bloom
- 24.Container Grown Plant(s) Cacti / Succulents

- 25. Three Different Varieties of Foliage, Single Leaves
- 26. Three Different Stems of Multiple Leaves
- 27.One Geranium (Zonal Pelargonium)
- 28.One Ivy Geranium (Pelargonium)
- 29. One Regal Pelargonium
- 30. Three Stems of Bearded Iris
- 31.One Stem of Iris, Any Other Variety
- 32. One Single Bloom, Not Mentioned
- 33. One Multiple Bloom, Not Mentioned
- 34. Container of Weeds

#### FLORAL ART (First Prize \$2.00)

- 35. Miniature, Not to Exceed 10 cm Overall
- 36. Floating Bowl
- 37. Artificial Flowers and Fresh Foliage
- 38. Roses and Any Foliage
- 39. For a Busy Person (Quick and Simple)
- 40. Only Foliage
- 41. Arrangement Featuring Seed Pods / Cones
- 42. "As I Like It"
- 43. Table Centre
- 44. Weathered Wood, Flowers and Foliage
- 45. For a Dressing Table
- 46. Flowers, Foliage and Fruit (Fruit: Anything with Seeds)
- 47. Only Green
- 48. Black and One Colour, with Foliage
- 49. Arrangement for Remembrance Day

#### PRIMARY SCHOOL STUDENTS

- 50. Pot Plant
- 51. Creature Made from Horticultural Material
- 52. One Flower

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|-------------|-----------------------|
| Dr M Georgy | Mon-Fri 8:30am-5:00pm |
| Dr M Kwee   | Sat 9:00am-12:30pm    |
|             | Sunday Closed         |

Sunday Closed

Optical 03 5629 5531

Sonia Romm Tue & Fri 9:00am-5:00pm

**Podiatrist** 03 5629 5297

Jack Fitzpatrick Thu 8:30am-5:30pm

Gippsland 03 5629 5962

Pathology Mon-Fri 8:30am-12.30pm

No Appointment Required

**Dentist** 03 5629 5676

Hanny Willian Mon-Fri 9:00am-5:00pm

03 5625 5155 HearCare

Previn Pillay Mon-Fri 9:00am-5:00pm

The Trustee for Georgy Health Trust Growing to meet the needs of our local community



### Volunteers are needed to help out with various jobs

Please contact Davina Veenstra, Bunyip Community House Coordinator on o3 5629 5877 or email admin@bdch.com.au, if you're able to volunteer and help out with a few small jobs.

Come down and enjoy an afternoon of relaxed tunes, family fun, food and drinks. Held in Main Street Bunyip on Sunday 13th November 2016.

For more details on the festival please contact Amanda Wicks or Zach Jacobs bunyipfest@outlook.com

## **Bunyip Panel Works**



16 Bunyip-Modella Rd, BUNYIP VIC 3815

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Authorised by: D. Young, 110 Wenn Rd, Cardinia Victoria 3978



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#### 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



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- Clean Ups

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#### DROUIN - BUNYIP - LONGWARRY - GARFIELD **WORSHIP SERVICES**

Minister: Pastor Margaret Callaghan

| Date        | Time     | Location   |  |
|-------------|----------|--|--|
| Wed, 19 Oct | 1:30 pm  | Lyrebird Village   |  |
| Sun, 23 Oct | 10:30 am | Longwarry Union Church – 'Combined<br>Mission' with guest speaker Timothy<br>Derbyshire from Hope from Above Australia<br>Followed by a sausage sizzle |  |
| Wed, 26 Oct | 4:00 pm  | Hillview Aged Care   |  |
| Sun, 30 Oct | 10:00 am | Drouin Uniting Church  |  |
|             | 10:00 am | Garfield Uniting Church - 'Spring Flower Festival  |  |
| Wed, 2 Nov  | 11:00 am | m Amberlea Aged Care   |  |
| Sun, 6 Nov  | 10:00 am | Drouin Uniting Church  |  |
|             | 10:00 am | Longwarry Union Church - 'Holly Communion'   |  |
|             | 5:00 pm  | Drouin Church Hall – 'Families at 5 – Messy<br>Church' with Fun, Food, Faith, Friends  |  |
| Sun, 13 Nov | 10:00 am | Drouin Uniting Church - 'Holly Communion'  |  |
|             | 10:00 am | Garfield 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.drouinbunyipparishuca. wordpress.com

#### SERVICE LOCATIONS

Amberlea Aged Care, 5 Pearson Rd, Drouin Bunyip UC, Cnr Nash Rd and Flett St, Bunyip 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





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### Night Owls Welcome New Members

The "Nights Owls" is a group of ladies who meet monthly.

We are a social group which assists at some events such as catering for the Anzac Day afternoon tea and the annual Mothers' Day walk.

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

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

Come along - all welcome!

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Member

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Meets Sunday at 11am All welcome

Enquiries: Diane 03 5629 4250

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For further information please contact Simon Harrex, Cardinia Shire Council Active Places Officer on 03 5945 4432





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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)

#### **Rick's Gardening Services**

- Garden Maintenance
- Lawn Mowing
- Clean Ups
- Pre-sale Makeovers
- No Job Too Small



Call 03 5629 5678 or 0401 161 520



Specialising in: Herbal Medicine Nutritional Therapy Flower Essences Homoeopathy Massage

03 5629 5510 | 0407 366 882

rob@robertjacobsnaturopath.com.au www.robertjacobsnaturopath.com.au

Tuesday to Friday 11 High Street BUNYIP 3815 Monday and Saturday Shop 8, Centre Court Arcade 156 Main Street PAKENHAM 3810

#### 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

2<sup>nd</sup> Friday in month Hillview Hostel

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



- ✓ carpet/upholstery steam cleaning
- ✓ Suede/micro suede cleaning
- ✓ Leather cleaning
- ✓ Water damage restoration

Call Peter Walker on 0409 010 106

ONLY USE A QUALIFIED CARPET CLEANER!

#### TREES BY RICK



Qualified Arborist; Stump Grinding; Trees Removed; All Tree Advice Fully qualified and fully insured

Contact Rick Reid of Garfield 0413 886 999

www.treesbyrick.com



Mobile Stylists

Marie Hansen Nooy

Ali Rae Helena Nooy

0431 752 178

0431 752 178









8-month black heifer with white ear tag "Cindy" missing from Main Drain Road, Iona.

#### Reward Offered

If seen or found, please call John Meryl Reid 03 5629 1133 or 0403 316 352



it's on again... Get your voices ready for Friday 9th December at 7.45 pm

More details will be available in next month's issue.



Spring Racing THE COUNTRY COMES ALIVE

# PAKENHAM GAZETTE



THE OAKS MARQUEE DD PACKAGE INCLUDES:



MEMBERS \$30m - PUBLIC \$55m PACKAGE INCLUDES: Entry into MP Fashions Enclosure boasting a range of

-Three (3) drink vouchers

Call us! (03) 5940 6600

Email us! info@pakenhamracing.com.au

LAST TICKETS REMAIN PAKENHAMRACING.COM.AU





**FLEMINGTON ON** THE BIG SCREEN

LIVE RACING





Keep in touch with your community and 'Follow' our Facebook page "Bunyip and District Community News".

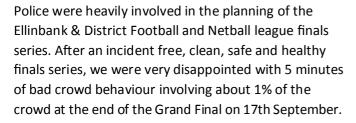
'Post' your club or community event or 'Like' a photo taken

by a local. If you need more information you can email facebook@bunyipnews.org.au.



## Monthly local police update (22nd August to 23rd September)

By Danny Hower, Victoria Police Sergeant



It was bad enough that this behaviour occurred in 2016, let alone in our community and in front of families and children. We have met with the EDFL and discussed a variety of different strategies that will ensure this type of behaviour doesn't occur again – particularly liquor licensing, club responsibilities and cultural issues.

In the previous month 20 incidents involving criminal offences were reported to the local police.

- Nine family violence incidents with assaults, criminal damage, threats or intervention orders issued – four occurred in Bunyip, two in Garfield North and one in Nar Nar Goon, Longwarry and Garfield.
- One burglary and criminal damage in Tynong.
- Two motor cars being reported stolen from the same commercial premises in Longwarry.
- Five motor cars reported as having been broken into with property stolen three at a commercial premises in Bunyip, one in Longwarry and one in Tynong.
- One theft of cash reported from a commercial premises in Bunyip.
- One registration plate lost.
- One Garfield North man reporting his car being stolen from a Warragul address.

Police and the community are looking for help and information regarding all above incidents. We are also pro-actively trying to prevent family violence incidents — which is now by far the most reported issue to police.

- Six offenders were arrested and interviewed for criminal matters.
- A 39 year old Morwell man was arrested in a stolen car on 5th September near the public toilets on the Princes Hwy near Garfield North Road. Methylamphetamines, cannabis and a substantial quantity of cash was also located. He has been charged and bailed to appear at Latrobe Valley Magistrates Court.





- Recorded a 'Field Contact' with six other men on different occasions for acting suspiciously in the vicinity of public toilets on the Princes Hwy near Garfield North Road.
- Issued 51 infringement notices and summonsed ten other people to court for graffiti, traffic, licence and registration related matters, including the immediate suspension of one drivers licence.

On a local note, police have received public complaints regarding traffic issues on non-highway local roads, and have been conducting random early morning traffic patrols in the past four weeks.

This has resulted in 14 drivers, who were mostly male and born before 1980, being issued with traffic infringement notices or summonsed to appear at court due to dangerous driving or very excessive speeds all between the hours of 5 am and 8 am.

#### WARNING!

Check your speed and be responsible for your own behaviour and the impact it has on others. Check out who is learning your habits!

Did you know there are 31 known banned drivers in the local area.

- Eight in Bunyip
- Seven in Garfield
- Four in Tynong North and Maryknoll,
- Four in Nar Nar Goon
- Three in Garfield North
- Three in Cora Lynn, Modella and Vervale
- Two in Tynong

This doesn't include the ones that police "bump" into regularly who don't care if the rest of the world is doing the right thing. It will be hard to get support when you try telling victims, the Traffic Accident Commission and insurance companies that you knew your unlicensed and unregistered relative or neighbour was driving around. Look after each other.

Danny Hower, Victoria Police Sergeant 26184 Bunyip Police Station, 4 Pearson St, Bunyip daniel.hower@police.vic.gov Ph 03 5629 5205

### **Bunyip Tennis Club Inc News**

Bunyip Tennis Club Inc Committee would like to thank the Bunyip & District Community Bank Branch for their generous sponsorship of our club polo shirts. This sponsorship has allowed us to keep the price of the tops down to an affordable level so that more of our members, both junior and senior, will be able to sport both the club and the bank logos whenever they play the game. Club members don't forget to get your orders in!

With the lighting project now complete, we have had the plexi-pave courts cleaned and this has highlighted the need for re-surfacing... which will be the club's next project!

Our Summer Season is now underway with eleven junior teams, eight Monday night teams (which means two teams play on Tuesday nights each week), two Wednesday night teams and two mid-week ladies teams all playing on a regular basis. If you are interested in joining any of these competitions please contact Helen on **0411 274 025** or email heleninbunyip@gmail.com.

Visit us at www.bunyiptc.com







Picture: Bunyip Tennis Club Juniors in Bunyip & District Community Bank Branch sponsored polo shirts.

### What is naturopathy?

#### By Robert Jacobs

Hello Bunyip & District Community News readers!

I'm a Naturopath, Herbalist, Homoeopath, Iridologist and Masseur. I have been practicing in Bunyip for more than 25 years, and have a clinic there and in Pakenham.

I have been invited to enter regular articles in the Newsletter on a variety of subjects relating to my profession, and in this edition I will explain just a few queries that people may have about naturopathy.

#### What is a Naturopath and what do they do?

A Naturopath's aim is to help people of all ages obtain and maintain good health. This is done by the use of nutritional support, herbal medicine, lifestyle changes, dietary advice, flower essences and quite a few other modalities, which I will address in future issues.

#### What is a consultation with a Naturopath like?

This varies between naturopaths, but I will give an example of the way I conduct a consultation.

Firstly, I will take some personal details and ask about the presenting problem, as well as your health history, especially relating to your health issues. Then I will ask for any pathology results that may have been done to assist further with my diagnosis, and a list of the medication you are currently taking. I may then choose to do an Iridology analysis (characteristics of the iris; something I will cover in future issues).

Finally, I will make some suggestions about dealing with the presenting problem to help improve your health and with you, develop the best solution for your recovery.

I look forward to writing these articles, where I will be discussing many health issues such as skin problems, asthma, common colds and infections, diabetes, arthritis, children's health issues, anxiety and depression, and aged care health.

I would also welcome your input by contacting me by email at rob@robertjacobsnaturopath.com.au with suggestions about topics. Please keep them general as I will not deal with specific cases in the Newsletter.





## From the Editor...

#### **Update from Annual General Meeting (AGM)**

Bunyip & District Community News held it's AGM on Tuesday 20th September. Re-elected President, Tony Arrigo, welcomed all newly elected office bearers and thanked outgoing members for their work, giving special thanks to previous Editor Lyn Squires for her fabulous work over the years and wishing her well in her upcoming travels. Election of Office Bearers: Editor and Advertising – Shae Ford; Assistant Editors – Barry Neilson and Lyn Squires; Secretary – Roman Kulkewycz; Treasurer – Jane Scott; Website – Clint Diston; Social Media – Sue Neilson.

#### **About Me**

I'd like to take this opportunity to introduce myself and give a little background on how I came to be involved with the Newsletter. Over the years I have worked in Australia and London within marketing and design. After moving back to Melbourne from London with my partner, we decided to move to Bunyip. An what a wonderful town it is! So I decided this year I wanted to contribute to the community that we now call home. What better way than to put my skills to use and help out with Newsletter. I hope I can continue to produce the quality Newsletter you've grown to know and love.

#### **Club and Public Notices**

Place club notices for your members or tell the community about your club's achievements. Have an announcement to make, let us know and we will place it in the newsletter. You can find notices on page 31.

#### **Newsletter Online**

View the current and all pervious editions of the newsletter on our website **www.bunyipnews.org.au**.

#### **New Advertising Offer**

We now offer your company a 150 word business editorial when you purchase our amazing value 12-month business card ad placement for \$100. When you place an ad with the newsletter, we offer free basic design for your ad. Your ad will also be found in our online newsletters. Remember to let us know if your business offers senior discounts.

#### Social Media

Keep in touch with the community on our Facebook page. Upload photos in a landscape format each month, and the winner will become our cover photo. The theme for September is 'Spring in Bunyip'. Please upload your photo in Comments on our Facebook page "Bunyip and District Community News".



## Bunyip & District Community House

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



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

All participants are required to enrol and to be financial members of the Community House to ensure eligibility for insurance cover. Annual Bunyip & District Membership costs are \$6.00 for individuals and \$12.00 for families. Bunyip & District Community House is closed on Public Holidays and during school holidays.

## Folk Art returns to Community House Tuesdays from 10 am

What's new at Bunyip Community House? Are you looking for a new activity to join?

#### **FOLK ART IS BACK!**

Classes are held on Tuesdays from 10 am to 12 noon at a cost of \$5 per person per week.



Bring along your own new or unfinished projects, or create a Christmas decoration from Judy's collection. This class is suitable for people of all skill levels, from beginners to the experienced.

For information on any of our activities contact Davina on 03 5629 5877 or email admin@bdch.com.au.



Bunyip & District Community House



5 to 15 years

Saturday, 22 October 2 pm at Bunyip Hall 27 Main Street

Applications are now open, so contact Davina for an application form or download one from our website www.bdch.com.au.

#### DO YOU PLAY CARDS?

Card playing ladies would love to see new players, and they are happy to teach you their game. We have vacancies in our Tuesday card playing group which meets from 1 pm till 4 pm. Please contact Davina, or come in on a Tuesday afternoon and have a chat with our ladies.

#### **ACTIVITIES AT BUNYIP & DISTRICT COMMUNITY HOUSE**

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

#### **ACTIVITIES AT BUNYIP HALL**

| Day       | Times           | Activity  |
|-----------|-----------------|---|
| Monday    | 9:30am-10:15am  | Butterfly Dance (suitable 2½ to 5 yrs)  |
|           | 4:30pm-6:30pm   | Yoga with Chris in the supper room  |
| Tuesday   | 1:00pm-2:00pm   | Tai Chi Practice (Golden Lion)  |
| Wednesday | 9:30am-11:30am  | School Term Community Play Time (\$4 per child or \$5 per family)   |
|           | 8:30am-2:00pm   | Bunyip & District Men's Shed<br>(For information call President<br>Robert Hamilton 0459 278 771)<br>Held at 22 A'Beckett Road |
| Thursday  | 4:30pm-6:00pm   | Thursday Art for Adults with Trish (bookings essential \$12 per person)   |
| Friday    | No activities   |   |
| Saturday  | 10:00am-11:00am | Tai Chi Practice (Golden Lion) in the supper room   |

#### **Public Notices**

Our Public Notices are free and we would be happy to make any announcements that are appropriate to the district and its readers.

- Births
- Deaths
- Marriages
- Birthdays
- Special thankyous
- Lost and found

If you have something you wish to share, please email the Editor at editor@bunyipnews.org.au.

### We want your stories!

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

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

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

#### **Club Notices**



## BUNYIP NETBALL CLUB INC

Annual General Meeting (AGM) Held on Friday 28th October 2016 at 7 pm at Club Rooms

All welcome! Written applications for COACHING interest for A, B, C grades as well as Under 17's, 15's and 13's. Closing date 25th October 2016.

For further details, contact Tracie Wright on 0417 346 528 or email bunyipnetballclub@hotmail.com

www.bunyipnetballclub.teamapp.com



#### Iona Over 60s Cricket Club

Bob Rogers has been elected the new president of the Iona Over 60s Cricket Club at the AGM which saw a complete change of office bearers. The club, coming into its 8th season in the State wide competition and playing home games at Iona Cricket Ground, provides an opportunity for people who may have slowed a little to continue playing with and against people of a similar age.

Newly elected secretary Jon Martindale (0447 304 888) and treasurer Russell Ferguson (03 5659 9207) are keen to hear from

Annual General Meeting – Bunyip Hall Committee
Tuesday 15th November at 2 pm in the Supper Room of
the Bunyip Hall. All Welcome!

anyone who would like to continue or return to a cricketing career at a more relaxed pace. (ionaover60s.vic.cricket.com.au)

#### Defibrillators in your area

#### **BUNYIP**

Bunyip Fire Brigade Station – 15 Pearson St Hillview Bunyip Aged Care – 22 A'Beckett Rd Bunyip & District Men's Shed – 22 A'Beckett Rd (off Anderson St) Bunyip Recreation Reserve – Nar Nar Goon-Longwarry Rd (Defibrillator coming to Bendigo Bank soon)





#### **GARFIELD**

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

#### **MARYKNOLI**

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

#### **NAR NAR GOON**

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

#### **TYNONG**

Tynong Fire Brigade Station – 47 Nar Nar Goon-Longwarry Rd

Tynong Recreation Reserve - Park Rd



#### **Community Contacts**

#### **Bunyip Animal Rescue Network**

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

#### **Bunyip & District Agricultural Society**

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

#### **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

#### **Bunyip & District Fire Station**

1800 240 667 or 000

#### **Bunyip Hall Hire**

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

#### Justice of the Peace (JP)

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

#### **Bunyip Landcare Group**

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

#### **Cannibal Creek Landcare Group**

Pam Cunningham - 0407 876 935

#### **Bunyip Community Market**

Tony Arrigo – 0407 563 441 (Last Sunday each month)

#### **Longwarry & District Fire Brigade Market**

Janine – 0419 158 946 (1st Sunday each month – March to December)

#### **Bunyip Medical Centre**

03 5629 5111

#### **Bunyip & District Men's Shed**

Secretary Allen Berry – 03 5629 6140 or 0429 296 140 (Meets each Wednesday 9.30am to 2.00pm)

#### **Bunyip Community Op Shop**

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

#### **Bunyip Playgroup**

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

#### **Bunyip Police Station**

03 5629 5205 or 000

#### **Bunyip R.S.L Sub-Branch**

David Papley - 0438 295 568

#### **Bunyip Scouts Australia**

Steven Agnoleto – 0408 395 792 or agots@bigpond.com

#### **Bunyip & District SES**

1800 240 667 or 000

#### **Anglican Church of St Thomas Bunyip**

Raelene Carroll - 03 5629 5295

#### **Bunyip & District Toy Library**

Hayley – 0400 103 644 (Located at the Maternal Child Health Centre on Thursday 9.30am–10.30am)

#### **Bunyip Country Women's Association**

Wendy Earwicker – 03 5629 9241 (Meeting at 10am to 1pm on 4th Friday at Hillview Aged Centre)

#### **Community Clubs**

#### **Bunyip Bulls Basketball Club**

Donna Deken - 0409 193 951

#### **Garfield Bowling Club**

Maureen Lamport - 03 5629 6014

#### **Longwarry Bowls Club**

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

#### **Bunyip Football Club**

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

#### **Bunyip Netball Club**

Secretary Casey Walker – 0421 903 056 or bunyipnetballclub@hotmail.com

#### **Bunyip Patch Workers Club**

Barb - 03 5629 4326

#### **Bunyip-Garfield Probus Club**

Secretary – 03 5625 4350 (Meets at 10am 1st Tuesday each month at Garfield Community Hall)

#### **Bunyip Pony Club**

Jim Fraser – 03 5629 4358 or Lisa Hocking – 03 5629 5259 (Every 2nd Sunday Pound Road Reserve)

#### **Lillico Pony Club**

Bree - 0458 828 782 (Every 4th Sunday Pound Rd Reserve)

#### **Rotary Club of Bunyip-Garfield**

Graeme Squires – 0417 105 598 (Dinner meeting each Wednesday 6.30pm)

#### **Garfield Senior Citizens Club**

03 5629 2586

#### **Bunyip Singers Club**

Dorothy Myers – 03 5629 5601 (Meets at Bunyip Hall every Monday 9.30am)

#### **Bunyip Slimmers Club**

Sandra Hogan – 03 5629-9548 (Meets every Wednesday at Bunyip Uniting Church)

#### **Bunyip & District Soccer Club**

Adrian Gatti - 0417 590 830

#### **Bunyip Tennis Club**

Anne Marie Helmore - 0408 295 626

#### **Bunyip Uncle Bobs Club**

Barry Turner - 03 5625 4830

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

Let us know your details and get more people involved.