

Recommendation to terminate V-Line services at Pakenham

ABC Gippsland Monday 8th August 2016

Gippsland Councils have joined together to condemn a push to remove V-Line trains from the metropolitan rail network.

Infrastructure Victoria's citizen jury has recommended Gippsland's V-Line train services terminate at Pakenham, forcing regional commuters to switch onto metropolitan trains to reach the city.

The regional citizen jury met in Shepparton six times this year before releasing its report.

The report recommends increased services on the Gippsland line that align with metropolitan rail services at Pakenham, to create a Pakenham rail shuttle.

Baw Baw Shire Council Mayor Joe Gauci said not one of the members of the jury was from Gippsland.

"I don't think Gippsland residents or train users should be disadvantaged in any way compared to the rest of the state," he said.

"We have people with disabilities, elderly people, and just the pure inconvenience of having to get off one train and onto another to get into the metro area just seems ludicrous."

The jury's report said the advantages of a Pakenham shuttle service would be increased access from Gippsland into Melbourne.

The report also outlined that a shuttle service was a low cost option, compared to the costs associated with a dedicated regional rail track into the city from Pakenham.

East Gippsland Mayor Marianne Pelz said the notion was unacceptable.

"Rail patronage has steadily increased since the train was returned to East Gippsland in 2004, showing that our residents support the service," she said.

"The priority should be on improving the infrastructure, such as the Stratford rail bridge, not adding another interchange that lengthens the journey for Gippslanders wanting to travel into the city.

"The Pakenham line is actually the Gippsland line — do not take our line away."

Latrobe City Council Mayor Michael Rossiter said local community consultation highlighted the need for improved public transport in the region.

"If you do not ask those that are at the heart of a matter to have their say, how can you truly expect to provide a satisfactory solution to an issue that affects those very people?" he said.

"Gippslanders deserve to be heard."

To Sign the petition go to http://www.votv.org.au/gippsland_line or find it on Facebook



Dumplings

3/4 cup (155g) brown sugar
1/3 cup (80ml) golden syrup
100g butter
1 1/2 cups (225g) self-raising flour
3/4 cup (185ml) milk

Combine 2 cups (500ml) water, brown sugar, 1/4 cup (60ml) golden syrup and 50g butter in a large saucepan. Stir over a low heat until melted.

Meanwhile, use your fingertips to rub in 50g butter into flour. Combine milk and 1 tablespoon golden syrup. Stir into the flour mixture until well combined.

Bring the sauce to the boil then drop heaped dessert spoonful's of the mixture into the sauce. Reduce the heat to low and simmer, covered for 15-20 minutes or until a skewer comes out clean. Serve with ice cream.

Contributor: Leona Lavell



The Eastern Horseshoe Bat (Rhinolophus megaphyllus)

Photo by Geoff Hammond taken in Shades of Death cave.

This bat is named because of its horseshoe shaped nose and is one of the three cave and mine dwelling bats that live around Buchan. Unlike many other bats they are silent in flight and very acrobatic. They eat a diet of mosquitoes, moths and beetles and each bat can eat 600+ mosquitoes a night. Like all insectivorous bats they must eat a lot in the warmer months in order to survive the cold months when food is not available. They give birth to live young at the start of summer and suckle them until the 'pups' are able to fly and eat for themselves. Birthing takes place in maternity caves of which there are three in this area. Pups are born furless and cling to their mothers until they get too heavy. At this stage the young are left in the cave with the mothers returning after feeding themselves to find and feed them. With up to a million pups it must be hard to find their own but somehow they manage to do it. Bats drink by flying low to water and dipping their tongues into the river, dam or creek. They are curious and will often follow cavers through the cave. Their guano is an excellent fertilizer.

Contributor: Kim Van Dyk



Buchan Phoenix

Rising from the ashes...

A communication for the community by the community.

August 2016 Issue 3

Finding grants for your group or organisation.

For many groups, finding grants can be a difficult or drawn-out task. Knowing where to look and who to talk to are the keys.

The Funding Centre

One way of finding grants is to subscribe to the Funding Centre. The Funding Centre and associated tools and newsletters are an initiative of Our Community, a world-leading social enterprise that provides advice, tools and training for Australia's 600,000 community groups, as well as services for business, government and the general public.

The Funding Centre's EasyGrants newsletter and database is the leading source of grants information in Australia. A subscription to the Funding Centre starts at \$85 per year for community groups but you can access this resource by contacting the Buchan Neighbourhood House. This has the advantage of ensuring this resource is available to all community groups in our area.

Funding Centre subscribers receive the EasyGrants newsletter each month containing a comprehensive list of all government, philanthropic and corporate grants funding available in Australia - including an overview of the program, requirements, links and closing dates. Our Community <https://www.ourcommunity.com.au/>

Other resources you can use include the following websites:

Victorian State Government <http://www.vic.gov.au/grants.html>

Try the Grant Guru - <http://community.grantready.com.au/>

GippSport <http://gippsport.com.au/>

East Gippsland Shire Grants http://www.eastgippsland.vic.gov.au/Community/Council_Grants/Program_overview

These include: Projects Festival and Events
Facilities Environment and Sustainability
Arts and Heritage Regional and District Events Sponsorship

Talk to your State or Federal MP about government grants programs. Darren Chester or Tim Bull.

Talk to your peak bodies and other organisations about grants they may have applied for.

What's inside this issue

- ◆ Classifieds. Get yours today!
- ◆ Neighbourhood House News
- ◆ Shire News
- ◆ Community Group News
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- ◆ Buchan South Avenue of Honour
- ◆ History The Den of Nargen
- ◆ Celebrations and Events
- ◆ School Holidays Craft Day
- ◆ Snowy River Sprint
- ◆ Buchan Flower Show Gardening Tips
- ◆ Church Services
- ◆ Massage Information
- ◆ Buchan Community Plan Consultation
- ◆ Recipe Golden Syrup Dumplings
- ◆ News from the Gelantipy Hall
- ◆ Mountain Cattlemen's Annual Get Together
- ◆ Wallaby Stew
- ◆ What's happening to the Gippsland Rail line?



The newsletter will be delivered to every household in the District and also be available online at buchan.vic.au.

If you are not receiving the newsletter please contact us and we will ensure that a copy is mailed to your address.

Dates for submissions will be advertised in each edition and we welcome your contributions.

Submissions closing date for September will be Monday 5th

Submissions can be sent to buchanbnh@bigpond.com or drop them into the Neighbourhood House.

The Buchan Phoenix Sub Committee and the Buchan Neighbourhood House do not take responsibility for opinions expressed by contributors to the Buchan Phoenix. The Editors reserve the right to reject articles and advertisements and to edit submissions if necessary. **All submissions must carry the author's full name, address and phone number. They may be published anonymously if preferred.**



The Buchan Phoenix would like to acknowledge the Gunai/Kurnai People, the Traditional Owners of the land on which we gather, and pay our respects to their Elders both past and present.

Classifieds

Callemondah Cafe
Homemade food
• Breakfast • Lunch
• Cakes • Slices • Coffee
• BYO licensed
• Indoor & alfresco dining
Catering available



OPEN SAT - THURS 8AM - 5PM
51 MAIN ROAD, BUCHAN. PHONE 5155 9300
follow us on facebook
callemondahcafe@hotmail.com

**Buchan Neighbourhood House
AGM**
Tuesday 11th October 2016
10 am
New members welcome.

**We would love to have some more
people come and join our committee.**

Finding volunteers can be hard but our groups and organisations need all the help they can get.
Join a committee and lets all help out.

**The Buchan Craft Group
Meets every Wednesday from
10am to 4pm.**

**A great space to put together your
quilts and share ideas. All Welcome.**

\$3 per session.

Place your advert here

\$5 per month or \$50 for 12 editions

**Contact the Neighbourhood House for
details**

Place your advert here

\$5 per month or \$50 for 12 editions

**Contact the Neighbourhood House for
details**

Buchan 500m Rifle Range
Permitted: up to .50 calibre
& muzzle brakes
Newly improved facilities
Monthly midweek Shoot
Every 3rd Wednesday of the month
Open 10am to 4pm

Monthly Weekend Shoot
-Every 4th Sunday of the month
-Open 10am to 4pm
Not a member?? – come and try shooting under
supervision
Range Address: Bruthen Buchan Rd, Buchan
(18km from the Princes Hwy)
For more information, please phone
President: Tim - 0418543962
Secretary: Garry - 0427867868

M A S S A G E
Tuesday 16th August 2016

REMEDIAL MASSAGE THERAPIST Sharon Dent will be offering a range of
massage services from the Buchan Neighbourhood House including
Relaxation, Aromatherapy, Sports Therapies, Remedial Massage Thera-
py, Pre and Post Natal and baby Massage. Available for adults and chil-
dren of all ages
\$60 one hour session
For further information and bookings Contact the Buchan Neigh-
bourhood House or Sharon Dent on silvaust@gmail.com or
0468387524

Buchan Community Garden
Every Friday from 11 am @ the Uniting Church
A great way to garden, share your ideas and get together.
Eat fresh home grown organic produce.
ALL WELCOME
Produce is shared with participants and the excess is then sold to
support the Garden.
A community garden is a place where people come together to
grow fresh food, learn and relax.
Raised garden beds available for easier growing.
Come and see us about renting a site.

Place your advert here

\$5 per month or \$50 for 12 editions

**Contact the Neighbourhood House for
details**

Buchan South Avenue of Honour

Construction of an Interpretive/Display Shelter in the form of a 'small shelter' on the Buchan South Avenue of Honour

The Buchan South Committee of Management are applying for grants to provide a permanent display area, protected from the weather, to present and promote educational facts regarding Australia's wars and conflicts. It would also appeal to emotional connections of descendants of those who served, to ensure that their service and sacrifice are never forgotten.

Special displays highlighting anniversaries of wars, battles or victories, e.g. 100th Anniversary of WW1, would be set up on Remembrance Day and Anzac Days, while simpler illustrated stories of Buchan and District individuals or families in wartime would be highlighted. This is intended to keep high the interest shown by local visitors and tourists who may be visiting War Memorials generally or tracking ancestors specifically.

This would help to explain the Memorial, the soldiers for whom the oak trees were planted, and the historical reasons of the planting.

For our many visitors from wider Victoria and further afield, during the months between major ceremonies, part of the display area will advertise and promote the date and program of the next ceremony, as well as feature photographs and speeches of the last one held.

The construction will be similar to the visitors board in the main street but the difference will be :-

1. The entry will be from the front instead of the sides
2. The two display areas will be enclosed with sliding windows instead of lift-up type.
3. Guttering will be attached to the roof edges for water catchment, thus attending in a small way to the need for watering of the oak trees.

The Buchan South Avenue of Honour represents the only War Memorial/ Avenue of Honour between Bruthen on the Alpine Highway and our northern border, where Remembrance Day and Anzac Day ceremonies are regularly held.

As such this large rural and remote area relies on our regular, interesting, ceremonial occasions where they will be welcomed in an inclusive way.

We include people from all our districts in the Buchan region, and west to Ensay, Swifts Creek, Omeo, Tambo Upper and Bruthen. We also attract people from other areas, whose ancestors lived and worked in Buchan as far back as the late 1800s.

Older adults in particular are seen to visit Buchan South, as many relate personally to the town, and particularly to the site of the Buchan South Primary School of which the Avenue of Honour formed the entry path-way.

Our users range in age from the elderly with personal memories, through all age groups becoming more aware of wartime activities, e.g. Gallipoli, right down to our youngest children at the Buchan Primary School, who participate with poems, songs, and stories, in our Remembrance Day and Anzac Day programs.

Grade 6 students also participate as part of their Rotary Community Awards programs. They have been a willing part of working bees in preparation for special days, and are always there to raise the flag and place memorial wreaths.

Buchan and District has a vibrant community, resourced by many willing and long term volunteers. There is a renewed interest in the history of the towns and their inhabitants, which provides satisfaction and education, and even entertainment.

The events scheduled for the Avenue of Honour each year always include morning teas, barbecues, and on Anzac Days, the gunfire breakfast to which everyone is invited. These occasions lend themselves to community adhesion, relief from isolation, and a confidence in the community support people can count on in times of stress.

Small communities like those around Buchan need and deserve to have access to services and facilities which are taken for granted by larger communities further afield. There is no Returned Services League in or close to Buchan, but we have provided the community support for returned servicemen and their families in so much as we provide the venue for reminiscences and remembrances. We deliver suitable and sympathetic services on important commemorative occasions. The interpretive shelter will be an important addition in demonstrating understanding to those affected by war and to all of us who have benefited from their sacrifices.

The provision of attractive, weather protected displays in this construction will see a new and excellent attempt to personalise the men and women represented by oak trees and memorial benches on the Avenue of Honour.

They will be shown in photographs and illustrated stories, to have been real people and no longer just a name and number attached to a tree.

As WW1 in particular recedes into something akin to legend because of the 100 year time factor, the importance of it can be held at the forefront in the minds of people by interesting use of photos and stories in an interpretive way. This can also be an interactive exercise, as people add their own photos, stories and letters, thus adding to the knowledge of all interested parties.

Older people are grateful for it, younger ones learn from it and the very young will see their parents involved, and not see it all as a mystery.

The interpretive shelter will be an attractive improvement to the Avenue, and will attract more visitors to our main events, Remembrance Day and Anzac Day, and casual visits as well. Many come for the peace and tranquility, and also for what they perceive as the reason for its existence. As there is no person 'on duty' to answer questions, information which can be provided in the displays will be more satisfactory, and may provoke further enquiry to advertised contacts.

In the ten years since the restoration, the Avenue of Honour has always been well perceived by locals and visitors, both as a venue for commemorative occasions and as a part of Buchan's Heritage. It is expected that with such an addition as the interpretive shelter and its thoughtful usage, residents and tourists will experience a heightened sense of pride in, ownership of, and responsibility for this valuable community facility.

Contributor: Zillah Norfolk President Buchan South Avenue of Honour



Community Consultation

Saturday 17th September

2pm to 5pm

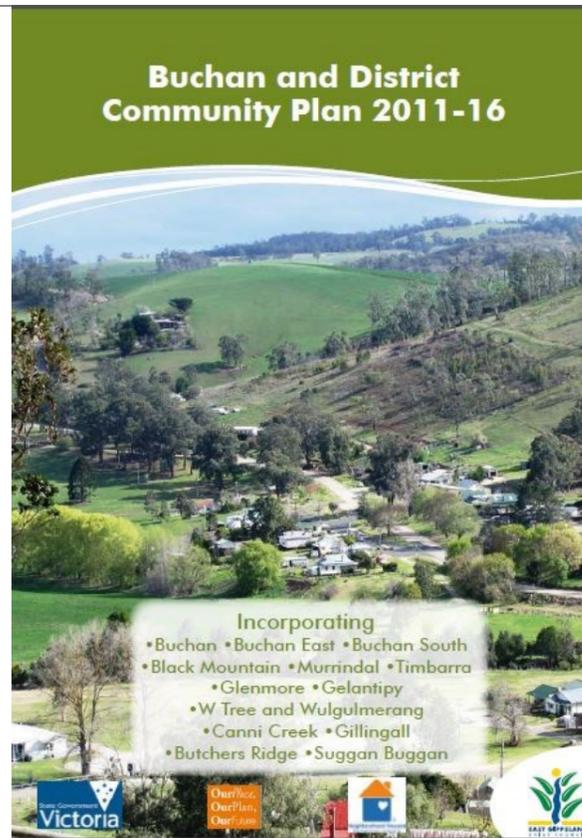
Buchan Rec Pavilion

Afternoon tea provided

Program for the day

- Review the Community Profile
- What are our strengths and weaknesses
- Review of the current plan and the action plans
- Establish the priorities
- What will go into the booklet

RSVP essential for catering by Monday 12th September to Buchan Neighbourhood House 51 559 216 or buchanbnh@bigpond.com



Gelantipy and beyond 'Sit and Chat'

Gelantipy Historical Society President Nigel Hodge, with the assistance of the Gelantipy Hall Committee, is in the process of organizing a 'Sit and Chat' event which we hope to hold later this year.

Using the very successful formula presented several times for areas as far North as Murrindal by the Buchan Heritage Group, we are looking to gather past and present residents of Gelantipy, Wulgulmerang, Black Mountain and Suggan Buggan to share the oral history of our area. So many of our great story tellers are no longer with us and we are very keen to share and record the anecdotal history of our area ASAP.

Nigel has suggested using a room at the new Buchan Pub for this event, and I hope to have it filmed and later edited for public consumption, but the day itself will only be open to people who live or have lived in that area.

We will be contacting as many people as possible in due course, but it would really streamline that process if those of you who wish to attend could contact either Nigel or myself. We'd also love any suggestions (with contact details) of people who have moved away.

Contributor: Deborah Woodburn

Sourdough and Ciabatta Bread Making

with Qualified Chef Christiane Philip from the Culinaire Cooking School,

Swan Reach

Thursday 8th September 2016

4 hour workshop 10 am to 2pm @ the Buchan Neighbourhood House in our new beaut kitchen

Cost \$70

Book early as there are only 5 places. Bookings only accepted with payment.

Welcome Coffee, apron and all equipment provided

This workshop is for those who would like to bake fresh bread at home with no need for a special bread oven. We teach you all about the right ingredients, how to make white and rye starters, how to make a sponge for Ciabatta bread. Shaping and proving your loaves then baking your bread to take home. Recipes are also provided. We bake with organic flour making it taste like bread should.



Neighbourhood House News

ph. and fax. 51559 216
email: buchan-bnh@bigpond.com.au
Join us on Facebook

Open Monday to Thursday
9am to 4.30 pm



Tech Help Sessions by appointment

Bring along your own device for one on one assistance.

Support is limited to the use of devices, applications and browsers but does not cover problems relating to security, repairs or purchase recommendations. We will do the best we can to assist you with your enquiry.

Book your appointment by phoning or in person at the Neighbourhood House for these free sessions.

Essential Skills in Technology (online)

Are you wanting to set up and manage a website, learn more about internet security, or learn about keeping your files and folders in order and familiarising yourself with and getting the most out of the Windows 8 and Windows 10 operating systems.

This course is for you and fully supported by an online teacher

Full Fee \$50/Concession \$30

Call Buchan Neighbourhood House on. Ph. 51 559 216 or Email us at buchanbnh@bigpond.com

Online at <https://www.trybooking.com/220343>



Helping seniors learn online

Broadband for Seniors offers free online computer lessons for seniors and tutors. The online lessons can be accessed from any computer with an Internet connection.

Seniors can access the Online Lessons from home or at the Neighbourhood House. Before using the Online Lessons, users need to create a free account.



We can help seniors create their account. From the Online Lessons page, just click the

Create Account button located in the right-hand corner of the screen and follow the prompts.

Remember to use the same login so you can keep track of the learning modules you have completed.

<http://bfseniors.com.au/online-training/>

If you have any questions or problems, you can call the BFS Helpline on 1300 795 897.

Bookkeeping for Business

Designed for small businesses, farm managers, committees of management or personal budgeting and will look at digital programs available on and Excel to help make financial management of a business or organisation quick and easy.

The content of the course will be tailored to the interests of those who enrol depending on the interests of the group.



Every Tuesday (ongoing)
1 to 3 pm
Duration 10 weeks

ACFE funded/concession \$80. Full Fee \$110.

At the Buchan Neighbourhood House

Supporting your Learning...

School Holidays Craft Day.

Tuesday 27th September (note Change of Date)

Primary & Secondary Students

10am to 2pm

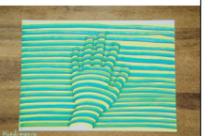
\$5 per person

Including lunch and materials.

Lunch: Sausage rolls, sandwiches and fruit.

Activities include:

- Paper Plate Weaving
- Drawing
- Paper Towel Roll Flowers
- Colouring In
- 3D hands



Bookings Essential. RSVP by Tuesday 20th September

Mountain Cattlemen's Annual Get Together

13-15 January 2017

The 2017 Get Together will be held on private land on the Buchan River. Three days of entertainment celebrating the very best of Cattlemen's culture and heritage will be showcased.

Try or watch the hay stacking, dog high jump, tug of war, poetry competition or whipcracking. Everyone is encouraged to join in. Watch the famous Cattlemen's Cup, the Buck Out and the Heritage Parade. Be entertained by great bands. Don't miss the intriguing panel discussions on aspects of High Country culture and history. There is something for everyone.

Entertainment: Expect excellent entertainment at the 2017 Get Together.

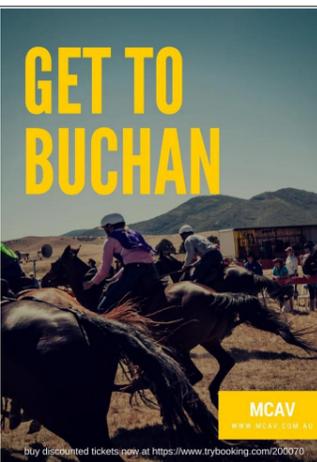
The Don Kneebone Mountain Heritage Awards: Dennis Carstairs is again co-ordinating the poetry competition for the MCAV. Please download the brochure for further information on the categories for the competition from their website.

Photography: There are two sections in the photo competition, Junior Under 18 years of age and Open to all Photographers.

Kids Fun: Kids have the most fun at the Get Together. There is an activities tent during the day with face painting and lots of fun and games which in the evening becomes a kids disco.

Tickets: Buchan 2017 Get Together tickets can be purchased online at a discounted rate from 1st. June 2016. Remember, only adults need buy a ticket as kids 17YO and under are free. The ticket price includes camping and entertainment for three days. Tickets available from 1st June 2016. Camping, hot showers and water etc. will be included in your ticket price. There will be a bar and many food outlets to satisfy any taste. Tickets \$90 for the three days. Now that's a bargain. <https://www.trybooking.com/200070>.

For further details go to the website http://www.mcav.com.au/webpages/get_together.html



buy discounted tickets now at <https://www.trybooking.com/200070>

EAST GIPPSLAND SHIRE LIBRARIES FREE BOOKINGS ESSENTIAL

Movie Screening

The Lady in the Van

Join us for our screening of the comedy drama about Mary Shepherd, an elderly woman who lived in a dilapidated van in a London driveway for 15 years

The story develops as a neighbour discovers details of her colourful past.

Phone 5152 4225 or book in person at the library for this FREE event.

Tuesday 6 Sept Orbost Service Centre 2.00 pm - 4.00 pm	Tuesday 13 Sept Omeo Service Centre 2.00 pm - 4.00 pm
Thursday 8 Sept Bairnsdale Library 2.00 pm - 4.00 pm	Wednesday 14 Sept Lakes Entrance Service Centre 2.00 pm - 4.00 pm
Friday 9 Sept Paynesville Service Centre 2.00 pm - 4.00 pm	

EAST GIPPSLAND SHIRE LIBRARIES FREE BOOKINGS ESSENTIAL

Victorian Tech Savvy Seniors

Online Shopping, Banking and Cyber Safety

Free training sessions teaching older people how to access information and stay connected with their family, friends and communities

Victorian Tech Savvy Seniors is a Seniors Card Age Friendly Partners Program with Telstra

Introduction to Online Shopping and Banking

- Researching products and suppliers
- Payment methods
- eBay - buying only
- Discussion about netbanking and paying bills online

Introduction to Cyber Safety

- Types of threats
- Security software
- Keeping yourself safe

Bookings are essential as places are limited. Phone 5152 4225 or book in person at the library for this FREE event.

Online Shopping and Banking
10.00 am - 12.30 pm

Introduction to Cyber Safety
1.00 pm - 3.30 pm

Paynesville Service Centre
Tuesday, 6 September

Bairnsdale Library
Wednesday, 7 September

Lakes Entrance Service Centre
Thursday, 8 September

Orbost Service Centre
Friday, 9 September

Bairnsdale Library
Wednesday, 14 September

Buchan Cemetery Regulations

At one of our focus group meetings for the Community Plan Robert Carney spoke about the rules and regulation at the cemetery. Having never realised I thought I would add them to the newsletter, particularly the rule about glass.

The care and maintenance of the graves and memorials is the responsibility of the next of kin of the deceased.

No breakable or potentially hazardous item of any nature should be placed on any grave any such item will be removed without notice. i.e. :(glass jars etc.)

Flowers will be removed when dead faded or unsightly.

No works to be carried out in cemetery without permission from the Trust.

Contact
Robert Carney
Hon President Secretary and trust member.
0427 559433

Photos depicting graves, rose garden, rotunda and wall niche



Wallaby Stew

Poor Dad, He got five years or more, as everybody knows,
And now he lives in Maitland Gaol, broad arrows on his clothes;
He branded old Browns cleanskins and he never left a tail
So I relate the family's fate since Dad got put in gaol
So stir the wallaby stew, make soup of the kangaroo tail;
I tell you things is pretty tough since Dad got put in gaol.
Our sheep all died a month ago, of foot-rot and the fluke;
Our cow got shot last Christmas day by my big brother Luke;
Our Mother's got a shearer cove forever within hail;
The family will have grown a bit when Dad gets out of gaol.
Our Bess got shook upon some bloke, but he's gone, we don't know where;
He used to act about the sheds, but he ain't acted square;
I sold the buggy on my own, and the place is up for sale;
That won't be all that has been junked when Dad comes out of gaol.
They let Dad out before his time to give us a surprise.
He came and slowly looked around, then gently blessed our eye;
He shook hands with the shearer cove, and said that things seemed stale,
And left him here to shepherd us and battled back into gaol.

Cecil Poole
First published in 1897



East Gippsland Shire Council Outreach Services News

Library Books can be reserved, collected or returned at the Neighbourhood House. Library Days are held fortnightly on Thursdays. Next visit September 13th and 27th.

Green Route

Tues	Buchan** (near school)	9.15 am - 10.00 am
	W Tree (near Siba Retreat Centre)	10.45 am - 11.30 am
	Buchan (Neighbourhood House & Kinder)	12.30 pm - 2.00 pm
	Swan Reach** (near kinder)	3.00 pm - 3.30 pm

Council Elections and how to vote

The election is a Postal Election with voting Ballot packs to be mailed out to enrolled voters between 4 - 6 October 2016.
(If you have not received your Ballot pack by 12 October 2016, please contact the VEC on 131 832)
DON'T FORGET - Your completed ballot paper must be lodged with Australia Post by 6.00pm Friday 21 October 2016.

EXPERIENCE IS THE NAME EVERYONE GIVES TO THEIR MISTAKES

WWW.VERYBESTQUOTES.COM - OSCAR Wilde

Craft Books available for Loan

Over the years we have collected a huge number of craft books on all different types of topics including quilting, crochet, knitting, patchwork, lead lighting, paper crafts, paper quilling, beading, doll making, embroidery, weaving and much much more.

So if you need a book on arts and crafts or interested in starting a new craft come and see us and take a look at our collection. All books can be borrowed from the Neighbourhood House.



Wishing Kim Van Dyk a speedy recovery from an accident that injured and broke her arm.



Remember to return your census forms

Buchan Early Years Reference Group

B E Y R G
Collaboration Celebration Care Community Commitment

We are looking for Community Members to support Reading at the Primary School

The Buchan Early Years Reference Group is working towards improving the literacy skills of our children in Buchan. One way to do this is having people reading with children.

We are looking for community members to visit the school on a regular basis (weekly or fortnightly) and help children with reading.

You would need a volunteer working with children's check, which is free and staff at the school can help you with this application.

If you are interested in supporting our children in our community with reading and literacy skills, please contact the school on 51 559 241.

Thank you for caring

Buchan Early Reference Group

UNDERSTAND ALZHEIMER'S SUPPORT AUSTRALIA

FAMILY INFORMATION AND SUPPORT SESSIONS



Latrobe Community Health Service and Alzheimer's Australia Vic Sessions 2016

INTRODUCTION TO DEMENTIA AND SERVICES
Wednesday 10 August from 1pm - 3pm
Suitable for: Family and friends of a person who may have a diagnosis of dementia and for the person who has the diagnosis
Overview: This session will provide an introduction to dementia, causes, symptoms and typical changes that may occur. Also discussed are services available to support the person and the family, including further information sessions.

COPING WITH CHANGES IN BEHAVIOUR
Tuesday 23 August from 1pm - 3.30pm
Suitable for: Family carers who need support coping with changed behaviours.
Overview: This session deals with some of the changes in behaviour caused by dementia as well as the possible triggers to these behaviours. We teach participants a problem-solving approach which helps carers to understand and better manage these changes.

GRIEF, LOSS AND DEMENTIA
Tuesday 30 August from 1pm - 4pm
What: Explore the emotional impact of the grief and losses associated with dementia
Suitable for: Family carers who would like the opportunity to discuss their experiences in a group setting.
Overview: This session will provide an occasion to share and gain a better understanding of how being a carer impacts on one's experience of the losses experienced throughout the stages of dementia, and supports that can help.

CONSIDERING RESIDENTIAL CARE
Wednesday 12 October from 10am - 1pm
Suitable for: Family carers at the point of considering residential care for a family member with dementia
Overview: In this program, we discuss the difficult decision of when to decide that residential care is needed, including the barriers to making this decision, and the emotional issues for families regarding placement.
Information is also provided about the residential care system, including the different types of care available, and where to get information, and what services to contact. Discussion of the family's new role and how they can continue to care is included in this program.

VENUE FOR ALL SESSIONS
Latrobe Community Health Service
68 Macleod Street, Bairnsdale

Cost: Free | Catering: Tea/coffee provided | Bookings essential to attend these sessions, as places are limited
Bookings: <https://vic.fightdementia.org.au/vic/education-and-consulting/family-information-and-support> or call Lisa Reed on 1300 526 576

This program is supported by funding from the Commonwealth and Victorian Governments under the RACC program.

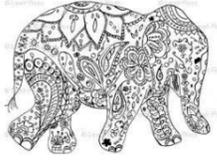



A Woman Shoots Her Husband For Stepping On The Clean Floor...
A police officer jumps into his squad car and calls the station.
"I have an interesting case here," he says. "A woman shot her husband for stepping on the floor she just mopped." "Have you arrested her?" asks the sergeant.
"No, not yet. The floor's still wet."

I've been working on my PhD in engineering for the past five years, but my kids don't necessarily see that as work.
As we were driving past K Mart one day, my son spotted a Now Hiring sign and suggested that I could get a job there.
Hoping to make a point, I asked, "Do you think they're looking for an engineer?"
"Oh, sure," he said. "They'll hire anybody."

Adult Colouring In...Meet Up
First Sunday of each month.
Next session 4th September 2016
10am to 1pm at the Neighbourhood House

Come along to the Neighbourhood House and set aside some me time. Colouring is more fun when you do it in the company of friends! Get creative and colour up a storm (recommended for ages 12 and up) Colouring-in can aid mindfulness and the relief of anxiety. We can provide colouring pages and some colouring tools including textas and pencils or you can bring your own. Bring snacks and/or lunch to the session and enjoy the atmosphere to get creative!



These two caves (NN-1 and NN-2) are located in the Colquhoun Forest. NN-1, the larger cave is a maternity site for bats and each summer millions of female Bent-wing, Fishing and Horseshoe bats congregate there to give birth to their young.

Excerpt from Trove Newspapers – Australian Library.

Bairnsdale Advertiser and Tambo and Omeo Chronicle, Saturday 26 January 1884.

HOW I FOUND NARGUN CAVE. (By J.D.S.)

When first I came to my selection, now some years ago, the blackfellows used to tell me, "Nargun will eat you." Thinking it was only their way of joking I took no notice of what they said, but when I became better acquainted with them, some of them very seriously told me, Nargun, has a cave near you and will be sure to find you out someday. One of the more intelligent of them informed me that this was a monster like a woman, but much larger, very strong, and covered with scales like a fish, that she had a great taste for eating blackfellows, and if one of them came near her cave he never got away, but was sure to be devoured. I find in Mr. Brough Smyth's interesting book about the aborigines that he mentions among their myths this of Nargun, and, that this being is sup-posed to live in a cave near Lake Tyers. These various statements made me wishful to discover, if possible, the residence of so formidable a neighbor. Mr. Bulmer informed me that he had seen the cave, but it was so many years ago that he had forgotten the precise locality. I often tried to induce the blackfellows to show me where it was but could not succeed; they positively declined to be eaten. I was too busy with work on my selection to give time for exploring, but sometimes on a holiday would search the gullies in the direction of the mysterious cave, though hitherto without success. Last week two young men, who were rustivating in this neighborhood, one a school master, who, tired of teaching the young idea how to shoot, for a change came to shoot wallabies; the other a candlemaker, came to my selection to recreate. One day was set apart for trying to find Nargun cave. We made an early start, and after pushing our way through some very rough country, came to a large gully that I thought was somewhere about the place I wished to find. Proceeding down it for about half a mile we came to were some rocks had fallen, and half hidden by ferns and bushes was the entrance to the cave. We scrambled over the rocks and found an opening high enough for us to stand in upright. The roof came lower, and we had to stoop, then crawl on hands and knees, and our progress was neither rapid nor pleasant. We soon got tired of it, and reaching our candle as far as possible, could see no change for the better, so we backed out, and were not sorry to get into daylight again. We unanimously resolved that if this is the famous Nargun cave it is not worth coming to see. I suggested that instead of returning the way we came we should keep down the gully and follow the creek towards home as the scenery was very beautiful. All were willing, so away we went, the school master leading. Very soon he let a great shout out of him, "Why, we have not been in the cave at all, here it is." And sure enough the gully had come to an abrupt end; a spur of the range had cut across it, and in the face was a large rent or crack some twenty or thirty feet high, and just wide enough for a person to walk in. It was a wild looking place, and made us think of those lines in the "Fairie Queen,"

Ere long they come where that same wicked sight.
His dwelling has, low in a hollow cave.
Far underneath a craggy, cliffy pight,
Dark, doleful, dreary, like a greedy grave, that still for carrion carcasses doth crave;
On top where of aye dwelt the gastly owl.
Shrieking his haleful note, which ever drave.
Far from that hunt all other cheerful fowl.
And all about it wand'ring ghosts did wail mid howl,
And all about old stocks and stubs of trees.



Spenser might have been here when he wrote this, for we have the cave, the owl, (the candlemaker shot it though) old stocks and stubs of trees, but where is Nargun? Our candle had got very short through exploring the first cave, so we had not much time to give to this. For about four hundred yards it continues narrow, and then opens out wide, and is much higher, perhaps forty to fifty feet high, but when we got this far our light was nearly gone, and much to our regret we had to return. A creek flows through the cave, but is dry at present. The drift wood shows that sometimes it is four or five foot deep. The mystery of the cave has yet to be explored, how far it goes, where is its outlet, where did Nargun cook the blackfellows, and other interesting, particulars remain to be discovered. If some of our enterprising summer visitors solve these problems, well and good, if not, should we live to see another holiday, we may try again.

Contributor: Kim Van Dyk



2016 SNOWY RIVER SPRINT

Competitors from around Australia will descend on the eastern Victorian town of Lakes Entrance in a couple of months for the third round of the 2016 Australian Tarmac Rally Championship.

The Snowy River Sprint is based in Lakes Entrance from September 24th to 25th, with competition to be run on closed sections of tarmac road around the nearby towns of Buchan and Orbost.

With the support of the East Gippsland Shire Council, this is the fifth year the event has been held in the area as part of the Australian Tarmac Rally Championship which began in 2008.

Run by the Mountain Motorsports group, the Snowy River Sprint is open to modern (modified), classic (pre 1982) and showroom-spec vehicles which meet tarmac rally specifications (full rollcage etc). Crews must wear full racesuits and helmets and be licensed by AASA.

The Snowy River Sprint gets underway with documentation and vehicle safety checks from midday on Friday, September 23rd, with competition starting in earnest from 9.30am on the Saturday morning.

On Thursday the 22nd of September at 1pm at the Buchan Recreation Centre we will be holding an introductory defensive driver course that is open to all interested community members of all ages, run by our Clerk of Course and level 1 driving instructor Martin Doxey. This is the same course that the competitors in the tour category will complete before they start the event.

At lunchtime on both the Saturday and Sunday of the event the cars and crew will be at the Buchan football oval car park. This is a great opportunity for those that are interested to come along and check the cars out as they get serviced (repaired) and have a chat with the competitors.

The event finishes around 4.30pm at rally headquarters (Central Hotel) in Lakes Entrance, on the Sunday. Winners will be gridders at the awards presentation later that night.

The Snowy River Sprint is set against spectacular backdrops in one of Victoria's most diverse natural environments, where the mighty Snowy River meets Bass Strait, 320km east of Melbourne.

Church Services

Catholic Church

St Dymphna's
Woodgates Road, Buchan
Meets 1st and 3rd Saturday of each month
For service details contact Mary Wheeler 51559330

Uniting Church

The Andrew Davidson Memorial Uniting Church
Main Street, Buchan
Services are every second month at St Marys Anglican church, Main Street, Buchan
For service details contact Leona Lavell 51 559 395

Anglican Church

St Marys
Main Street, Buchan
Meets every 3rd Sunday every second month. Next service July and then August
For service details contact Rhonda Coates 51 559 373

The 2016 Flower & Arts n Crafts Show Photography Competition and Display Melbourne Cup Weekend

Programs are now available at the General Store, Roadhouse and Neighbourhood House.

Cool clear nights, frosty mornings and plenty of rain can only mean one thing, it is August. I have already seen the jonquils, snow drops and primulas splashing the dull browns and greys with colour in the garden. Daffodils and tulips are starting to sprout and it's your very last chance to put bare rooted trees in! Race down to the nursery now, and grab some fruit trees, including apples, pears, plums, peaches, and nectarines. Deciduous exotic trees can also be planted now.

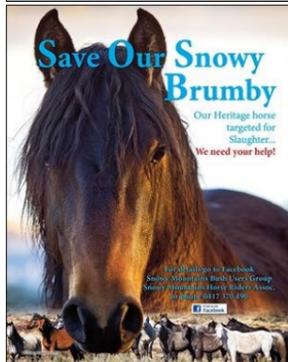
There's a bit happening in the veggie patch, so you could try spinach, broad beans, Jerusalem artichokes (put them in a pot or they can take over!!), potatoes, peas, onions, parsley, cabbage, broccoli, rocket, silver beet, cauliflower, lettuce, leek, Asian greens, radish, beetroot and parsnip.

Prepare your veggies beds now (your tomatoes will thank you for it). Do this by popping in some organic compost, pelletised chook poo, a wee bit of water, and applying straw mulch.

Get spraying! To prevent peach leaf curl (which also effects Nectarines) Use a Copper Fungicide and apply at bud burst or when disease first appears.

Green manure crops (legumes like mustard seeds or broad beans) are good to go now to improve that dormant veggie patch!

On really cold days, why not head out to the shed, and sharpen, clean, oil and maintain your garden tools. Sounds tedious, but it's really rewarding, and will save you cash and plant illness in the long run.



Become a member of this great voluntary group.

Buchan Peter White
Ph. 51559494
Gelantipy Keith Davies
Ph. 51550281
Or CFA Bairnsdale
Ph. 5152 3048



Our volunteers play a key role in protecting our lives and property.

Car Boot Sale!

Melbourne Cup Weekend together with the Buchan Art and Craft, Flower and Photography Show.

Saturday 29th October 2016

At the Buchan Butter Factory, Main Street, Buchan.

Commencing at 8am for sellers and 9am for buyers

Finishing at 3pm

We have room for sellers of

- Pre loved goods
- Produce
- Bric-a-Brac
- Fruit and Vegetables
- Cakes
- Plants
- Art and Craft Displays
- Toys
- Clothes
- Household Goods and more.



Community Groups welcome to have a stall for fund raising opportunities.

It is essential to book so that everyone has a fair go. Car boot spaces are 1st in best dressed.

Approved stallholders must have their own table and own shelter for the day and there is no power available.

Cost \$6 Per Site or Car (\$5 for early bird bookings with payment before October 4th, 2016) Registration is not accepted without payment. Proceeds will cover the cost of the site rental and project costs. Registrations Close on Monday 17th October.

Contact us at the Neighbourhood House on 51 559 216 or buchanbnh@bigpond.com for further information and to complete the registration form to book a space.

We are also looking for some help with the event and on the day.

This is a dry weather event only. If it is wet it will be cancelled. 50% of the entry costs will be refunded.

Someone's trash is someone else's treasure.

Recycle and re use.

In July at the Buchan Kindergarten Neil Cooper, our local handyman showed the kinder kids how to make bat boxes. Installing a backyard bat box is a great way to demonstrate your commitment to nature, and your bat-tenants will pay you back with some wonderful benefits! Microbats are essential for maintaining healthy ecosystems as many eat huge amounts of insects, including farm pests and many of the nasty bugs that harass outdoor gatherings. You'll also enjoy learning more about bats as you watch them come and go from the home provided.

