

# Buchan Phoenix

Rising from the ashes...

Communication for the community by the community.

February 2018 Issue 19



## Digital Skills Training

For those needing help to improve their digital skills using their devices including computers, lap tops, phones and tablets. Come along to this course and we will assist in getting you up and running.

There will also be some fun activities using the centres new 360 camera and a Virtual Reality Headset.

Tutor: Tom Giles

The content of the course will be tailored to the interests of those who enrol and based on the student's skill level.



**Dates:** Starting on

Tuesday 20<sup>th</sup> February 2018

2.00 – 4.00 pm at the Buchan Neighbourhood House

Duration 6 weeks

### Course Overview:

We all know how to do some of the things available to us using digital technology but sometimes there are some functions that we just don't understand and can't work out. For example extending the ring time on our phones, moving information to the SD Card or saving information and photos to the cloud. It may be understanding how to use your Telstra TV equipment or how to use Telstra Air when you're not at home. You may want some basic skills in using the computer. This course is designed to help you with your questions and queries and to give you some tools in how to find out information on the internet.

BYO device. Otherwise equipment could be arranged.

### Course Cost:

ACFE funded/concession \$75. Full Fee \$110.

6 week program

To be eligible for the concession rate you must be aged between 16 – 70 years of age. Completing this course to get into employment, further employment or planning to possibly enter education or further education. Hold a concession card or pension card.

### How to Apply:

Bookings can be made by calling Buchan Neighbourhood House

Ph. 51 559 216 or Mob 0427586038

Email [buchanbnh@bigpond.com](mailto:buchanbnh@bigpond.com)

Brought to you by Buchan Neighbourhood House

Supporting your Learning...

### What's inside this issue

- ◆ Classifieds. Get yours today!
- ◆ Federation Training Courses
- ◆ Life Skills Course
- ◆ #Gippslanddigital
- ◆ What to do with all those zucchinis
- ◆ Great Ocean Road & Grampians Ladies Tour
- ◆ "Visit Buchan" Facebook Page
- ◆ Buchan Rodeo
- ◆ MCAV Get together
- ◆ Sightseeing in Buchan and District

The newsletter will be delivered to every household in the District and is also available online at [buchan.vic.au](http://buchan.vic.au) or via Facebook at Buchan Neighbourhood House. If you are not receiving the newsletter please contact us and we will ensure that a copy is mailed to your address. Newsletters can be posted for an annual fee of \$16.50 incl GST per 12 editions to anyone outside the district or contact us with your email address and we can send an electronic version. Dates for submissions will be advertised in each edition and we welcome your contributions. Submissions closing date for **March** will be **Monday 5th**. Submissions can be sent to [buchanbnh@bigpond.com](mailto:buchanbnh@bigpond.com) or drop them into the Neighbourhood House.

The Buchan South Avenue of Honour Interpretive Display Shelter has been completed. Information about the soldiers whom the trees were planted for are currently on display. It looks fantastic.



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 should carry the author's full name, address and phone number, or anonymously if preferred. Buchan Neighbourhood House is open Monday to Thursday from 9.00am until 4.30pm**



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

# Callemondah Café

Home-Style Food  
Hot and Cold Drinks  
Nursery & Giftware  
Antiques & Collectables  
Bought and sold (Cash Paid)  
0412575232

Open 10 to 3pm most days

## Callemondah House B&B

LUXURY RESORT STYLE B&B ACCOMMODATION



- 2 guest rooms, 1 with a spa
- Package deals include meals
- Self contained family/group cottage also available in the centre of town

Your hosts Steve and Jo

53 MAIN ROAD, BUCHAN. PHONE 0412 575 232

www.buchanbnbaccommodation.com callemondah.buchan@gmail.com

## Buchan 500m Rifle Range

Permitted: up to .50 calibre  
& muzzle brakes  
Newly improved facilities  
Monthly midweek Shoot  
Every 2nd Wednesday of the month  
Open 10am to 4pm

## Monthly Weekend Shoot

Every 4th Sunday of the month  
Black powder in 1st Sunday  
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: Julian- 0417370036  
Secretary: Garry - 0427867868

## Salt Room Therapy.

### A natural treatment!

- Salt room sessions can help skin conditions such as psoriasis and eczema and a range of respiratory ailments, including sinus, colds, asthma, allergies and bronchitis. Also aids the immune system and general health and wellbeing.
- Use in conjunction with medications you have been prescribed.
  - Salt therapy is 30 mins in duration and cost \$20 per session.
- Sit comfortably in the spacious salt chamber while listening to music or meditating. One or two people at a time.
- Sometimes called halo therapy, the chamber is designed to provide a relaxing and unusual experience.
  - Bookings essential.
  - PH Sandra on 51 559 416 or 0428559470 for appointment.

## MASSAGE

Tuesday 20th March

From 10 am. Late appointment by advanced booking  
MASSAGE and NATURAL HEALTH CARE at the Buchan Neighbourhood House including:

Relaxation, Aromatherapy, Sports Therapies, Remedial Massage Therapy, Pre and Post Natal and baby Massage.

Available for adults and children of all ages.

**\$60 one hour session**

For further information and bookings Contact the Buchan Neighbourhood House or Sharon Dent on silvaust@gmail.com or 0468387524



The Secret Cottage  
46 Main Road  
Buchan Victoria 3885  
0414997744

## Buchan Farmhouse Accommodation

Your Hosts:

Mary & Dennis Gilbert

51 Old Basin Rd,  
Buchan, Vic. 3885  
Ph: (03) 5155 9394

E: buchansfarmhouseaccommodation@activ8.net.au



Servicing East Gippsland and Surrounds Liquid Waste Needs  
Specialising in liquid waste disposal.  
Septic tank cleaning - triple interceptors  
waste water removal - grease traps.  
ph. 0439 400 480



22<sup>nd</sup> & 23<sup>rd</sup> September 2018

For information contact

Peter Washington 0418 337 955





Ph. and fax. 51559 216  
[buchanbnh@bigpond.com.au](mailto:buchanbnh@bigpond.com.au)  
 Join us on Facebook  
[buchan.vic.au](http://buchan.vic.au)

Open Monday to Thursday  
 9am to 4.30 pm



Are you interested in  
 completing or updating your  
 Chemical Users Course



**Federation Training Bairnsdale are offering the following...**

**AgVET Chemical Users Course**

This course will teach you the importance of a chemical labels and how to interpret them. You will learn how to follow instructions ranging from calibration to application and understand the legal requirements as a chemical user.

Prepare and apply chemicals - AHCCHM303A

Transport, handle and store chemicals AHCCHM304A.

This course is designed for people involved in revegetation works, farming or council work.

Upon completion of this course, students will be issued with a Statement of Attainment.

Experience in chemical use and handling is an advantage.

This course is available at Forestec at a cost of \$330 or if we can get 6 participants it can be offered at the Buchan Neighbourhood House over 3 days for \$380.

**AgVET Chemical Users Course Refresher**

This course is a refresher of the AgVET Chemical Users course.

This course is designed for people working in the agriculture or horticulture industries that have previously completed the AgVET Chemical Users course and require refresher training.

Upon completion of this course, students will be issued with a Statement of Attainment.

Entry Requirements: You must have previously completed the AgVET Chemical Users course.

This course is available at Forestec at a cost of \$195 or if we can get 6 participants it can be offered at the Buchan Neighbourhood House over 1 day for \$205.

**Minimising Risks in the Use of 1080**

This course is designed to ensure 1080 is used safely and in a way that minimises the possibility of off-target damage. Successful completion of this course enable the participant to apply for 1080 endorsement on their Victorian Agricultural Chemical Users Permit (ACUP)

Available at Buchan Neighbourhood House (4.5 hours) \$160.



**Are you interested in learning how to Weld?**

We are looking for expressions of interest to conduct a Welding course in Buchan with Federation Training. If there is sufficient interest they can bring a portable Welding Training Trailer which can be set up in a large shed.

**A new opportunity...Reconnect**

Are you wanting to get back into learning but there are too many barriers? This program might just be for you.

To be eligible you must fit the following...

- not be currently engaged in education and training.
- a young person aged 17-19 who have not achieved Year 12 or equivalent (senior VCAL)
- long-term unemployed aged 20-64 without Year 12 or equivalent (Certificate II, Senior VCAL)

Reconnect Participants will be supported through wrap around services to help with the barriers.

Firstly in an interview help will be given to look at an appropriate pathway identifying education, training and employment aspirations as well as current skill gaps and appropriate training pathways.

Links to courses and classes.

Assistance to reduce likely barriers to education such as personal, financial or health related issues. These can include travel and money for car expenses, lunch if necessary, childcare costs and educational support services to aid success in study.

This is a great opportunity for people living in rural and remote areas when training institutions can be at least 45 minutes away and often even further. If it would cost you only the course fee to get back into learning and you were given the support to succeed, would you take the opportunity?

To find out more regarding Reconnect, email [reconnect@federationtraining.edu.au](mailto:reconnect@federationtraining.edu.au) or call Shae McGregor on phone 0429 149 681 or give us a ring at the Neighbourhood House.

**LifeSkills for Women 2018**

Are you interested in participating in a 12 week program designed for women that offers the opportunity to meet with other women to share and learn together?

- Become a happier, healthier and stronger person
- Have more self-confidence and help with setting goals
- Improve your skills and explore your potential
- Learn to lead a healthier life in mind, body and spirit

The Program will include social outings and get togethers.

Discuss issues that effect and are of interest to women .

Guest speakers will be invited to the sessions.

Find out what resources there are around us that we can access Practice Mindfulness and Stress Management.

**Diane Robinson** from Rural Family Resources will be taking us through this great course . If you are interested in joining contact us at the Neighbourhood House for further details.

# Kick start your career in digital marketing

## #GippslandDigital

Building the digital skills, confidence and commerce of Gippsland



**Be part of the digital market place and put it all together**

Join us for a hands on experience and train for the future in the digital marketplace.

Become a digital expert.

Put it all together and manage a digital footprint.

Gain a Google Garage certificate.

**Get on board now... and take control...**

Where: The Hub, 27 Dalmahoy St, Bairnsdale.

Length: Monday 9.30am to 12.30 pm for 10 weeks

Dates: 16th April through to 18th June 2018

Contact: Evelyn Schmidt: 03 5155 9216 or M 0427586038

or Josie Rose: M 0409 198123

Email: [buchanbrh@bigpond.com](mailto:buchanbrh@bigpond.com)

Book on line: <https://www.trybooking.com/UCEE>

Cost: \$100.00

Concession: \$52.00



[www.gippsland.digital](http://www.gippsland.digital)

It's that time of year when Zucchini's start turning up as unwanted baseball bats, we have a few here at the Neighbourhood House for people to come and get for free. But you have the power to conquer this vegetal scourge, and feed yourself very well in the process. Here's how...



### 35 Delicious Ways to Use Zucchini

#### ZUCCHINI FOR BREAKFAST:

1. Blueberry Zucchini Muffins
2. Spicy Zucchini Frittata
3. Zucchini Waffles
4. Zucchini Summer Skillet with Poached Eggs
5. Bacon Zucchini Quiche

#### ZUCCHINI FOR LUNCH:

6. Zucchini Quinoa Burgers
7. Baked Panko Zucchini Fries
8. Shaved Zucchini Salad with Sunflower Seeds
9. Zucchini and Ricotta Galette
10. Spinach and Zucchini Soup
11. Zucchini Crudo
12. Zucchini Pizza with Olive Vinaigrette

#### ZUCCHINI FOR SNACKING:

13. Zucchini Cornbread
14. Zucchini Butter
15. Zucchini Pizza Bites
16. Zucchini Fritters

17. Summer Squash Tartines
  18. Zucchini Baba Ghannouj
- ZUCCHINI FOR DINNER:
19. Zucchini Parmesan
  20. Balsamic Steak with Garlic Zucchini
  21. Summer Squash Sauté
  22. Zucchini Pasta with Avocado Cream Sauce
  23. Turkey Zucchini Meatballs
  24. Tuscan Grilled Zucchini and Summer Squash
  25. Julia Child's Zucchini Tian
  26. Sesame Chicken and Zucchini Stir-Fry
  27. Ratatouille's Ratatouille
  28. Zucchini Lasagna
  29. Zucchini Pesto

#### ZUCCHINI FOR DESSERT:

30. Pineapple Zucchini Sheet Cake with Cream Cheese Frosting
31. Zucchini Bread
32. Zucchini Brownies
33. Zucchini Cobbler
34. Chocolate Zucchini Cake
35. Zucchini Nut Cookie Sandwiches

Recipes can be found at <https://www.buzzfeed.com/rachelysanders/delicious-ways-to-use-zucchini-recipes?>

Or a free recipe for everyone who comes and gets a zucchini from us here at the Neighbourhood House.

### East Gippsland Shire Outreach Services

Library Books can be reserved, collected or returned at the Neighbourhood House. Mobile Library Bus days are held fortnightly on a Tuesday. **Future visits 27th February and 13th and 27th March 2018 Schedules are available. Council minutes or planning permits are also available upon request at the Neighbourhood House**



**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.**

**EAST GIPPSLAND**  
*Naturally Magic*

## I have been reading.....

A brilliant book Dick Baxter loaned me, called 'Girt – The Unauthorised History of Australia'. Written by David Hunt, who describes himself as "an unusually tall and handsome man who likes writing his own biographical notes" and who set out to write "an Australian history that was both accurate and amusing".

Dick and I think he more than achieved this.

At one point Mr Hunt is listing some of the 215 crimes punishable by death in England in 1815. These included removing a rabbit from its warren, interfering with a fishpond, having a blackened face (buy the book if you want the story behind that one) and being in the company of gypsies for a month. Smugglers were also prosecuted under 'The Bloody Code', and wreckers.

Wreckers were "sinister Cornish folk who specialised in dampening lighthouse fires and luring vessels onto the rocks with cheerily waved lanterns." Because salvagers were legally allowed to keep goods salvaged from shipwrecks from which there were no survivors, "Those lucky shipwreck victims who lasted through the night by clinging to a bit of driftwood, were greeted by the silver light of dawn – and determined looking Cornishmen with pitchforks wading towards them".

I loved this bit because James Bolitho had told me that this was the sort of thing the Bolitho's did (in Cornwall, where they come from.) Which to me makes sense because James has spent much of his life at sea as a Chief Engineer, and his late father Bill the same as a Ship's Captain. And they both have/had a touch of the rascal about them.

## Nigel Hodge was telling me.....

A story from the early days of his long volunteer career as the person on the door or gate at local functions.

Nigel was part of the Buchan Hall Committee when the new (front) of the hall was built. Alec Cameron had a prominent position on the Committee. They were a bit short of money to finish the work and decided to hold a dance to raise some funds.

"I had a bit of a reputation for being alright on a gate, and I think that's why Alec asked me to be on the door".

Alec said "don't let anyone in for nothing. They are going to have to pay so we can write off our debt."

There was a bloke, bigger than Nigel, who had contributed money to the Hall, and he and he and his wife turned up expecting to just walk in.

He said – "What would you do if I walked straight in through the door?"

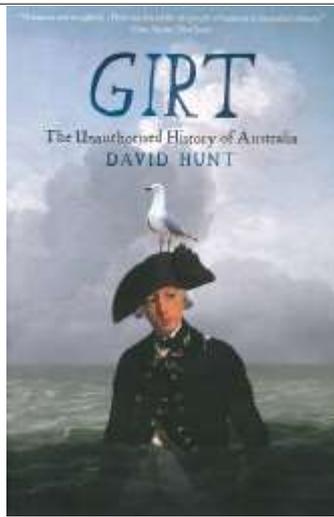
Nigel responded – "I'll take you by the seat of your trousers and I'll turn you around and shove you straight back out the door."

He stood there thinking for a minute and then he went home and came back with his cheque book.

"The funny thing was, the next day when we were cleaning up the empties, (it had been a Cabaret), Alec Cameron said that that bloke hadn't paid to get into a Ball or a Dance for years. Alec said he was terrible pleased with the job I did."

"Ever after that I copped doors and gates bloody everywhere, and I'm still doing them."

**Contributor: Deborah Woodburn.**



## Quilt and Craft... from the local community

Thank you to everyone who supported the show. The exhibition attracted 54 visitors and made \$139.40 with all proceeds going to the Buchan Uniting Church. This included a \$20 donation from the Buchan Caves Hotel.

### Our exhibitors were

|                |              |
|----------------|--------------|
| Zillah Norfolk | Buchan South |
| Marg Brick     | The Basin    |
| Robyn Sandy    | Buchan South |
| Marg Woodhouse | Gelantipy    |
| Mary Hanley    | Gelantipy    |
| Barbara Hodge  | Gelantipy    |
| Rhonda Coates  | Buchan       |
| Paul Wood      | Buchan South |

And a big thank you to our volunteers, Jack Free, Darryl Jordan, Denise Free, Evelyn Schmidt, Ebony Cuskelly, Jessica White, Leona Laveil, Tony Crisp and Leanne Rawlings.

## Buchan Business and Tourism IT Workshops

### Social Media including Google Business Pages, Instagram and Facebook.

Thanks to East Gippsland Shire Council who sponsored this training held at the Neighbourhood House last November/ December.

Our accommodation providers all have Google Business Pages now and a number of community groups are also listed. These pages also provide the opportunity for your guests and customers to leave a review and find you using the Google search.

Instagram Business Pages are also a great site to post your photos and use the hashtags to link to guest and visitors who have posted their photos and stories.

We will be creating a new Facebook Page called "Visit Buchan" and this will be managed via the BBTA. A great outcome from the training sessions.

## East Gippsland Shire Council Community Grants Round Two

Opened on **Wednesday, 10 January 2018 at 9.00am** and close on **Wednesday, 7 March 2018 at 4.00pm.**

The East Gippsland Shire Council's grants programs provide funding opportunities for the East Gippsland community. The programs aim to support local community based groups, organisations, services and in some categories, individuals (artists).

For information or support with grant applications visit us at the Buchan Neighbourhood House.



**APPLY NOW**

powered by  
**SmartyGrants**

**Sending our best wishes to Ian Gray**

*Rest... Relax... Recover...*

You're surrounded by caring thoughts & warm wishes

**East Gippsland Water Standpipe Tokens are now available at the Buchan Neighbourhood House**

**1 token provides 1,000 litres of water \$4.00 per token**

**Buchan Rodeo**  
Easter Sunday 1<sup>st</sup> April 2018  
Don't be an April Fool, the Buchan Rodeo needs volunteers to assist with this event. If you can help beforehand or on the day it would be most appreciated.



**Please contact Mel Roberts on 0422 361 560**

**WAYS TO COMMUNICATE WITH GIPPSLAND WOMEN'S HEALTH**



**Become a member.**  
Membership is free and available to women who live and/or work in the Gippsland region. Register via our website. You'll automatically be registered to receive our newsletters. [www.gwhealth.asn.au/pages/become-a-member.html](http://www.gwhealth.asn.au/pages/become-a-member.html)



**Like us on Facebook.**  
[www.facebook.com/gippslandwomenshealth](http://www.facebook.com/gippslandwomenshealth)  
Like our Facebook page and receive regular links to health articles, local and state-wide events.



**Follow us on Twitter.**  
[twitter.com/GippslandWomen](https://twitter.com/GippslandWomen)  
We retweet all the latest women's health news from the Twitterverse as well as connecting with local, interstate and international health conferences.



**Subscribe to our newsletters.**  
Our popular 16-page member's newsletter is issued twice a year. You can receive it online or via Australia Post.



**Check out our eNews.**  
Our short bi-monthly eNews highlights all the events happening in and around Gippsland. This issue is only issued via email. Subscribe to the online newsletter and eNews here: [www.gwhealth.asn.au/pages/support-us.html](http://www.gwhealth.asn.au/pages/support-us.html)



**Campaigns. Check out our website.**  
[www.gwhealth.asn.au/](http://www.gwhealth.asn.au/)  
Our website is regularly updated with events, training and latest women's health news.



Often we have specific campaigns such as **Make the Link** and **Are You Covered**, which are also visible on social media. [www.instagram.com/areyoucovered/](http://www.instagram.com/areyoucovered/)

**Church Services**

**Catholic Church**

St Dymphna's  
Woodgates Road, Buchan  
Meets 1<sup>st</sup> and 3<sup>rd</sup> Saturday of each month  
For service details contact Mary Wheeler 51 559 330

**Uniting Church**

The Andrew Davidson Memorial Uniting Church  
Main Street, Buchan  
See services for Anglican Church  
For service details contact Leona Lavell 51 559 395

**Anglican Church**

St Marys  
Main Street, Buchan  
Meets 3<sup>rd</sup> Sunday of each month at 2.30 pm  
For service details contact Rhonda Coates 51 559 373

**#GippslandDigital**

Building the digital skills, confidence and commerce of Gippsland

Explore New Realities for business and education!

Where is the future in the digital world?



Join us with our special guest speaker Tim Gentile the Think Digital founding director via webinar and our specialist tutors for a fun and entertaining evening exploring the digital future for business and education.

Tim will be beaming in on line for the webinar while we will be in a classroom at Buchan Neighbourhood House. We will be able to work with him, our tutors and each other to explore to explore this amazing technology.



Virtual reality - what is it and how to use it  
Augmented reality- what is it and how to use it.

**Course overview**

Discover new ways to communicate with your clients  
Discover 360 degree photography and video  
Learn how to get Google to serve you  
Virtual reality explained  
Augmented reality explained  
Using Virtual and Augmented reality for your business



**Get on board now... and take control...**

Where: Buchan Neighbourhood House  
6 Centre Road, Buchan



Date: Thursday 1st March 2018  
Time: 5.30pm to 8.30pm  
Length: 3 hour workshop

Cost: \$ 75.00  
Concession: \$ 52.00

Contact: Evelyn Schmidt: 03 5155 9216 or M 0427586038.  
Email: [buchanbnh@bigpond.com](mailto:buchanbnh@bigpond.com)  
Web: [www.gippsland.digital](http://www.gippsland.digital)



Royal Flying Doctor Service  
VICTORIA

## Flying Doctor Psychological Service

### Upcoming Information Session

# 26th of February

**Stress and it's effect on your health**

There are many different types of stressors which can create stress in our lives. It can affect us all in different ways. So what can we do to change this?

We are looking forward to seeing you there.

There will be 2 sessions at Buchan you can attend, both go for about 1 hour and there is time for questions after.

12.30 pm Lunch session — Community Lunch at the Pub  
7 pm Supper session — Bush Nurse Centre

To register to attend this session, please contact your local Bush Nurse Centre

**The MCAV annual Get Together** attracted 4000 people and was held over three days at Livingstone Waters Omeo from Jan 12 to 14 2018.

One highlight of the weekend was a history of Omeo forum conducted by Jeff Cooper from the Omeo Historical Society. A verbal sparring match between Jeff and legendary Benambra pilot Ben Buckley was not to be missed. A public land management forum was also held in the Heritage Tent conducted by Chris Commins from Ensay. This included an update on the indigenous burning project which the MCAV strongly supports. The Heritage tent also hosted a farmer health stand hosted by National Centre for Farmer Health.

The Don Kneebone poetry competition was well attended with the Heritage Tent overflowing with spectators.

128 horses were camped onsite and the horse events were strongly contested, especially by younger people keen to try their skills and horse against strong competition.

The Winner of the Mountain Cattlemen's Challenge Cup was Troy Nicholas and lady's division winner was Shea Reynolds (Buchan).

The usual fun events and dog jump thrilled the crowd during the three days of family fun.

Rain dampened spirits on Friday and Saturday nights when the band was unable to play which disappointed the MCAV and many patrons who thankfully understood the reasons.

However, during all the three days the sun came out during the day and large crowds supported the events stalls, bar and food vendors.

During the official opening, President of the MCAV Graeme Stoney told the crowd that the MCAV will continue to promote good public land management. "Serious damage done by deer, weeds and minimal cool burning means the High Country is deteriorating", Mr Stoney said "The MCAV supports some reduction in brumby numbers but does not support shooting them from helicopters" he said

Past president Charlie Lovick was presented with a Life Member Certificate by former President Simon Turner. Geoff Burrowes has also been awarded with a Life Membership of the MCAV.

Stonemason and craftsman Greg Cogan and his mates have created a stone bar dedicated to the memory of Glenda Lovick. The bar is inscribed with the names of all MCAV Presidents and was unveiled in front of the Lovick family on Friday night. Charlie Lovick told the crowd that on behalf of the family, he was humbled by the gesture.

The announcement by the Victorian Opposition that it will fund a feasibility study into the development of a High Country Hall of Fame has been welcomed by the Mountain Cattlemen's Association of Victoria (MCAV).

The announcement was made by the Leader of the National Party, Peter Walsh MP during the official opening in the Heritage Tent. A good number of MPs from both the National and Liberal parties, and councillors from East Gippsland Shire were also present at the announcement.

Peter Walsh told the crowd that the High Country is a unique part of Victoria's history and heritage for many reasons, "that is why we are making this commitment".

"The MCAV welcomes the announcement by Peter Walsh because the heritage and culture of the Mountain Cattlemen must be preserved", the President of the MCAV Graeme Stoney said following the announcement.

"Our families have developed a specific and unique culture ever since 1834 when James MacFarlane settled in Victoria near the headwaters of the Murray River.

"Over the years, the Cattlemen's families have been gradually removed from most of the High Country and with that removal has been the loss of much knowledge as to how the High Country works and how best to manage it.

"If this knowledge, history and culture isn't recorded and displayed in facilities such as in a Hall of Fame, soon it will be lost forever" Mr Stoney said.

At the closing presentations Graeme thanked the volunteers, sponsors, stall holders, patrons and the three announcers Steve Condon, John Embling and Tom Crombie.

Graeme also mentioned Ian Enders and his talented family who have provided the PA systems for the event for years and always get the job done.

Mountain Cattlemen David Hurley and Leonie Phelan have run the bar for years for the MCAV. They have announced their retirement from that role. The MCAV acknowledges their long years of service to the MCAV and wishes them every success for the future

"I am only going to name one other person and that is the event coordinator, Scotty Jennison. Scotty and his team have hardly been to bed for a week and have presented us with an enjoyable and professionally run weekend, thank you" he told the crowd.

**Contributor: Mountain Cattlemen's Association.**

### Zucchini Chocolate Cake

#### Ingredients

2 cups (250g) plain flour  
375g caster sugar  
65g cocoa powder  
2 teaspoons bicarb soda  
1 teaspoon baking powder  
1/2 teaspoon salt  
1 teaspoon ground cinnamon  
4 eggs  
350ml vegetable oil  
90g chopped walnuts (or any other nut. Optional)  
340g grated zucchini

#### Directions

Preparation:20min › Cook:50min › Ready in:1hour10min  
Preheat oven to 180 degrees C. Grease and flour a 20x30cm baking tin.  
In a medium bowl, stir together the flour, sugar, cocoa, bicarb, baking powder, salt and cinnamon. Add the eggs and oil, mix well. Fold in the nuts and zucchini until they are evenly distributed. Pour into the prepared tin.  
Bake for 50 to 60 minutes in the preheated oven, until a knife inserted into the centre comes out clean. Cool cake completely before icing with your favourite icing.



**Sightseeing in Buchan and District  
Buchan Business and Tourism Association  
Sandy Point picnic area/camp ground and the Snowy River  
4 Wheel Drive. Take the Buchan Orbost Road**

Distance from Buchan to Sandy Point turn off 31.7 km. (41 minutes)  
Distance from Buchan to Sandy Point Camp ground 38.9 km. (1 hour and 13 minutes)  
Enjoy a picnic, swimming, fishing, canoe or kayak the Snowy River.  
Facilities include Picnic Table, Fire place, access to the river and sandy beaches.  
Free camping.



**Bookings for the Buchan  
Recreation Reserve and Hall**

All bookings for these facilities can now be made by contacting Yvonne Van Zon on 0422 327 455 or by emailing [buchanhallandrec@gmail.com](mailto:buchanhallandrec@gmail.com)  
In emergencies keys to both the Hall and Recreation Pavilion are available at the SES/CFA shed in the Main Street. Keys to this building are available by contacting Peter White - Buchan CFA or Ray Moreland - Buchan Police.

The Buchan Neighbourhood House has been donated a **Singer 888 Knitting Machine with Ribber attachment**. If anyone is interested in using this device give us a call and we can arrange for it to be loaned out.



**Great Ocean Road,  
Grampians  
and Silo Art tour  
Explore West  
Ladies tour**

**ITINERARY**

- Day 1** - Bus leaves Sale 7.30am pick up passengers along Princes Hwy. Great Ocean Road to Apollo Bay for our first night.
- Day 2** - We are ahead of the normal GOR tourist pack; so our trip seeing the 12 apostles, and other scenic views will be less crowded and more relaxed. Then we make our way to Halls Gap for night two.
- Day 3** - Today we'll tour the Grampians and Wimmera taking in the impressive Silo Art. Night 3 will be in Bendigo.
- Day 4** - Travelling back from Bendigo we will return to Sale by 7.00pm via Healesville.



**Includes:**

- 4 days travel
- 3 nights' accommodation
- Meals
- Meet others explore sights and be catered for.

**WHEN: Monday 21<sup>st</sup> - Thursday 24<sup>th</sup> May 2018**

**Small group tour max 10**

**COST: \$525.00 per person**

**Contact: Diane Robinson**

**Mob: 0438 841 270**

**Email [ruralfamilyresources@bigpond.com](mailto:ruralfamilyresources@bigpond.com)**

**Booking and payment must be received by**

**Friday 23<sup>rd</sup> March 2018**

**Buchan Flower Show Gardening Information**

Time to think about what wonders you will whack into your patch come April. Preparing beds and plots now means that when autumn planting time rolls around, your garden will be ready and waiting. Removing spent plants, clearing areas of weeds and topping up organic matter is an excellent February job. A nail rake, some good organic compost and lovely sustainable mulch is the perfect recipe for productive patches of the future.

It is still fairly warm around these parts, but there are a number of incredible edibles ready to go in now. Try lettuce, spinach, leek, silver beet, and some Asian greens towards the tail end of the month. Broccoli, leeks and spring onions could be worth a shot as the nights get cooler.

Add some colour and movement to the patch, and pop in some of these little pretties: stock, dianthus, viola, pansy, verbena and ageratum.

Give most herbs a miss just now, but, if you're really keen, get rolling with parsley and watercress.

Garlic is good to go once the weather cools a touch.

Top up mulch on your veggie patches, herb gardens and ornamental beds. A hot summer tip is to mulch after watering the patch, to a depth of about 7cm. Keep mulch clear of plant stems.... especially young seedlings. Choose sustainable, low environmental impact mulch, one that will enrich your soil as it breaks down.

Plants feel the need for a feed at this time of year. A seaweed tea or low environmental impact liquid fertiliser is perfect, especially for the seedlings shoved in at the tail end of last year. Apply to the soil early in the morning, and in the concentrations mentioned on the packet.