

Buchan Phoenix

Rising from the ashes...

Communication for the community by the community.

December 2019 Issue 40

Produced by Buchan District Outreach Inc. trading as Buchan Neighbourhood House A14882S



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The newsletter is delivered to every household in the District and is also available online at buchan.vic.au or via Facebook at Buchan Neighbourhood House. All editions are available electronically at the State Library online site (Trove). 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 for free. Dates for submissions will be advertised in each edition and we welcome your contributions.

Submissions closing date for the next edition will be Monday 6th January 2020.

We welcome articles and other contributions from the general public, clubs and organisations. Submissions can be sent to info.buchan@gmail.com or drop them into the Neighbourhood House.

Advertisements are \$55 for 12 editions or \$5.50 per edition.

The Buchan Neighbourhood House takes no 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 include the author's full name, address and phone number, but may be anonymous if preferred.** Buchan Neighbourhood House is open Monday to Thursday from 10.00am—4.30pm.



Buchan & District Community Gathering 30/11/19



Preparations by Rhonda Coates, Judy Gray, Gina Cantarella, Henrietta Stoehr



BBQ champions Lindsay Fall and Alan Waack. More pics inside...



Buchan Neighbourhood House will be closed on Friday 20th December and reopen on Monday 13th January 2020. The Centre will be open to do the Phone Trees, etc, where necessary.

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

Darren Chester

Federal Member for Gippsland

Putting locals first
#lovegippsland



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E: buchan_farmhouseaccommodation@activ8.net.au

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 costs \$30 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.

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For information contact

Peter Washington

0418 337 955



The Community Preparedness Meeting possibly could not have come at a better time with the meeting being held on Tuesday 19th and the Bruthen fire starting on Friday 22nd November.

Around 60 people attended and we all enjoyed a great BBQ dinner together. The CFA fire simulation table was fascinating with the guys showing us a demonstration of the Kinglake fires in 2009 and how quickly this fire spread. The tables are filled with walnut sawdust that can then be shaped into the topography and with the use of an ignitor a fire is started and then the simulator shows how the fire travels in the environment. We really appreciated the CFA bringing this to our meeting as they had been in the Woodend area before coming to Buchan.

Brad Fisher from DELWP gave us the seasonal outlook with conditions this year being dry and volatile due to the drought.

The insurance talk by Chris Nicholson from Victoria Legal Aid was very interesting and we still have some handouts from this session available at the Neighbourhood House. Some of the main points were to ensure that you have enough insurance to cover any temporary accommodation and this accommodation maybe necessary for up to two years if you are required to rebuild.

It is very important that you read your policy and understand what you are covered for. Some common limitations including damage from scorching, burn marks or melting may not be covered where there has been no flame and many policies impose a general obligation to take responsible precautionary measures like cleaning out your gutters.

Under-insurance can be an issue as during times of natural disasters – the cost of rebuilding can easily rise due to increased demand for builders and materials. New local building laws and requirements may mean an increased cost to rebuild. There are also the costs associated with the removal or demolition of debris and the cost of architects, surveyors and legal fees.

Michelle Kearns from DELWP introduced the Buchan and District Community Based Bushfire Management (CBBM) Project and we are all looking forward to some new projects to assist us in our resilience and fire preparedness next year.

We have also introduced a new registration system together with the East Gippsland Shire for our community to be able to register their Leave Early Information. These forms can be completed if you are leaving your home for any period of time be it shopping or appointments for the day or even if you are leaving for a few days to visit friends or to take a break. Completed forms will be sent to the Shire and will form part of the Shire's online information used to advise emergency services if you are at home or away during any fire incidents.

These forms can now be accessed at the Gelantipy and Buchan Bush Nursing Centres during work hours. Folders containing the forms are available 24/7 at the Neighbourhood House and at the Recreation Pavilion.

If you complete a form that has no return date, because you are leaving in haste or do not know your movements, you will remain registered as absent until you advise any of the above agencies of your return.

And finally, the one-page LIMP plans that were handed out at the meeting have an error in the assembly areas so we have included a new plan for each household in the newsletter this month.

Evelyn Schmidt, Buchan Neighbourhood House



Emergency Management at the East Gippsland Shire Council

If you are leaving early in an emergency bushfire or if you would like to register your whereabouts on any given day or time you can now fill out a form on the Shire website: www.eastgippsland.vic.gov.au/Community/Emergency_Management

These forms are the same as the forms available 24/7 at the Buchan Neighbourhood House and at the Recreation Pavilion. The form is intended to be for advice of emergency agencies only. It is not intended to replace the Personal Identification Form (PIF). Persons attending a relief centre may still be required to complete a PIF form to ensure they will be listed on the Red Cross "Register, Find, Reunite" database. To assist us with our records please register your return home by notifying EGSC Emergency Management Team at memr@egipps.vic.gov.au or by phoning 5153 9500.



Family Week at SIBA Retreat Centre With Margie Van Oosten 6pm Tuesday 22 January to 2pm Sunday 27 January 2020

SIBA Retreat Centre, located in W Tree, East Gippsland, is a Buddhist community founded on a spirit of harmony, respect and generosity. Summer at SIBA is a beautiful time and place to relax and enjoy yourself in space and freedom. Being there is a unique healing experience to give to ourselves and our families. During Family Week the focus is on being caring and mindful together with our families through sharing, offering and having fun. Kids have plenty of supervised activities, and parents have the opportunity to participate in meditation and other classes. This is a great way for the family to gain exposure to the teachings of Buddhism that are of lifelong value.

This year we are very fortunate to have the wonderful Margie Van Oosten leading the programme. Margie is very excited to be able to offer the programme this year. She is knowledgeable and experienced with conducting children's education and play programmes. She is also an old friend of our Society and a very experienced meditation practitioner.

SIBA Retreat Centre, 2592 Gelantipy Rd, W Tree, Victoria, 3885
Web: sakya.com.au/siba | Email: siba@sakya.com.au | Tel: 03 5155 0329

A huge thank you to the CFA crews who worked so hard, as volunteers, in my area, before and during the night of Mon 25th November (when W Tree was seriously threatened, both by a raging fire, but also by spot fires).

The Buchan crew were very welcome that night, but the Gelantipy team had already done 2 (or 3) big days when they answered another call out on Monday night. Our crew is always there when called. Keith Davies and Paul Sykes after untold years of service. Dave Hodge did a day on the truck and then was up all Monday night defending his own property. Lynton Hill and Matt Burns and Karma Teml all did 13 hours on the truck on Monday, went home and then answered another call out. These guys are not paid.

By Wednesday the whole burnt area was swarming with very well paid workers of all persuasions.

Contributor: Deborah Woodburn



TOWARDS A FIRE RESISTANT HOME

We have all seen the disasters of fire but very few have tried to fireproof their houses. A small amount of planning can and will reduce the fire risk. Do you want to return to a nearly intact house after you have evacuated?

1. Look around your house! Do you know from which direction fire is likely to approach? (Ask the CFA where it has come from in the past.)
2. Are the fences in that direction solid or post and wire? Post and wire does not protect from radiant heat but a solid fence will reduce your fire risk.
3. Are plants in your garden shiny leafed? If so they are oily and flammable. Try not to have them near the house.
4. Most houses are on stumps. Have you run wire mesh around the edge of the house to prevent windblown material from carrying fire under the house?
5. Horses are everywhere in and around Buchan. Did you know that horse manure is very flammable and will bounce along the ground, burning? If you put a small mesh (chicken wire) on the fence between the house and the stables and manure pile, the beloved horse may not be a cause of you losing your house.
6. Venting the eaves of a house is a very good way of improving its efficiency but it offers a good path for hot gases into the roof. The answer is easy: run bronze flywire around the eaves. It will block the path of the gas but still give the needed ventilation.
7. Sprinklers around a house will do much to dampen down spot fires if there is water coming out. Much domestic water is pumped, therefore if the power goes off you have no water. Petrol or diesel pumps will work but use very flammable fuel. Use your electric pump but run it from a low cost inverter with the battery charged by mains or solar. If you like being comfortable and you plan well, that battery inverter will also power a cooling fan and lights, and of course your solar battery is stored so it is available if mains is not at any time.
8. If you are lucky enough to be creating a new garden, I have kept my lists from my old reports and if you contact me on researcher@bigpond.com I will be happy to send the sheets to you.

This little missive is not intended to frighten you but to give a short list of possibilities for your summer enjoyment.

Contributor: Ian Gray

MEDIA RELEASE

2 December, 2019

Contact Ronan Carroll on 5150 4434 / 0428 539 303

Water restrictions likely from January for

Mitchell River, Buchan and Swifts Creek customers

It is now very likely that East Gippsland Water customers served by the Mitchell River supply system* - and those in Buchan and Swifts Creek - will be on water restrictions from January.

Recent rain has provided only a short delay to the introduction of restrictions, which were previously anticipated as early as December.

East Gippsland Water's Managing Director, Steve McKenzie, said, "The Bureau of Meteorology forecast is not indicating any significant rainfall in coming weeks and the three-month forecast is grim. Unless we get significant rain soon, a date to commence water restrictions in January will be announced before Christmas, to allow customers to prepare and adjust.

"Water flows down the Mitchell - which supplies customers in Bairnsdale, Lakes Entrance, Paynesville, Metung, Bruthen and surrounding communities - were running at just 360 million litres per day on Monday 2 December. This is about half the normal flow at this time of year.

"We recently surveyed customers, about their attitude to water restrictions and an overwhelming 90 percent of respondents supported restrictions to conserve water and wanted to take action early. We're taking on board their clear feedback.

"We know from last year the Mitchell can drop rapidly and we may need to cease pumping from the river. We have a four stage restriction model and if restrictions are necessary we will be looking to go straight to Stage 2. This will be accompanied by the installation of water restriction signage at the entrances to all towns affected.

"Stage 2 water restrictions mean no watering of residential lawns at any time. They also mean no watering of residential garden areas except by means of a bucket, watering can, or hand-held hose fitted with a trigger nozzle; with the use of a watering system only being permitted on alternate days, between 6am-8am and 6pm-8pm.

"We appreciate that water restrictions will impact on customers passionate about their gardens, as well as on sporting clubs and businesses such as those involved with garden maintenance, swimming pool construction and car washes. Therefore, we strongly encourage everyone likely to be affected to plan accordingly.

"To assist, a summary of water restrictions will be distributed to all customers served by the Mitchell River supply system in coming weeks.

"We have prepared for a hot, dry summer and have four to five months of water stored. Importantly, managed water restrictions could add another month to our reserves.


"We greatly value customers' efforts to voluntarily reduce water use by two buckets per day to help conserve precious water reserves, after we put out the call five weeks ago. We strongly encourage them to maintain their water saving efforts."

It should be noted that all of East Gippsland is currently covered by Permanent Water Saving Rules, which apply every day of the year when formal restrictions are not in force. These rules will continue to apply for the communities of Orbost, Newmerella, Marlo, Bemm River, Cann River, Mallacoota, Omeo and Dinner Plain for the time being. They are not currently facing the prospect of restrictions, though we are mindful that this situation may change as we progress through summer.

The cooperation of customers is greatly appreciated at this challenging time. Further water situation updates will be provided over coming weeks. In the meantime, for tips on how to save water please visit the East Gippsland Water website www.egwater.vic.gov.au. In addition, anyone with a query about water restrictions can contact our Customer Business Team on 1800 671 841 during office hours.

* The Mitchell River supply system = Bairnsdale, Walpa, Lindenow South, Lindenow, Eagle Point, Newlands Arm, Paynesville, Raymond Island, Sarsfield, Bruthen, Nicholson, Johnsonville, Swan Reach, Metung, Kalimna, Lakes Entrance, Lake Tyers Aboriginal Trust, Lake Tyers Beach, Nowa Nowa and surrounding areas






WARNINGS AND EMERGENCY INFORMATION

What are warnings?


A warning will be issued when any type of emergency could impact you or your property.

- Warnings aim to provide you with the best advice and information on what is happening to help you make good decisions, to protect yourself and others.
- Remember: Do not rely on an official warning to leave. Emergencies can start quickly and threaten you within minutes.
- Always use more than one source for your emergency information.


What do warnings mean?




Prepare to Evacuate / Evacuate now
An evacuation is recommended or procedures are in place to evacuate.




Emergency Warning
You are in imminent danger and need to take action immediately. You will be impacted.




Warning (Watch & Act)
An emergency is developing nearby. You need to take action now to protect yourself and others.




Advice
An incident is occurring or has occurred in the area. Access information and monitor conditions.




How do I find warnings and stay informed?




VICEmergency website
emergency.vic.gov.au




VICEmergency app
Apple and Android mobiles and tablets




VICEmergency Hotline
1800 226 226




Social media
fb.com/vicemergency
[@vicemergency](https://twitter.com/vicemergency)




Radio
ABC local radio, commercial and agreed community stations



Television
Sky News



Sirens
Continuous tone for 5 minutes



Phone alert
SMS to mobiles
Calls to landlines

Free drought and bushfire counselling and support

East Gippsland and Wellington

Are you a farmer, working in agriculture, or a community member living in a rural or remote location?

Are you

- negatively affected by events such as drought or bushfire?
- experiencing stress or anxiety?
- looking for mental health supports for you, your family, and friends?
- finding it challenging to cope due to lack of employment or other difficult situations?
- feeling isolated from friends, family or your community?

If you answered yes to any of these questions, and live in East Gippsland or Wellington, we can provide you and your family with support.

How can we help?

We can provide individual, couple and family counselling.

This service is fully funded by the Department of Health and Human Services and provided at no cost to you.

Where are services offered?

We can come to your home or meet you at a mutually agreed location.

We also have centres in Traralgon and Bairnsdale, in addition to offering our counselling service via telephone and video conference facilities.

What do I do next?

Call our Traralgon Centre to find out more or make an appointment.

Phone: (03) 5175 9500
Local call cost: 1300 369 630
Email: traralgon@rav.org.au

We're open 9am to 8pm on Tuesday, and 9am to 5pm on Monday, Wednesday, Thursday and Friday.

For more information about our services, visit www.rav.org.au or call 1300 364 271.

Relationships Australia.
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EAST GIPPSLAND
SHIRE LIBRARIES

FREE BOOKINGS ESSENTIAL

Movie Screening Top End Wedding



Join us for the screening of the romantic comedy *Top End Wedding*

Engaged and in love, Lauren and Ned have just ten days to reunite her newly separated parents and pull off their dream *Top End Wedding*. But Lauren's mother has gone missing during a midlife crisis.

Will they find her in time to pursue their dream wedding?

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

Mon. 6 January
Bairnsdale Library
2:00 pm – 4:00 pm

Wed. 8 January
Lakes Entrance Service Centre
10:00 am – 12:00 pm
& 2:00 pm – 4:00 pm

Thu. 9 January
Bairnsdale Library
2:00 pm – 4:00 pm

Tue. 14 January
Orbost Service Centre
2:00 pm – 4:00 pm

Tue. 14 January
Orbost Service Centre
2:00 pm – 4:00 pm

Fri. 17 January
Paynesville Service Centre
10:30 am – 12:30 pm
& 2:00 pm – 4:00 pm

EAST GIPPSLAND
SHIRE LIBRARIES

FREE NO BOOKINGS REQUIRED

Christmas Card Making Drop-in Session - FREE!

All you need
to create your
own card

Drop into the library to design and make your own Christmas cards

All materials will be provided. No bookings required. Visit your branch to create your own masterpiece during the listed dates and times.

For more information, phone 51524225 or enquire in person at the library for this FREE activity.

Fri. 6 December
Orbost Service Centre
8:30 am – 5:00 pm

Fri. 9 December
Bairnsdale Library
9:30 am – 6:00 pm

Wed. and Thu.
11 to 12 December
Orbost Service Centre
8:30 am – 5:00 pm

Fri. 13 December
Lakes Entrance Service Centre
8:30 am – 5:00 pm

Libraries
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EAST GIPPSLAND
SHIRE LIBRARIES



Food for Fines

Help support local families in need, and clear your overdue library fines by donating *Food for Fines* which will be distributed by local charities.

**Offer ends -
Monday 16
December 2019**



1 item
of food is
equivalent to
\$5 of overdue
fines!



Gluten Free Sweet Potato, Coconut and Chai Loaf

Ingredients

2 cups of almond meal or ground nuts (see method)
½ cup grated coconut, desiccated coconut, or coconut flakes
1 ½ cups grated sweet potato
(skin included)
4 eggs
¼ cup sunflower or olive oil
(or coconut oil)
1/3 cup honey or maple syrup
2 tsp baking powder (choose gluten free baking powder if coeliac
or highly sensitive to gluten)
1 tbsp vinegar or apple cider vinegar
1 tbsp chai powder or ½ tsp cinnamon mixed with ½ tsp nutmeg

Method

Preheat oven to 180 degrees Celsius

For this recipe use 2 cups of almond meal or ground almonds. If you don't have almond meal, you can blitz 1 cup almonds in a blender and add 1 cup macadamias. This is your flour. Add the macadamias last as they have a higher oil content and will quickly turn to butter when blended. Alternative nuts are brazil nuts (don't over blitz), cashews and pistachios.

Place ground nuts in a large bowl.

Add coconut.

Grate the sweet potato and add to the bowl.

In a separate bowl, whisk the eggs lightly.

Add the oil to the eggs and whisk lightly to incorporate.

Add the rest of the ingredients into the bowl containing the oil and eggs and mix to combine.

Add this wet mixture to the dry bowl of nut flour and coconut.

Stir with a wooden spoon to thoroughly combine.

Pour mixture into a greased and lined loaf pan.

(Optional: Sprinkle with crushed nuts or seeds such as pumpkin or sesame to decorate.)

Bake for 30 minutes until brown and a skewer inserted into the middle comes out clean.

Remove from oven and leave in tin to cool.



13 reasons 2020 will be an awesome year due to these predictions

1. Japan will build a robotic moon base
2. China will connect Beijing to London via high-speed rail
3. Cars will drive themselves
4. The 'flying car' will be airborne
5. Biofuels will be cost-competitive with fossil fuels
6. We'll control devices via microchips implanted in our brains
7. All new screens will be ultra-thin OLEDs
8. Commercial space will take us to the moon and asteroids
(and we'll be mining them)
9. A \$1,000 computer will have the processing power of the human brain
10. Universal translation will be commonplace in mobile devices
11. We'll finally see some decent AR glasses
12. We'll create a synthetic brain that functions like the real deal
13. Next year all the Committees of Management that are managed under DELWP in Buchan will be having their Tri Annual AGMs and these will be filled by a large number of enthusiastic and committed volunteers.



The Buchan Recreation and Hall Committee as well as the Buchan South Avenue of Honour are both DELWP committees and are both looking for new members. At the moment the Rec and Hall committee has only 5 active members. If you think that this number of people can effectively run the maintenance and bookings as well as look into any future developments for this site, you are dreaming.

So — please join a committee in 2020. If we all work together great things can be achieved.

Contributor: Evelyn Schmidt

'GROWING YOUR KNOWLEDGE' SESSIONS

The OAA is running monthly opportunities to learn more and share knowledge about a variety of topics on **organic food production, gardening, and other related subjects**. These fun and informative sessions are organised for the first **Thursday** of each month, **12.30 to 1.30 p.m.** at the Organic Centre, 14 McKean Street, Bairnsdale.

To confirm your interest or for further information, visit the OAA website: www.oaa.org.au, use the OAA online [contact form](#), email: organics@oaa.org.au or phone/text: 0429 889 479.

Members and non members all welcome.

NOTE: THERE WILL BE NO INFORMATION SESSION ON JANUARY 2nd.

Thursday 6th February 2020, 12:30 to 1:30 p.m.

TOPIC: Beekeeping: We are all becoming aware of how important bees are for our food production. Even if we don't want to keep bees ourselves it is vital we learn how they live and the measures we need to take to protect and support them and our local honey industry. Presenter: Mick Camilleri

Thursday 5th March 2020, 12:30 to 1:30pm.

TOPIC: Growing new plants from cuttings: Arja is a horticulturist who ran her own nursery in Melbourne before coming to East Gippsland, specialising in Salvias, which are especially valuable for long term colour and attracting beneficial insects to the garden. Presenter: Arja Toivanen

Thursday 2nd April 2020, 12:30 to 1:30.

TOPIC: Asian Vegetables. Presenter: Arja Toivanen



Photos from the wicking bed workshop in Buchan.

Roadside Shootings of Wildlife

One of my neighbours, who regularly travels the roads from Buchan to the N.S.W. Border in his work role, was telling me about a distressing number of shot wild animals on the roadsides.

Lots of roos and wombats, but of particular concern to both of us, this carnage extended to 2 of the Koala colony that live around the Gelantipy Hall.

We both suspect that the culprits are not locals. Possibly frustrated Deer hunters who haven't made a kill, or just cowboys (or girls) killing for the thrill of it.

Our Policeman Ray tells me that it is just simply illegal to shoot from the roadside. It is also illegal to shoot just about anywhere else except on Private Property, either your own, or somewhere you have the permission of the owner.

Ray would very much like to chat to any of these trigger happy persons, and assures me that it would not be difficult to find them in breach of some aspect of the very thorough regulations covering the storage, transportation and use of firearms in our modern world.

Ray would appreciate any information to assist him and his colleagues in investigating the actions of these idiots, especially their rego numbers.

Contributor: Deborah Woodburn

Christmas Lights Competition 2019

**1st, 2nd and 3rd Prizes of hampers
valued at \$150, \$100 and \$50**

LIGHT UP YOUR HOMES FOR CHRISTMAS!

The Buchan Heritage Group is reintroducing the Christmas Lights competition this December. We encourage everyone to put on a show this year. Judging will take place in the week leading up to Christmas. If you live out of town and would like to take part please contact Rhonda Coates.

Enquiries: Rhonda Coates 5155 9373 or 0427 170 714



This event supported by Emergency Management Victoria via funding received through the East Gippsland Shire Council to provide critical and immediate recovery to communities affected by the 2019 bushfires.

Buchan Valley Golf Club – November Report

All Members 18 holes played on Sundays starting at 10.30 am —

Sunday 3rd and 10th events were abandoned.

Sunday 17th Event – Stableford: Winner — Dean Phelan 36 points. Runner-up – Lucien Barker 35 points. N.T.P. No. 3 D. Phelan, No. 5 A. Waack, No. 12 D. Phelan, No. 4 L. Barker.

Sunday 24th Event – 18 holes stroke: Winner — Helen Hume 71 nett. Runner-up – Julie Whillance 74 nett. N.T.P. No. 3 P. Whillance, No. 5 D. Murphy, No. 12 J. Whillance, No. 14 H. Hume.

Sunday 31st Event – results next month:

Men's Veteran Members 9 holes stroke for Men over 55 years played on Wednesday afternoons:

Wednesday 6th: Winner Ray Murphy 33 nett, Runner-up Dave Pedley 34 nett and N.T.P. No. 12 J. Hills, No. 14 D. Pedley.

Wednesday 13th: Winner Tommy Mee 36 nett, Runner-up John Hills 37 nett and N.T.P. No. 3 J. Hills, No. 5 A. Waack.

Wednesday 20th: Winner John Hills 31 nett, Runner-up Dave Pedley 33 nett and N.T.P. No. 12 D. Murphy, No. 14 D. Murphy.

Wednesday 27th: Winner John Croft 28 nett, Runner-up Dave Pedley 32 nett and N.T.P. No. 3 T. Mee, No. 5 J. Gartside.

Thursday morning's Lady Members 9 holes stroke – unfortunately for a number of weeks there has only been enough Ladies turn up to just have a practice round. We are looking forward to a brighter New Year.

Please note the 15th December is now the Club Christmas break-up, not the 8th of December as previously expected.

Continuing explanation of 'Golf Games with a Partner':

Four Ball Best Ball (4.B.B.B.) Stableford – scoring individually with a partner each with their own handicap when the hole is finished the first to finish with the most points is recorded on the card. At the end of the eighteen holes the pairs with the most points are the winners.

Four Ball Best Ball (4.B.B.B.) Par – is played the same as 4.B.B.B. Stableford, but scored as individual par. At the end of the eighteen holes the pair with the most pluses (+) on the card are the winners. American Foursomes or sometimes called Pinehurst – to determine the handicap halve the two combined handicaps of each pair. Each player drives a ball from the tee then changes over and has a second shot with their partner's ball. It is then decided which ball will be used to finish the hole and play continues to the green with players alternating until the ball is in the hole. The card with the lowest nett score wins.

Two Stroke Canadian Foursomes – as with Pinehurst both handicaps are combined then halved. In this game each player plays his own ball twice before the ball to finish the hole is chosen, then it is alternate hitting until the ball is holed and the card with the lowest nett score wins.

The four partner games I have outlined above are the most played at Club level with Foursomes and Canadian Foursomes not played quite so often.

Contributor: Cherry McArthur



Gelantipy Christmas Tree 2019

All welcome

Get in the Christmas spirit at the Gelantipy Hall
on Sunday 15th December.

Santa will be dropping in at around 3:00pm with an
early dinner of meat and potatoes to follow.

Bring along a salad or a sweet.

**For further details please contact
Lauren (03) 5155 0250**



The Gippsland Regional Agrifood Employment Programme

(GRAEP) has reached a significant two-year milestone of 88 people now in continuous employment. Since April 2017, 130 people have been placed in agribusiness related jobs, with 88 of them achieving continuous employment. Financially supported by the Jobs Victoria Employment Network, GRAEP had been successfully implemented under the East Gippsland Food Cluster banner and, in the amalgamation of EGFC and Agribusiness Gippsland to form Food & Fibre Gippsland, the programme has transitioned smoothly into the merged body. From labour hire companies to large scale horticulture operations, dairy farms and food manufacturing businesses across the region, the diversity and geographic spread of Gippsland employers and job seekers who continue to benefit from the programme is a solid indication of the flexibility of the support it offers. For job seekers, GRAEP assists them in finding permanent employment and career opportunities in Gippsland's vibrant agrifood sector via training, support and mentoring as required to find, and stay, in permanent employment. Meanwhile for employers, the programme is designed to help them build and plan their workforce capability by finding job-ready people for their immediate and future needs.

For employers and job-seekers wanting to access the support of this programme, there is a simple registration form online at www.foodandfibregippsland.com.au/employment-program.



LIVE, LEARN, ENJOY with U3A (University of the 3rd Age)

If you're retired or semi-retired you can join U3A and participate in many different courses and activities, including: art, craft, music, dancing, games, exercise, history, computers, languages, social outings, etc. There are no entry requirements and no exams, just the joy of learning. Annual membership fees are low because U3As are run by volunteers. Once you become a member of your local U3A, you may wish to contribute your time and skills as a volunteer to tutor a course, coordinate a social outing, organise an exhibition or concert, help with maintenance or in the office, cater for functions, join the committee of management.

Our two nearest U3As are in Bairnsdale and Lakes Entrance.

U3A Bairnsdale & District

8 Rowe Street

Tel: 0427 323 910

u3abairnsdale.org.au

U3A Lakes Entrance

Cnr Service & Rupert Street

Tel: 5152 3063

lakesu3a.com.au



Ministerial Statement on the Future of Adult Community Education in Victoria 2020-25

The Minister for Training and Skills and the Minister for Higher Education, the Hon Gayle Tierney MP, has released a Ministerial Statement outlining a six-year reform agenda for adult community education in Victoria.

Adult community education plays an integral role in Victoria's broader education sector. Victoria leads Australia in providing accessible and tailored lifelong learning opportunities for adult learners seeking to develop the skills they need for work, further study, and to participate fully in the Victorian community.

This Ministerial Statement aims to fulfil the Victorian Government's commitment to uniting the adult community education sector with a focus on learners, and to build recognition of the distinct and invaluable role the sector plays.

It establishes a reform agenda for the six years 2020 to 2025, focusing the Adult, Community and Further Education (ACFE) Board and the adult community education sector on adult literacy, numeracy, employability and digital skills training.

It also identifies a strengthened role for the sector in supporting students to enter and successfully complete TAFE and university courses; and in upskilling and reskilling low-skilled workers who may be vulnerable to becoming unemployed as work changes.

The Ministerial Statement on the Future of Adult Community Education in Victoria 2020-25 is the first Victorian Government statement on adult community education since that made by the Hon Lynne Kosky as Minister for Education and Training in 2004.

Download a copy here: <https://www.education.vic.gov.au/training/providers/learnlocal/Pages/min-statement-adult-education.aspx>

Buchan Neighbourhood House is an ACFE Provider offering courses this year in Buchan, Bairnsdale and Benambra in the areas of Beginners and Intermediate Computers, Book Keeping, Drones and Local Hospitality and Tourism.

Buchan District & Community Gathering

30/11/19



Expression of Interest

Lifeline Accidental Counsellor, Free Training

Community Mental Health and Wellbeing Support Activity

Designed and delivered by Lifeline Gippsland in partnership
with the GLCH Mental Health and Wellbeing Drought and Fire Support Initiative

Breaking the Cycle. Our rural and farming communities are experiencing a number of challenges as drought continues and worsens across the region. The uncertainty is causing financial and emotional stress to many people who live and work in farming communities. When people we know as partners, parents or community members struggle with the consequences of drought related mental distress they can often lose capacity to connect and share some of the 'stuff' that's going on inside. At such times reaching out for help might not be easy to do. So how can we break the cycle and work with families and friends in our community to build capacity and develop needed knowledge and skills?

Reason for Contact. Working in partnership through a Vic Govt drought funding initiative Gippsland Lakes Community Health and Lifeline Gippsland want to know if there is community interest in Wellington and East Gippsland to have the Lifeline Accidental Counsellor training program delivered locally.

How will it work? If there's enough community interest in a given area, over the next two weeks or so, we will then organise training with you and Lifeline Gippsland for a suitable date and venue. Ideally this would be mid Nov to mid Dec. It could also be possible to combine groups in a couple of areas to make up numbers if people were willing to travel for a combined group training session.

Lifeline Accidental Counsellor Training: What's it all about? Many people find it challenging to talk with a friend, family member or colleague going through a crisis along with a range of other mental wellbeing issues. To break down the barriers, the training is a practical package that teaches vital communication skills that work along with basic counselling principals for people who aren't trained as counsellors but sometimes find themselves in a "counselling" role as part of daily community contacts.

Training Aim: The ½ day training aims to give community participants the confidence and skills to recognise signs that someone is facing challenges, to respond appropriately and (if applicable) refer to appropriate services and supports. Community participants are not expected to become 'counsellors' after training but rather knowing when and how to respond at the appropriate time when someone you know and care for may be in need of support can promote positive outcomes for the person concerned.

Self-care is also a critical part of any mental health training. Self-care is a way for community members to balance activities and preserve longevity and happiness in our relationships and our community work. To do this, we need to accept that it is OK, and actually essential, to know when to put our own needs first at times.

Objectives and Outcomes. The Lifeline Accidental Counsellor course participant training objectives are:

- To feel more confident in recognising the behavioural changes of a person experiencing crisis
- Feel confident in asking a colleague, friend, family member or client if they are alright. Knowing they may respond with NO.
- Know how to effectively listen, with empathy.
- Know how to respond in a way that empowers the client to discover their own solutions or actions.
- Know how to support the client and refer them to an appropriate service.
- To ensure they have good self-care practices.

The course also discusses a range of Mental Health issues including suicidal ideation, Depression, Anxiety, drug/alcohol abuse. So make sure you are OK with this content before enrolling in the training.

Training Contact/s: You can express interest either by talking to your local Neighbourhood House or Men's Shed Coordinator and letting them know. They will then feed this to the Project Coordinator: Andre Zonn or you can call or email Andre directly. Email: andrez@glch.org.au Mobile: 0429 953 063.

**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.

Buchan (near school) 9.15 am – 10.00 am

W Tree (near SIBA Retreat Centre) 10.45 am – 11.30 am

(Neighbourhood House & Kinder) 12.30 pm – 2.00 pm

The next service will be:

Tuesday 14th January 2020

Tuesday 28th January 2020

Library schedules, Council minutes and planning permits are also available upon request at the Neighbourhood House.



BUCHAN UNITING CHURCH

90 Main Street, Buchan

(North side of Buchan River)

Open Saturdays from 9.00am to 3.30pm

(or by appointment)

For more information please contact

Tony 0428 352 019

**Large range of Novels, History, Military, Art, Craft, Cookery
and more.**

MASSAGE

Tuesday 14th January 2020

From 10.00am

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 by email at

silvaust@gmail.com or call 0468 387 524

Justice of the Peace

Arrangements can be made with

Janice Coates

Phone: 5155 9301



Church Services

Catholic Church

St Dymphna's, Woodgates Road, Buchan.
Meets 3rd Saturday of the month at 9am
until further notice. For service details
contact Mary Wheeler 5155 9330

Uniting Church

The Andrew Davidson Memorial Uniting
Church,

Main Street, Buchan. Services are held at St Mary's Anglican
Church, Main Street, Buchan. For service details contact
Leona Lavell 5155 9395

Anglican Church

St Mary's, Main Street, Buchan. Meets 1st Sunday of each month.
For service details contact Rhonda Coates 5155 9373



Summer is fast approaching - with it comes extreme weather
like droughts, fire and heatwaves. Be sure to keep an eye out
for overgrown vegetation, water leaks, fallen trees and any
other non-urgent issues that can be reported with
Snap Send Solve.

Community Preparedness Meeting Tuesday 19/11/19

