

Dunkeld & District Newsletter



Sponsored by Lions Club

Distributed fortnightly on Wednesday (except during School Holidays)
Printed at the Dunkeld Consolidated School – E&OE

Issue No: 16/2022 Date: Wednesday 19 October 2022



DUNKELD AND SERRA TERROR COMMUNITY!

Please be advised the annual

Serra Terror AGM

will be held at the Dunkeld Hall on

MONDAY 7TH NOVEMBER 2022

7pm

The future of this event depends on our community,
and the ability to fill committee roles going forward.

Please share!
All welcome!



DONATIONS

Dunkeld Racing Club	\$300
Anonymous	\$ 50
Jane Duncombe	\$ 20

We rely on donations to the Community Newsletter to offset all expenses relating to producing it. Please send in your donation to the Dunkeld Consolidated School office where it will be receipted and an acknowledgement made via the Newsletter. A receipt will be provided. **Please make cheques payable to the "Dunkeld Consolidated School."**

CHURCH TIMES

Saint Patrick's Catholic Church

Co-Pastor: Father Pat Mugavin - 5571 1161
Co-Pastor: Father George Kuruvila – 5571 1161

Email: patrick.mugavin@ballarat.catholic.org.au
Email: george.kuruvila@ballarat.catholic.org.au

4th Week	Sunday	October 23	9.00am	Assembly of Word and Communion
5th Week	Sunday	October 30	9.00am	Assembly of Word and Communion
1st Week	Sunday	November 6	8.30am	Mass
2nd Week	Sunday	November 13		No service – Mass at Glenthompson
3rd Week	Sunday	November 20	8.30am	Mass
4th Week	Sunday	November 27	9.00am	Assembly of Word and Communion

Dunkeld Anglican - Uniting Churches

1st and 3rd Sundays at Saint Mary's opposite the Post Office at 5.00pm with Father David Oulton.

2nd Sundays - an Ecumenical gathering and sharing in the Round at 5.00pm at Sterling Place Community Centre led by the Uniting Church. We look forward to meeting you. All welcome. Enquiries to Father David phone: 5571 1317.

Panyyabyr Uniting Church

Mirranatwa Uniting Church

Enquiries: Margo Dark 5574 0222; Iris Field 5574 0202; Kristy Beveridge 0428 581 903.

WHAT'S ON IN OCTOBER / NOVEMBER

MON	TUES	WED	THURS	FRI	SAT	SUN
17	18	19 Newsletter 16 Distributed	20	21	22	23
24	25 Mayor for a Day performance 7.30pm @ Sterling Place	26	27	28 Deadline for Newsletter 17	29 The Old Bus Depot Opening	30
31 DPA Office Bearer nominations close	1 NOV MELBOURNE CUP PUBLIC HOLIDAY	2 Newsletter 17 Distributed Dunkeld & District Community Bank AGM @ 7.30pm	3	4	5	6
7 Serra Terror AGM 7.00pm @ Sterling Place Dunkeld Progress Assoc AGM 7.30pm @ Sterling Place	8	9	10	11 Deadline for Newsletter 18 Dunkeld RSL Remembrance Day Service	12 Dunkeld Races	13

Community Bank
Dunkeld & District

Bendigo Bank

Bendigo Bank



New staff member

We welcome Bec Hill to our team. Bec joins us as our Customer Service Officer and it's fantastic to have her on board. You will see Bec in branch every Monday to Wednesday, so please call in to say hi!

Annual General Meeting Invitation

You're invited you to attend our Annual General Meeting on Wednesday 2 November 2022 at the Penshurst Football Netball Clubrooms, Penshurst 7.30pm. Contact the branch for more information.



What is PayTo?

PayTo is a fast, efficient, and secure way to digitally pre-authorise payments from your bank account.

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View and manage payments from your bank account, giving you up to date, real-time visibility of your payments.

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An easier way to make payments from your bank account. You can use either a PayID or a BSB and account number, making it simple to set-up a payment on the spot.

Secure

Manage your PayTo transactions and agreements within the security of your existing online or mobile banking, enabling you to keep track of your payments from the one place.

Refinance, renovate or just re-evaluate

With interest rates on the rise, there's never been a better time to review your home loan. We'll look at your rate, term, repayments, and equity, giving you a full check-up to make sure it's still right for you and your current needs. Enquire online at bendigobank.com.au/healthcheck or call your nearest branch on 5577 2488.

Community Bank - Dunkeld & District

Bendigo Bank

*Source: Roy Morgan Single Source Australia, March 2022. All loans are subject to the bank's normal lending criteria. Fees, charges, terms and conditions apply. Please consider your situation and read the Terms and Conditions, available online at www.bendigobank.com.au or upon request from any Bendigo Bank branch, before making a decision. Bendigo and Adelaide Bank Limited ABN 11 068 043 178 AFSL 237879 (1676566-1734081) (5/22) OUT_26/19/2021_07/16/2022

STRONGER TOGETHER



bet365 William Thomson Dunkeld Cup

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"That perfect performance combo of hilarity & community"
- Xavier Dannock, Lighthouse Theatre

DAMIAN CALLINAN



**** VOTE FUN ****

**** VOTE FUN ****

MAYOR FOR A DAY

Award-winning comedian, Damian Callinan returns to run his comedic eyes over Dunkeld in a hilarious, family-friendly performance, reporting his local findings at this very unofficial council meeting.

TUE 25 OCT, 7.30PM
STERLING PLACE,
DUNKELD COMMUNITY CENTRE
ALSO IN BALMORAL SAT 22 OCT!

\$45 / CONC. \$40 / FAMILY \$35 (MIN.4)
HAMILTONPAC.COM.AU 03 5573 0429





UPDATE FROM THE DUNKELD ARBORETUM COMMITTEE

You may have noticed our new signage, which has recently been installed at the Dunkeld Arboretum. Thanks to the Southern Grampians Shire Council for their funding under the Greater Grants program.

Thanks also to Dan Tehan. The Trailer Sprayer Unit, funded under the Volunteers Grant Program is now up and running.

Just a quick reminder, if you are driving through the Arboretum please keep to the road, you may get bogged.



DUNKELD GENERAL STORE

93 Parker St, Dunkeld, 3294
info@dunkeldgeneralstore.com.au
Phone: 5577 2418



***NOTE CHANGE OF HOURS**

MONDAY TO THURSDAY - 7.00am – 4.30pm
FRIDAY – 7.00am – 5.30pm
SATURDAY - 7.30am – 4.00pm
SUNDAY - 8.00am – 1.00pm
(Times may vary on Public Holidays)

Seasonal fruit and veg boxes –
delivered Tues and Fri

Meat orders taken Tuesday
for Thursday arvo pick up

Text Melissa 0400 829 566 to order.



Remedial Myofascial Clinic

offering an environment to support your physical well-being needs.

Senior Therapist Eleanor Sheldon identifies injuries and impingements that could be blocking and creating an 'out of balance' feeling within your body and works with you for the best out-come. Appointments are 1 hour - \$60 or 1.5 hours - \$80.

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Dunkeld Police

Thank you to the locals out Mirranatwa - Victoria Valley way who contacted police after observing the missing male from last week walking along the Victoria Valley Road.

Thank you also to the two spot lighters out the Glenthompson Caramut Road way who reported a suspicious vehicle coming out of a driveway at 8:45pm on the 23/9/2022 described as a white van with two large LED driving lights, sliding door on driver's side and hatch back type door on the rear.

This type of information is good to know and record.

If we record suspicious activities, be a little more observant the crooks will pick up on this and may move on.

Roger McClure
Leading Senior Constable 33436
Dunkeld Police Station
0409 078 825
Dunkeld-uni-oic@police.vic.gov.au



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Western AG Hamilton - T: 03 5579 5900
Tim Wilson (Branch Manager) 0429 168 020
Matt Barber (Senior Agronomist) 0488 298 170
Damien Goodman (Agronomist) 0427 159 462
Geordie Elliott (Nutrition & Production) 0438 874 587
Meg Todd (Animal Health) 0437 772 861
Western AG Willaura - T: 03 5354 1585
Glen Gray - 0439 541 036



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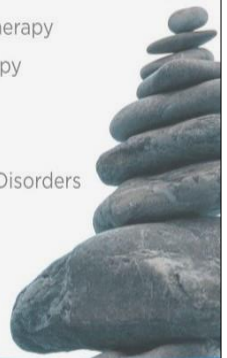


Your therapy, your way

As a mental health counsellor, I believe each individual's experiences are unique and worthy of respect and compassion. I offer a service that is tailored to your specific needs both in person and online.

Above all else, I value your life experience and we'll work together to cultivate a solid therapeutic relationship in a safe and client-focused practice.

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- Solutions Focused Therapy
- Anxiety
- Depression
- Body Image and Eating Disorders



PH: +61499 983 079 | E: info@bqcounselling.com.au | www.bqcounselling.com.au

A: 14 Sterling Place Community Centre, Dunkeld 3294



Dan Tehan MP

Member for Wannan

As your representative in the Federal Parliament, listening to your views about our local area is my priority.

Please don't hesitate to contact me if I can be of assistance.

190 Gray Street, Hamilton VIC 3300

Local call 1300 131 692

dan.tehan.mp@aph.gov.au

www.dantehan.com.au



DanTehanWannon



DanTehanWannon

Authorised by Dan Tehan, 190 Gray Street Hamilton VIC 3300.





97 Martin Street, Dunkeld

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Thursday	8:30am – 2:00pm
Friday	8:30am - 2:00pm
Saturday	8:30am – 2:00pm
Sunday	8:30am – 2:00pm
Monday	Closed
Tuesday	Closed
Wednesday	Closed



www.dunkeldoldbakery.com.au

Orders: 0419 108 919

Accommodation: 0447 857 337

Email: info@dunkeldoldbakery.com.au



At the last meeting held on 3 October 2022 the following community issues and concerns were raised and discussed:

- Support offered to Dunkeld Consolidation School in their discussions with Council in regard to sealing of roads connected to the school's new safe access/exit proposal.
- Update on Bendigo Community Bank provided by Craig Oliver. The Dunkeld branch opened in 2011 with \$8m and in 2022 is now operating with \$135-40m. Supports a range of community projects, employment opportunities and a return to shareholders.
- DRASS recently announced its new community enterprise, The Old Bus Depot, and will be seeking quality vintage and retro items as well products from local makers. Also interested in any volunteers to assist at weekends. All proceeds to support refugees. **Opening Saturday 29 October.**
- **40km speed limit in Dunkeld.** SGSC has commissioned a report by consultants "Safe System Solutions" who have undertaken a review in accordance with VicRoads guidelines. Findings are that 50km is an appropriate speed. It was noted that VicRoads assessment of traffic conditions in Parker Street was taken some time ago and is now out of date. A motion was passed that the DPA support a campaign to reduce the speed limit to 40km on Parker Street between the Royal Mail Hotel and the Caravan Park.
- Advice from SGSC that the delivery of new public rubbish bins has been delayed due to manufacturing issues and will be installed as soon as they arrive.
- Car park line marking has finally been carried out in Parker Street – this is an issue that the DPA has been advocating for some time. Also the stone wall in front of Sturgeon View has at last been repaired after an unfortunate collision with a Council rubbish truck!
- **The DPA AGM will take place on Monday 7 November 2022 at 7.30pm at Sterling Place. Nominations for Office Bearers will close on Monday 31 October. Nomination Forms available by emailing: Dunkeld.Progress@gmail.com**
- **Next meeting 7 November 2022 after AGM at Sterling Place, Dunkeld.**

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STURGEON VIEW

Formerly Café 109

109a Parker Street
Dunkeld Vic
Ph: 03 5577 2288

Monday closed

Tuesday, Wednesday, Thursday & Sunday

Lunch 11.30am – 2.30pm

Dinner 5.00pm – 8.00pm

Friday – Saturday

Lunch 11.30am – 2.30pm

Dinner 5.00pm – 8.30pm

In-between lunch and dinner service light snacks are available from 2.30pm – 5.00pm.

Tuesday - Parma Night selection of delicious toppings \$18

Wednesday – Steak Night, cooked to your liking and choice of sauces, \$28 when dining in with a free pot of beer with your steak

Thursday - Burger Night freshly homemade burgers \$17

Freshly homemade pizzas available daily from \$18

TAKEAWAY FAMILY PACKS

- . Pizza Bundle – 2 x pizzas garlic bread & 1.25L soft drink \$40
- . Fish & Chip Bundle – 4 x pieces of fish chips & salad \$35
- . Chicken Parmas – 4 x parmas chips & salad \$80
- . Chicken Schnitzels – 4 x schnitzels chips gravy & salad \$70

.DINE IN OR TAKEAWAY MEALS BEVERAGES & ALCOHOL

- . Gluten free Vegan and Vegetarian options available

.Beer Wine Mixed Spirits available

- .Coffee tea milkshakes soft drink varieties etc
- .Cakes slices biscuits

- . Free home Delivery available from 5.30pm to 8.00 pm Tuesday to Sunday in Dunkeld town boundary only, minimum spend \$20.00.

Takeaway orders or bookings 5577 2288

250 Words from Father David

Who are you Francesca*?

When Jeanine and I had the undeserved privilege of staying in New York we slept in a hotel room that was 12 square metres. The bed was squished firmly against one side of the room. The custom was that you left a paltry \$2.00 as a tip for the housekeeping staff who are paid well below what they could reasonably should expect. So \$2.00 it was.

And every time we returned to our room, somehow, miraculously the bed was made in meticulous fashion. The room was spotlessly clean. It smelt clean, it felt clean. Fresh towels were in abundance and there was a nice note from Francesca saying a very big thank you for the generous tip, complete with a smiley face.

We happened to see one of the other domestic staff and mentioned not only how pleased we were with the service, but we hoped that \$2.00 was an appropriate amount. It seemed such a little for so much work.

The staff member reassured us that it was a generous amount and that Francesca would be extremely grateful. We never met Francesca, yet for 15 days straight she ministered to us in a hidden way that will always be deeply appreciated. So, who are you Francesca?

From the scant little bits and pieces I gleaned here are some guesses.

Obviously, she worked hard and she probably had several other jobs just to live hand to mouth. From the other staff I reckon I could have a good guess as to what the colour of her skin might have been. Francesca represents countless people who are the working class that we rub shoulders with and greet, but never really know as human beings. They are on a malicious treadmill that somehow needs to be dismantled. Then together with all the 'Francescas' we can walk forward together in harmony and a healthier sharing of our abundance.

(* Not her real name).

Father David Oulton
Phone: 0435 867 040
droulton72@gmail.com

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HOWZAT – COUNCIL TO SUPPORT LOCAL CRICKET VICTORIA EVENTS

Southern Grampians Shire Council has committed to a three-year sponsorship agreement with Cricket Victoria to support the Under 16 Premier League Carnival and other local Cricket Victoria events.

The agreement will be reviewed annually with \$10,000 to be allocated from Council's events budget each year.

Southern Grampians Shire Council Mayor Cr Bruach Colliton said there were clear long-term community benefits to the funding agreement.

"Last year's Under 16 Premier League Carnival hosted by Cricket Victoria saw an economic boost of approximately \$175,000 into the Southern Grampians region," said Cr Colliton.

"Over 50 families stayed in the region across the weeklong carnival which of course sees a positive impact in accommodation bookings, hospitality venues as well as retail which provided local businesses with increased opportunities.

"Events and activities like these have the dual benefit of helping to support our local cricket community while promoting the people and places of the Southern Grampians to the wider region."

"Cricket Victoria wants to showcase the fantastic grounds we have within the shire and give all players the opportunity to play in different conditions. They utilise local umpires for the carnival to support their development and various local Clubs are paid to get grounds ready for the Carnival".

"The Youth Premier League embraces talented players with varied backgrounds from across all of Victoria to be the best player they can be. We look forward to welcoming players and their families back later in the year for the 2022 carnival," concluded Cr Colliton.

The three-year agreement supports key performance indicators of the 2021-25 Council Plan to encourage participation in leisure, recreation and sporting opportunities; to promote appropriate services, facilities and activities for young people; whilst also improving the reputation of the region as a destination of choice for events.

With other Cricket Hubs being finalised in Victoria, there will be greater competition for junior carnivals. This approach locks in Southern Grampians hosting of this event for years to come.

Other programs and events proposed by Cricket Victoria to be held Southern Grampians include:

- Cricket Expos
- Junior Cricket forums

- Western Country presentations
- U19 Victorian Male State Squad for three days in September
- U19 Victorian Female State Squad in July
- Other Carnivals – State and Interstate TBC for 2023/24



Becoming a Lifeguard

Becoming a lifeguard you will learn great new skills:

- Resuscitation (CPR)
- Oxygen Supplemented Resuscitation
- Aquatic Spinal Injury Management
- Aquatic Surveillance and Rescue techniques
- Communication
- Leadership
- Working in a team environment
- Effective supervision
- Level 2 First Aid

What formal qualifications do I need to become a lifeguard?

- Pool Lifeguard Certificate (two day weekend course, including online training)
- Level 2 First Aid (day course)
- Working with Children Check (if over 18) (Online application)

How do I obtain my lifeguard qualification?

Courses are being hosted at the Hamilton Indoor Leisure and Aquatic Centre on:

- Saturday and Sunday, 15 - 16 October 2022
- Saturday and Sunday, 12 - 13 November 2022

These classes run between 9:00am - 5:00pm both Saturday and Sunday. The cost is **\$320** to book. You will find a course at the website below:

<https://training.lsv.com.au/>



SCHOOL NEWS

As previously advised, our school will now be publishing two School Newsletters per term. A busy term is ahead of us, and we have already had various events/programs take place at school. These include:

- Puberty Health session for Year 5/6 students, presented by WDHS staff.
- Moments that Matter (SGSC/CFA) – this project will focus on the crucial moments before, during and after major bushfire events and strengthening community resilience in times of emergency. The project will also focus on empowering our community members through education, awareness, and active participation in their own emergency planning. We also aim to clarify the use of Bushfire Places of Last Resort (BPLR) and evacuation to help mitigate severe impact and loss during bushfire events. The most important component of the project is community engagement and tailoring response, activities, and information to the needs of the Dunkeld community. Some students were showcased with a video created to share at community events. The video was on display at the Three Peaks Festival.
- Year 6 students, along with Mrs Phillips, our SAKG specialists Bev Hampton and Lisa McIntyre, and myself, attended the Royal Mail Hotel to enjoy a four-course meal prepared by Robin Wickens and his amazing team of chefs. This annual event for Year 6 students was certainly a favourite highlight of the year so far!
- The Three Peaks Festival Committee members are so grateful to the Year 6 students who wrote, rehearsed, auditioned and recorded the festival's radio ads at Ace Radio 3HA in Hamilton. The students did such a wonderful job of recording and received so many amazing comments on their efforts and "voices for radio". They were lucky enough to have a tour of the radio station before they left.
- Some of our Year 5/6 students are participating in the Cricket Blast on Friday 28 October in Hamilton, and we are very grateful to the parents who volunteer to assist with coaching, umpiring etc on the day.
- Ambulance Victoria Community Officers are visiting this Friday 21 October to deliver two sessions (Prep to Year 3 and Year 4 to 6) to present information on the role of Ambulance Victoria and basic procedures in an emergency.
- Greater Western Region Track and Field Championships were held in Ballarat and one of our Year 5 students Jack Oldfield Mann attended to compete in long jump and the 100-metre sprint.
- Fun Fridays, run by our student leaders have been occurring fortnightly with Lego Master Challenges and musical games taking place so far this term.
- Our SAKG classes operating every Friday are fantastic and could not occur without the support of our SAKG Friends (volunteers) from the school and wider community. The Prep/Year 1 and Year 2/3 students experienced a Kitchen class last Friday and they made some delicious food including fruit skewers, raspberry and white chocolate muffins, traffic light pizzas and fruit cake (made from fresh fruit).
- The school is once again able to raise funds by volunteering at the Dunkeld Races. This is a major fundraiser for our school and any support is most welcome.
- Our new drop-off/pick-up zone has commenced use, with a staggered start taking place to see how it will work. So far it is working extremely well, with positive feedback received from our school families. This is part of our process to ensure the safety of our students accessing the school at the start and end of each school day, with the increased usage of the Victoria Valley Road as we continue to become a popular tourist town.

Keep an eye out for recruitment dates on our Facebook page!

There are seven pools located within the Southern Grampians Shire Council. Over the summer period we will need to hire approximately 25 lifeguards to staff these pools. Lifeguards need to be at least 17 years of age. Lifeguards working at Balnoral, Dunkeld, Peshurst and Glenthompson pools have to be at least 18. Lifeguards under 18 can work at Hamilton, Coleraine and HILAC pools.

The main role of a lifeguard is to ensure everyone using the pool is doing so in a safe manner. This means following the rules and not putting themselves or anyone else in danger. There are also other responsibilities like performing water tests and general cleaning. It is important that lifeguards are mature and responsible, if an incident were to occur, the lifeguard on deck is the first responder. This means performing first aid, assisting a swimmer that is struggling or potentially rescuing someone from the water.

We can be flexible with work arrangements and a position could lead to all year round work if interested!

How do I obtain my First Aid qualification?

You can complete your Level 2 First Aid at organisations such as South West TAFE and WDEA Works. The course is completed over one day or two evenings, the cost is **\$190.00**.

More information can be found at:

shortcourses.swtafe.vic.edu.au/courses/1001197-provide-first-aid

How do I obtain my working with children check?

Working with Children Check applications can be completed online at: www.workingwithchildren.vic.gov.au you then need to go to the Australia Post Outlet to have your photograph taken. The cost is **\$121.10**.

Lifeguard certification checklist

1. Enroll in Lifeguard Training
2. Enroll in First Aid Training
3. Complete Working With Children Check



We thank the Dunkeld Progress Association for their support and the various network of volunteers/donations that have assisted this project so far.

- The **SAKG Tomato Plant Fundraiser** will be held again this year, please refer to page 13 for your order form.

To conclude, it was wonderful to see the Three Peaks Festival up and running again, and to see so many happy, smiling faces on the many children from Dunkeld Consolidated School that attended. Well done Three Peaks Festival Committee. 😊

Angela Field, Acting Principal



DUNKELD RSL SUB-BRANCH

RSL Membership: We invite ex-service men and women to be members and renew their membership to ensure the future of the RSL locally. Membership is \$40.00 per person:

- If you are a relative of ex-service men or women, you can also join the RSL.
- Affiliate memberships are also available to members of emergency services (police, fire brigade, CFA, ambulance and/or SES).

By becoming a member of the RSL, you will enjoy the privilege of having joined one of Australia's oldest and most revered organisations and supporting your local RSL Sub-Branch. An organisation committed to selfless service on behalf of the nation, which is dedicated to honouring those who have served our nation through military service, and that focuses on the care of veterans and their dependants. Application forms are available from the Secretary/Treasurer, Terrie Nicholson - phone: 5573 3353.

Remembrance Day Service on Friday 11 November 2022:

The Dunkeld RSL Sub-Branch will hold a Remembrance Day Service commencing at 10.50am sharp on Friday 11 November at the Cenotaph in the Dunkeld Memorial Park. The general community is invited to attend and lay a poppy or a wreath during the service.



Lest We Forget.

Young Endeavour Youth Scheme: The Young Endeavour Youth Scheme is pleased to announce applications are now open for youth development voyages in Australia's national sail training ship, STS *Young Endeavour*.



Since 1988, more than 14,000 young Australians aged 16 – 23 years have joined STS *Young Endeavour* for the adventure of a lifetime. Their internationally recognised youth development program builds self-awareness,

develops teamwork and leadership skills, and fosters a strong sense of community responsibility.

For further information, please visit their website: <https://youngendeavour.gov.au/>

DVA Heart Health Program for Returned Veterans and Peacekeepers and those covered by the ADF

Firefighters Scheme: Did you know the DVA provides a free 12-month health and fitness program that can be delivered to returned Veterans and peacekeepers with operational service and those covered by the ADF firefighters scheme anywhere in the country. The program is flexible and able to accommodate participants living in metropolitan areas, regional or remote areas, those still working or retired, studying or with other time constraints. Run on behalf of the DVA by Corporate Health Management the program aims to help you increase your physical health and wellbeing through practical exercise support and 12

months of health coaching and advice on healthy lifestyle choices provided by one of our team of highly qualified allied health professionals.

Am I eligible?

Started 20 years ago for those returned from Vietnam, the Heart Health Program is free and now open to all returned veterans and peacekeepers with operational service and those covered by the ADF Firefighters Scheme who have not previously done the Heart Health Program before. To check your eligibility visit <http://www.veteranshearthealth.com.au/eligibility/>

Individual Heart Health Program – How it works

Each participant receives 12 months of healthy lifestyle coaching from a highly qualified and dedicated allied health professional via fortnightly health coaching calls with information and advice tailored to each individual's health and fitness goals. The health coach will use their extensive knowledge along with health surveys and food diaries to guide you through the program. The program covers a range of topics including:

- setting healthy goals
- nutrition and diet advice
- advice on lowering alcohol consumption
- developing better sleep patterns
- stress management
- managing diabetes
- taking care of your body
- managing your weight
- and maintaining a healthy heart

Program Exercise Resource – Exercise how you like to

The program can provide an exercise resource to help participants to exercise the way they like to or provide an opportunity to try something that's different than the usual. Resources can take the form of:

- Assistance with the cost of a gym or pool membership or
- Provide a piece of exercise equipment for use at home or
- Provide assistance with accessing new exercise or training gear

Registering Your Interest

Registering your interest or checking eligibility is easy. Simply visit <http://www.veteranshearthealth.com.au/eligibility/> and follow the steps. Or please call the program phone number 1300 246 262 at any time to speak to one of our team.

From the Lions Den

L Liberty
I Intelligence
O Our
N Nations
S Safety



Great is the strength we possess in our unity – Mary MacKillop 1874.

Unity in Action

During the pandemic there were not enough masks for hospital medical staff let alone the general populous in Cambodia. So, Brisbane Jindalee Lions Club with the Runaway Bay Rotary Club and the Cambodian Women's Peace and Development Organisation combined to send a 40-foot container of KN95 facemasks to Cambodia.

The project was a great success and of course the different organisations will be looking to work together again, if the need arises. Well done!

Be Prepared

Recently Liz and I went into Hamilton for dinner, but when we returned to the car we found that I had locked the keys

inside the vehicle. I went back to the restaurant and was able to get a coat hanger, and after a bit of messing around I was able to unlock the door. This was all done in the pouring rain.

On the way home I said to Liz, "I've put the coat hanger under the driver's seat in case that ever happens to us again, it pays to be prepared."

Peter Hinchey

Treasures of the Wet

By Marion Colton

On a lovely, sunny, Spring day in late September, I was walking in the Halls Gap area. It was lovely to see Stoney Creek replenished with clear mountain water, gushing over stones and around boulders, creating white whorls of foam patterns, blinking amber in the sunlight and hurtling speedily over jutting boulders creating small cascades of light and motion.

I reflect upon the power of water and its interaction with the earth. Water has the ability of finding the easiest way down from the peaks. Yet is it not daunted by difficult terrain, sculpting sheets of rock into curves, domes and circles, filling them with its waters, giving life to surrounding plants.⁵

Earth lets go, allowing its diverse, loose granules to be carried to other parts, to become a different bed of life. It accepts water's power to shape and mould, yet, in its turn, by its steadfastness and solidity, it guides water on the way to the ocean. Earth and water intertwine like huge snakes, reminding me of the two yogic energies, Ida and Pingala that intertwine through our spines on the way to the Source.

I wander on, feeling the immense energy all around me. I pass the pretty pink bells of *Tetradlea ciliata* and the delicate mauve *Glossodia major* peeping out from the vegetation. Mountains soar above me on either side. I'm dwarfed by massive rocky outcrops with curving bellies, or overhangs, or both. Four young people pass me, lilos on their backs, and I wonder if they are going to brave the creek, but no, the lilos are for protection under the rock bellies in case they fall whilst bouldering.

I pass Venus Pools, a serene spot, today frequented by people of different ages and nude toddlers, enjoying the water or basking on the rocks. Steps carved from the rock face, wet and slippery from recent rains, lead upwards. A narrow track, muddy and full of murky puddles, sheets of almost vertical, iron-grey rock. After the recent rains constant runoff from the higher peaks trickles down its face. Mosses clothing the surface ooze water as I manipulate the muddy puddles.

On prior walks, in earlier years, I had seen the delicate Fairies' Aprons adorning these steep cliff faces, issuing from tiny cracks, ledges and crevices. So delicate, yet they thrive in such a harsh terrain. I was hoping to re-find them and I wasn't disappointed. Although early in the season, a few had already opened their attractive pinkish-mauve 'aprons', contrasting vividly against the dark wet rock.

I so love these tiny plants which thrive in moist, damp places. These particular ones are perched on rock, but others are found, from October to December, on inundated ground, around shallow swamps and far from Dunkeld, seeing literally hundreds in flower around its perimeter, interspersed by the yellow flowers of *Swamp goodenia*. The beautiful image is engraved on my memory.



These little plants consist of a thread-like stem which supports the single large, apron-like petal. Sometimes there are several flowers. In colour, they are a pinkish-purple with yellow throats. This species is known as *Utricularia dichotoma*, but there are at least four other species of both darker and lighter hues. The latter range from the Northern-Western Plains to the coastal strip of Western Victoria.

They belong to the family *Lentibulariaceae*, the Bladderwort family. This is because their modified leaves, not usually visible because they are immersed in water, act as bladders to capture microscopic aquatic life. This is their source of nutrition. Like *Droseras*, they are carnivorous, but with a different method of capture.

So, keep your eyes open in wetlands and damp places for you might also discover these interesting plants.

NEWSLETTER CONTRIBUTION AND DISTRIBUTION DATES FOR 2022

Please note that the closing date for the Community Newsletter is 6.00pm on the Friday before the distribution date, as listed in the below table.

Please forward your content to Mrs Carol Burger – email: carolburger5103@gmail.com or phone: 0417 374 673.

A friendly reminder that if you wish to change the content/size of your advertisement please email the new version to Carol Burger by the relevant closing date. The Dunkeld Consolidated School will forward invoices and receipt any monies pertaining to advertising in the Dunkeld & District Community Newsletter.

Issue Number	Cut-off Date	Distribution Date
17	Fri 28 October	Wed 2 November
18	Fri 11 November	Wed 16 November
19	Fri 25 November	Wed 30 November
20	Fri 9 December LAST ISSUE FOR 2022	Wed 14 December

Local Housekeeper Wanted

Looking for a reliable housekeeper to take on a one bedroom, one bathroom holiday cabin in the Dunkeld area.

The days differ around bookings so you will need to be flexible and available weekends.

Great rate on offer for the right person.

Contact Maree on 0404 652 265.





Order Form for SAKG Tomato Plants 2022



The best time to plant your tomatoes is after the Melbourne Cup ... so:

Order Forms are to be forwarded to the Dunkeld Consolidated School's Admin Office, or via email: dunkeld.cs@education.vic.gov.au **BY MONDAY 24 OCTOBER 2022.**

Orders will be filled on a 'first come, first served' basis.

We would like to sincerely thank everyone for the interest shown on our school Facebook page regarding our SAKG Tomato Plants fundraiser.

We are mindful that we have a limited number of tomato plants to sell, therefore, orders will be filled on a 'first come, first served' basis. You will receive an email confirming your order and payment details will be advised.

*****Orders are not finalised until you receive a confirmation email from the school, which will include payment details and delivery/collection date.*****

NAME..... PHONE NUMBER.....

EMAIL.....

TYPE	QUANTITY	(x) PRICE	TOTAL
Grosse Lisse		\$2.50	
Oxheart		\$2.50	
Sweet 100		\$2.50	
TOTAL AMOUNT			\$

- Where stocks of a variety are insufficient to meet orders, we reserve the right to substitute with an alternative variety. All due care has been taken to ensure each variety has been labelled correctly. We apologise if you receive a plant that has been mis-labelled.
- Every order receives the late Ivo McLaughlin's 'magic ingredient recipe' for tomato plants - to place in the bottom of the planting hole.
- Funds raised are used to purchase equipment and resources for the school's SAKG Program.

GROSSE LISSE: A very popular, heavy yielding variety. Tall growing and vigorous plant – needs staking. Tasty large and robust red fruits. This tomato produces large, well-flavoured fruits on sturdy plants. Excellent source of Vitamin C, A and E, potassium, fibre and antioxidants. *Cooking Tip:* Perfect tomato for sandwiches, salads or just eating fresh from the vine.

OXHEART: Another old favourite! This large, fleshy tomato matures mid-season with consistent smooth firm fruit. Tasty to eat fresh with its fantastic flavour, they are best left to ripen fully. Oxheart requires staking and also watch that the heavy fruits don't touch the ground. Tomatoes grow well on light or heavy soils but you will obtain better results if you add organic matter, some pre-planting fertiliser and the chosen site has good drainage. Excellent source of Vitamin C, A and E, potassium, fibre and antioxidants. *Cooking Tip:* Serve in salads, sandwiches or on dry biscuits as a healthy lunch or snack.

SWEET 100: A splendid variety, yielding an abundance of bite-sized fruits which are deliciously sweet and juicy. It matures early, producing long trusses of tomatoes. For best results this variety requires staking. These juicy tomatoes are slightly smaller than your traditional cherry tomato. This Tomato is easy to grow which makes it perfect for kids! Excellent source of Vitamin C, A and E, potassium, fibre and antioxidants. *Cooking Tip:* Perfect for school lunch boxes, salads, snacks and hot dishes. Harvest when red ripe, although slightly coloured fruit will ripen indoors.

Thank you for supporting the school's Stephanie Alexander Kitchen Garden Program!