The
Triangle News
is a project
of the
Marysville
& District
Lions Club Inc.

ABN 32 727 809 965

Friday April 24 2009

# triangle news



NARBETHONG

**President Ken Adams** 

Vol. 36 No. 14

**BUXTON & TAGGERTY** 

#### Valiant Volunteers

# The ANZACS were the only volunteer army of World War 1.

The notion of trained civilians in khaki fighting for the duration, was the highest form of community service, loyalty, manhood and mateship.

It was why conscription was so divisive in 1916/17. Diggers mostly voted against it and then again during the Vietnam war.

The WWW 'reward' for the ANZAC ability and courage was to be shifted to where the fighting was hardest particularly on the western front.

The martyrdom of 234 Light Horsemen at The Nek is well known.

Less well known is the 1916 Fromelie's catastrophe of 5533 casualties in 12 hours, including 2070 dead.

At Poziers & Moquet Farm, 23,000 were lost in 6 weeks.

Lt. Gen. John Monash's tactics on the Western Front saw diggers as the first troops to smash through the Hindenberg Line,

It became a model of 20th century mobile warfare.

Australia's fighting spirit is an enduring legacy. It is why we rise at dawn and march in our thousands on April 25. It is why we join the pigrimage to a Turkish beach or a French field.

#### WE WILL NEVER FORGET

We had been to war before, but nothing prepared us for this. An nothing left a legacy to rival it. When two Light Horse regiments attacked The Nek, a small ridge guarded by five Turkish machine guns, it was slaughter on a grand scale.

Thousands of Australians, honour the memory of the nations fallen and to celebrate the contribution of those who have survived.

They go to a dawn service and/or attend an ANZAC Day march.

The first dawn service was held on ANZAC Day in 1923 in Albany WA.

Albany was the last sight of land the ANZAC troops saw after leaving Australian shore and some of them never returned.

The first service was instituted by an Anglican cleric, Rev. White,, who was attached to the Australian Imperial Force at Gallipoli.

As the sun was rising, a man cast a wreath into the water and White recited:

"As the sun rises and goeth down We will remember them".

The service was such a success, RSL branches throughout the

country adopted it as a form of commemoration.

Please attend the ANZAC Service in Marysville on Saturday at the Cenotaph at 11 am.

References: Herald Sun 'Our Australia at War" (Neil Wilson).

Reprinted from an article submitted by E Postlethwaite April 2006.

The inscription on the monument at Anzac cove, pictured below, reads:

"THOSE HEROES THAT SHED THEIR BLOOD AND LOST THEIR LIVES...

YOU ARE NOW LYING IN THE SOIL OF A FRIENDLY COUNTRY

THEREFORE REST IN PEACE

THERE IS NO DIFFERENCE BETWEEN THE JOHNNIES AND THE MEHMETS TO US WHERE THEY LIE SIDE BY SIDE HERE IN THIS COUNTRY OF OURS...

YOU THE MOTHERS WHO SENT THEIR SONS FROM FAR AWAY COUNTRIES

**WIPE AWAY YOUR TEARS** 

YOUR SONS ARE NOW LYING IN OUR BOSOM

AND ARE IN PEACE

AFTER HAVING LOST THEIR LIVES ON THIS LAND

THEY HAVE BECOME OUR SONS AS WELL"

ATATURK 1934



Please Send Your Contributions to-

Saturday 25th

Friday May 1st

Thursday May 7th

Sunday 26th

#### The Triangle News P O Box 1 Buxton 3711

#### Deadline - 5.00pm Mondays

Buxton Store & P.O., Black Spur Roadhouse Narbethong, or by Email.

**Circulation:** 800 copies to Narbethong, Marysville, Buxton, Alexandra, Taggerty where possible

#### e-mail to:

delice.guscott@bigpond.com

or PH: 5963 3353 (BH Mon-Thurs) or FAX: 5963 3353

#### DISCLAIMER

The Triangle News committee does not take responsibility for opinions expressed by contributors to the Triangle News. The editor reserves the right to reject articles and advertisements and to edit submissions if necessary. All submissions <u>must</u> carry the author's name, address and phone number.

The Triangle News is currently available at Narbethong (Black Spur Inn), Marysville Golf Club, Buxton Store or the Igloo at Buxton, Taggerty Store, Alexandra Newsagency or Rescom Healesville

Triangle & Taggerty residents temporarily displaced can have a Triangle News mailed to them, courtesy of Fran Bailey's office if they are unable to pick up a copy at any of the above locations, please register a mailing address with Di Roennfeldt on 5774 7575

## ALEXANDRA CI NEMA

0416 241 872

Thursday 16th @ 1.30pm
"MADAGASCAR 2 - ESCAPE
TO AFRICA" (PG)
Thursday 16th @ 4.00 pm
<u>AND</u> Saturday 18th @ 4.00
pm & 7.30 pm
"SLUMDOG MILLIONAIRE" (MA) to be confirmed

#### What's on When

- Anzac Day, march and ceremony as usual!
- Community BBQ 4-6pm ish
- Narbethong Community Meeting
- Narbethong C'ty & Tourism Group General Mtg
- Triangle Community Dance Group (see notice)

## Narbethong Community Meeting Friday May 1<sup>st</sup>

Black Spur Inn. 4pm

For the latest in the Narby area, including information from Christine Nixon.

Ask your questions and we'll try to answer them.

#### Invitation to all committees in Narbethong to attend.

Discussions to include new public space projects.

Lets all work together.

Check out the Triangle Distribution Centre while you're there.

#### Narbethong Community and Tourism Group Inc.

A General Meeting will be held at the **Black Spur Inn, Maroondah Highway, Narbethong** 

on

Thursday 7<sup>th</sup> May at 7.30p.m. All members of the Narbethong Community and NBT Map members welcome RSVP - 5963 7121

The Australian Children's Trust & Siemans Pty Ltd have co-operated with the proprietors of the Taggerty Caravan Park to set up a Clean Drinking Water outlet.

Situated at the front on the right side of the Car park there is a 1,000 litre tank with a tap to fill drinking receptacles available from 7th April '09



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To make life a little easier, Alexandra Quality meats are delivering order to "Buxton General Store" each Thursday afternoon by 4 pm.

All you need to do is either call ph 5772 1151 or fax 5772 3399 your order through by Thursday morning, delivery will be made and payment can be arranged with Colin

## Anzac Day 2009 - 'business as usual'

The Marysville RSL invites the citizens of Marysville and surrounding district to the 2009 Anzac Day ceremony.

The Marysville commemoration this year is being given priority support from the Army; and there is likely to be a very big turnout, even though the village itself will still be sparsely occupied.

Anzac Day 2009 in Marysville will be significant in two main respects.

First, the theme this year will not only commemorate the Anzac spirit but also celebrate the contemporary expression of that spirit. On and after Black Saturday, we witnessed many heroic and selfless acts of ordinary citizens. As well, the community was given unstinting professional support by the Army, the Police, the Country Fire Authority, the paramedic organisations, and all the other volunteers who helped us through the first few weeks of the recovery process. Anzac Day 2009 is an opportunity for all citizens to recognise these actions, as well as to commemorate the fallen.

Second, there will be many more veterans marching this year. Veterans from all over Australia will be joining local veterans in a show of solidarity and support. These will include Major General John Cantwell, the Chief of Operations of the Reconstruction Authority.

All Marysville-Triangle veterans and citizens are encouraged to invite former comrades and veterans from elsewhere to attend and to participate.

Other VIP guests who have already accepted invitations to attend include Ms Fran Bailey and Mr. Ben Hardman, local Federal and State members respectively, and Deputy Commissioner Kieran Walshe of the Victoria Police. The Mayor of Murrindindi Shire and the CEO of the CFA have also been invited.

The march will be down the main street as usual, commencing at 11 AM, from the traditional start point, at the roundabout opposite the ruins of Keppel's Hotel. The ceremony will be conducted at the cenotaph at the lower end of the village.

All citizens, as well as veterans, are invited to the Crossways for refreshments at the conclusion of the formal ceremony.

# Triangle Community Dance Group (Scottish Country, English, Bush & other traditions)

(Scottish Country, English, Bush & other traditions)

We are dancing again

1st & 3rd Thursdays each month

at The Crossways, Marysville

7.30-9.30 p.m

All welcome. All dances taught, no previous experience necessary.

Ph. Di 59633277 for more info.

Presented by Marysville Cultural Community Inc.

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#### Marysville Community Golf & Bowls Club

#### Position available - Office Manager for the Marysville Community Golf & Bowls Club

Marysville Community Golf & Bowls Club seeks an Office manager with effect from 11 May 2009, for a six-month contract with an option for a further six months.

The position will be based at the Marysville Community Golf & Bowls Club clubhouse, 9am to 5pm, Monday to Friday. There will be a requirement for some travel in the local area.

The requirements for the job include:

- a friendly approachable person, with a proactive can-do attitude
- Driver's licence and willingness to use own car (a travel allowance will be provided)
- Liquor serving (possession of a liquor serving licence is highly desirable, but training can be provided
- Office administration, requiring strong Microsoft Office skills in Outlook, Word and Excel.

Renumeration: \$40,000 p.a. (pro rata, including 9% Government Superannuation Contribution).

For full details of the position, please email the Club president, Nick Jans, at sigma@virtual.net.au (telephone 0407 005 721)

Interested candidates should send their resume to sigma@virtual.net.au by 1 May 2009

956 Buxton-Marysville Road, Marysville Victoria 3779
T: 03 5963 3241 F: 03 5963 4152 E: enquiries@marysvillegolfandbowls.com.au
W: www.marysvillegolfandbowls.com.au

# Local Contractors Our Priority Says Council

As the cleanup continues throughout the fire affected areas of the Murrindindi Shire, local contractors are being used wherever possible says Mark Leitinger head of the Council's Murrindindi Construction team.

Since the emergency, council has engaged over 120 contract staff and their equipment to help in particular with roadside tree safety works

Says Mark "The scale of the work required in tree safety alone is massive and has required resourcing at significantly greater than normal levels. I estimate that over \$5 million will be needed to satisfactorily complete the cleanup.

Roadside tree crews are assisted by highly qualified tree experts and the extra resources have come from local contractors to support these crews. Eight firms located within the shire have been involved so far but many more are expected to be engaged to assist with such things as road works, drains and shoulder restoration.

"The types of equipment we'll be needing include excavators, trucks, graders, guidepost and sign installation as well as guardrail erection."

"The Murrindindi Shire Council is committed to supporting the local community and as a priority we will be looking to support local contractors wherever possible."

Expressions of interest from suitably qualified contractors can be made by registering with the Industry Capability Network via the website www.regionalindustrylink.com.au or by contacting the Murrindindi Shire Council on 5772 0333.

# TRIANGLE DISTRIBUTION & FIRE RELIEF CENTRE.

(was the Narby Store) Located at The Black Spur Inn Maroondah Hwy Narbethong

Open to all to help our locals.

From clothes, shoes and handbags to cleaning products, buckets, mops & rakes.

Dog & cat food ... even some horse gear.

YOU WANT IT? WE'LL TRY TO HELP YOU GET IT.

Volunteers needed to help in the store. Put your name down today.

#### **Councillor Comment**

During the past month I have attended many meetings, but the most uplifting was a meeting of community groups organised by the Kinglake Ranges Community newspaper, the Mountain Monthly. This meeting, attended by about sixty people, represented the majority of the areas' community organisations and addressed the current positions of our community groups. This meeting identified the key issues and challenges facing the groups from what is needed to get them back on track, to what key actions must be taken for their survival.

Now you would have had to be living in a vacuum not to know of the struggle the Kinglake Football and Netball Club has had to stay alive. The media coverage for them has been constant and has placed them in the highest profile within the state, giving the club access to a considerable amount of support. What about the smaller groups such as the Neighbourhood House which is typical of an important community group that has a lot lower profile? All the groups recognised each others important role, but the decision of the Football and Netball Club to donate their major fundraising of \$100,000 to a trust to assist other community groups is one of the most generous and considered decisions I have ever seen from one group to the community they represent.

On the other hand, the Kinglake Ranges Neighbourhood House, of which I am a member, does not fundraise but relies on the strength of its volunteer base to supply many services. The House was not damaged by the fire but like all groups we lost many volunteers. The House, led outstandingly by its coordinator Gail Aitkins, ran the material aid for our area and still does. Shipping containers dominate the grounds full of aid. The building became the Kindergarten, Maternal & Child Health Centre and day care centre. A radio station "popped up" in one of our rooms and counselling services use any spare space. The House expects to have its own child care centre up within weeks, offering child care on the weekends and other times, and to commence its

normal program of running training and community courses within weeks. The House has received generous administrative support from other Neighbourhood Houses, too many to mention, and we also have received financial support from many individuals and groups which will enable the site to be fully used for many years.

I think these two groups, so diverse in nature, show the strength and unity of a community and the fact that a community cannot be artificially made but exists through common ideals and bonds forged over many years.

Cr Peter Beales Kinglake Ward

## WANTED

#### TREES OR LOGS

Cypress, Redwood, Cedar, Conifers, Pines, exotics, etc.

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# Help build a new Community Hall for Narby!

One small way to contribute to the Narbethong Hall's redevelopment is to donate your points to our customer choice account when you shop at Reddrops in Alexandra.

It's number 716.

Every little bit helps!

The Narbethong Public Hall

Committee

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Lions Tools for Tradies Appeal

# Free tools available for tradespeople who lost their tools in the bushfires

Lions clubs have organised for the donation of quality power tools and hand tools and these are now available free for bonafide tradespeople who lost their tools during the recent bushfires.

To collect the tools you need, please contact your local Lions club representative for an application form which will then be passed onto the coordinating Lions group.

More information?

Contact Rob Tunney: 9874 5163 0419 894 013 Fax 9874 5509



#### Mayor's Chair

The onset of autumn has brought a welcome change of scene in the shire – finally seeing some green on the trees and the welcome return of our native animals. A pleasing sign of the recovery process we are all experiencing.

Last weekend was the extraordinary football match at the Kinglake Memorial Oval – with the Lakers winning in a great match against Emerald. Enormous thanks must go the organisers of the day – and to the staff and volunteers – some famous but mostly local community people. Thank you to all. It was a touching and successful day for the whole community.

The State Government also announced an allocation of almost \$300,000 to help rebuild and repair the oval, tennis courts and the facilities damaged on 7 February. A most welcome and appreciated contribution.

I had the privilege to attend the Moonee Valley Freeza Festival at Queens Lake Park on Sunday 5 April. It was a great day – with thousands of people gathering against the elements. Moonee Valley City Council and the Murrindindi Shire Council have come together to support each other's Youth programs – something we know will be of mutual benefit in the years to come.

As time goes on and people get back to a sense of routine and a kind of normality in some cases, it's still important to recognise and thank all the contributions made by our local businesses and organisations who continue to give of their time, efforts, resources and products. We would be lost without these selfless and tireless people. There are literally too many to mention, but none of you are forgotten or taken for granted. Thank you from all of us.

It's great to see that Dyson's Bus Service has greatly increased it Greensborough to Kinglake service from one service a day to up to eight on weekdays and Sundays and nine on Saturdays. This is a great boost for the community and will assist greatly with people who deal with the daily commute. Details on the Dyson's Bus schedule is available at www.dysonsbus.com.au

Councillors have completed the following activities lately: UGFM and ABC radio spots on a regular basis; meeting with the Municipal Association Victoria in Wangaratta, met with the Victorian Bushfire Reconstruction and Recovery Authority, Alexandra Art Show.

I truly hope Easter gave you a bit of a break from the events of the past two months.

"One who is wise is filled with good, even if one accumulates it little by little" Buddha

#### "WELCOME BACK" FLAGS

If anyone wants a free flag delivered/put up on their property please contact Leanne and John at lomatia@optushome.com.au. (They come in many colours)
John and Leanne Philp 0409 332 040

# **BLACK SPUR INN**

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#### **Butters Cafe**

of Buxton 'just good tucker' BYO cafe

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Fri & Mon 10 am - dinner Sat & Sun 9.30am - dinner

#### Evening specials:

Fri: Pot Roasted Beef with Vegies Sat: Chicken & mushroom Casserole Sun: Clay Pot Chicken & rice

Sun: Clay Pot Chicken & rice
Mon: Malay Lamb & Potato Curry

**BOOKINGS RECOMMENDED** 

FREE LIVE MUSIC THIS SUNDAY NIGHT

'Smokin' Joe Talia

Weekend brekky from 9.30am -noon

#### CREATIVE TRIANGLE

Quilters, Embroiders, Knitters and all Crafty People: We would like to announce the name of our newly founded group - **Creative Triangle -** for ladies in the Triangle area who would like to meet and stitch, knit or create. We meet weekly on Thursdays between 1.00 and 3.00 PM at **Butters Café**.

We will be holding patchwork/quilting classes for beginners commencing after Easter, and later on advanced classes for those who want to develop and/or share their skills.

Pop in and meet us, all are welcome.



#### **Alexandra Auskick**

will be starting soon ...

Registration Day Sunday April 26th 9.30 am - 10.30 am Alexandra Football Grounds

Cost \$50.00 per child (includes fantastic footy pack full of great gear)

Season begins Sunday May 3 at 9..30 am

This year's program will include Night sessions under lights, Half time grid games and loads of fun!

All primary age children are very welcome to join

For more information please call Matt on 0428 589 852 or Anne Marie on 0417 541 352

Free Auskick registrations are being offered to bushfire affected families. For further information please contact Berry Street, Alexandra on 5772 3383



Ph (03) 9569 9348 www.pnl4wd.com.au 3 Gillon Court, East Oakleigh, VIC, 3166

## DO YOU NEED SOME TREES CUT? WE can help.

Announcing one of our first courses to go ahead in Narbethong since the fires will be a:

Chainsaw Tree Felling Course on the 6<sup>th</sup>, 7<sup>th</sup> + 8<sup>th</sup> ? May, 2009 FPIFGM3205A "Fall Trees Manually (advanced)" 2, may be 3 days if we need it. \$420 per person Good to have "trim and cross cut" first

RING TO BOOK IN or if you want some trees cut.

Any queries at all please don't hesitate to contact us on 9569 9348 or via email pnl4wd@iprimus.com.au



# Anglican Parish of Marysville

Priest in Charge: Father Norman Hart Mob: 0434 896 404 If unable to contact Father Norman, ring 5963 4441

Sunday, 26th April, 2009

9.00 am Holy Communion - Buxton 10.30 am Holy Communion - 14 Gould Terrace (off Falls Road)

# Mt Cathedral Baptist Church

Pastor Ivor Jones Normal services- whilst the Buxton Community Hall is being used as a relief centre are held in the; Taggerty Hall every Sunday @ 10:00 am

Further enquiries Ivor Jones 0414430951

#### **MOPS**

We have been offered two temporary buildings fro MOPS, the site of which and other matters is a concern for the committee which will meet next week; after this meeting, we hope to say more. Please realise it is up to the committee to make any decisions regarding these matters.

# COMING TO MARYSVILLE 'NEW BEGINNINGS'

#### **FELLOWSHIP**

Sunday Worship Children's Ministry Youth Ministry Ladies' Ministry (Women of Destiny) Singles Ministry

Further Details:- Please Phone Rev Conrad & Ruth Halyburton (Pastors)

5963 3398 (0404 869 582) (0402 346 265)

Committed To Serve The Community With Authentic / Genuine Love & Care In The Name Of Jesus Christ

#### **ANZAC DAY SERVICES**

The following services will be held throughout the Shire of Murrindindi on Saturday 25 April 2009:

**ALEXANDRA** 10.00am service at Kellock Lodge for residents

10.40am assemble for march opposite the RSL

Hall (outside front of library)

11.00am service at Leckie Park Memorial

**EILDON** Assemble at 10.50am for 11.00am service at

Cenotaph

**GLENBURN** 6.00am dawn service at Glenburn Community

Centre (the old school on Melba Highway)

5:30am dawn service at St Peter's Church **KINGLAKE** 

10.00am service at the Lions Club ANZAC

Memorial, Kinglake Community Centre

**MARYSVILLE** 10.45am assemble for march outside Keppels

Hotel Motel

11.00am march, immediately followed by a

service at the Cenotaph

STRATH CREEK

YARCK

YEA

9.00am service at Pioneer Reserve Memorial 10.00am wreath laying service at War Memorial

10.00am service at the Yea Memorial Hospital

10.45am assemble for march at RSL Hall

11.15am service at Cenotaph



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Size: 150mm high and 200mm wide

With large number - e.g. 32 - in black lettering and in smaller lettering, the wording 'Rebuilding together' and Lions Emblem

Cost: These will be subsidised by Lions with a token charge to the individual of just \$2 each.

How to order: An order list will be at the Buxton General Store - place your name, the house number you require and your phone number.

Collection: A Lions member will phone you when your house number is ready to be picked up from the Buxton General Store.

> This is a Marysville and **District Lions Project**



#### **Community Health in Buxton**

(Temporary location for Marysville Community Health.)

The following services are now available at Community Health (Corner of Maroondah Hwy and Buxton - Marysville Road, Buxton).

Our Physiotherapist will be visiting Buxton on Wednesday mornings. If you would like to make an appointment please call us on 5772 0800.

Other services available include:

- Occupational Therapy
- Dietitian
- Access Worker
- Continence Advisor
- Women's Health (Pap test provider)
- **Diabetes Education**
- Sexual Health
- Wound Management
- Podiatry (private service)
- Myotherapy (private service)
- Counselling (Mitchell Community Health)

To find out when these services are next visiting Buxton please call Alexandra Community Health (03) 5772 0800.

#### Marysville Medical Clinic

Clinic is now open Tuesdays and Thursdays from 10.00am until 5 pm.

Dr Fraser is now seeing patients at the Buxton Community Health bulding.

When Dr Fraser is unavailable, patients will be seen by:

Dr Rod Trevena (Thursdays) or

Dr Stephen Trumbe (Tuesdays)

For appointments please call 5772 0888 and leave a message.

Appointment times will be confirmed by return call during clinic hours.

Flu vaccinations are now available at the Marysville Medical Clinic.

Please phone 5772 0888 to make an appointment.

Flu vaccines are subsidised for over 65's, otherwise \$15 per vaccine.

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DJ's for Weddings, Engagements, Birthdays, Presentation Nights, Functions etc. Music from the 50's to Today's Top Hits Flashing Lights & Microphones

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At Buxton Reserve
4:00 pm (Note change) Mondays

4:00 pm (Note change) Mond All ages – coaching Practice & play

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# Plants by Shelian

are trading and taking orders Please call Ian & Shelly Board

0438 438 241

# What every man needs to know

# A public forum on men's health



Merv Hughes (ambassador for Andrology Australia and Cricket great), Dr David Pierce (Beyondblue) And local GP Dr Bill Dwyer

Come with your family and friends for clear factual information

Date: Sunday 3<sup>rd</sup> May

Venue: Seymour Performing Arts Centre Seymour Secondary College

3

Time: 1:00pm – 3:00pm

Admission: Free

For further details contact Mike Wilson Ph: 03 57354635 Mob: 0458 937 342

This event proudly supported by

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"HUSTLER"

BUXTON / NARBETHONG

GELDING

CHESTNUT QUARTER HORSE

WHITE MARKINGS

14-15 h.h.

PLEASE CONTACT Stuart a/h 5774 7549 or Kym 0450 133 017











# "Victorian Bushfire Appeal Fund \$50,000 Grants"

If you have received your letter regarding your Grants Entitlements, part of the process is to have a one-on-one session with a Bank representative.

Bendigo Bank will have representatives at the Buxton General Store on April 27th, 28th, 29th, 30th and May 1st to assist you with your Applications.

For further information please call Mike Fleming on 0408 101 487 or Upwey Branch on 9754 1200

# The Triangle Community Sausage Sizzle

held every Sunday 4.00 - 6 p.m. at Marysville Golf Course

for our Local Communities to come together & catch up with old friends and meet some new presented by Marysville & District Lions Club

Attendances have been good each week, but on Sunday 19th April, a large number of our non-resident home owners were welcomed.

Fortunately they were 'in the know' and came prepared for the occasion of Dr Lachlan's birthday, with four iced, cream sponges, and on each the wording "Happy Birthday Lachlan".

Lachlan was also presented with a builder's nail bag, complete with a hammer, and a demo on how to use the same.



# **PUMPS**

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FULLY TRAINED SERVICE & ELECTRICAL TECHNICANS

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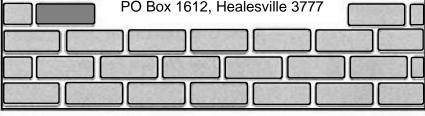
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Phone Rob Bartlett 59 637 248 or 0447 481 273

#### Your Health and Well-Being

From Community Health

#### **First Aid for Mental Health**

First Aid is the help given to an ill or injured person before medical treatment can be obtained. The aims of first aid are to preserve life, prevent deterioration of the condition, and provide comfort to the ill or injured person.

Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis. Like regular first aid, the aims are to preserve life (where the person is a danger to themselves of others), to prevent the problem becoming more serious, and provide comfort. Mental Health First Aid teaches how to recognise the symptoms of mental health problems, how to provide initial help, and how to go about guiding a person to appropriate professional help.

There is a stigma associated with mental health problems, and many people are not well informed. This results in many people not getting the help they need. One in five adults will experience a mental health problem at some time in their life, so most of us will be touched by mental health issues either directly or indirectly.

Do you know what to do if someone if having a panic attack? Hearing voices? Suicidal? Irrational? Aggressive? Mental Health First Aid training could help you manage such situations.

The Mental Health First Aid course is available locally. A course is running in Yea in April; another course is planned for Buxton in May 2009. The course runs for 12 hours – the Buxton course will be held on four evenings. The course is often held over two full days. The Buxton course will cost \$30 (with a concession for bushfire volunteers).

If you are interested in knowing more about mental health problems and being better equipped to manage mental health situations, contact the course instructor Margaret McLauchlan at Community Health (numbers below) or on mobile 0419 538 589. Courses can be run anywhere in the Murrindindi Shire (or beyond) if there is enough interest.

Community Health at Yea Hospital – phone 5736 0400 and at Alexandra Hospital – phone 5772 0800

"Your Health and Well-Being" articles are available on the Alexandra District Hospital website under Health News – www.humehealth.com.au/alexandra.

# **Highwood's Day Spa Program**

FREE for residents of Fire affected Areas

- Massage and Steam Bath
- Delicious Vegetarian Lunch
- Vegetarian Cooking Lesson
- Health Lecture
- Free Consultation with Highwood's Doctor If desired

## Call Highwood Health on: (03) 59637011

5 minutes south of Narbethong on the Maroondah Hwy This free offer available till 31/8/2009



Animal Aid would like to let residents know that even though we are no longer officially operating with in your townships, we are still available to offer assistance on request. If you have a missing a pet or need support with pet food or supplies, we will do our best to help you, all you have to do is call.

**9739 0300** or visit. www.animalaid.com.au

# Gayle Walters Massage & Healing

## Relax... Unwind.... Refresh ...

- Relaxation Massage
- Seated massage
- Reiki

Mobile massage in and around Marysvile!

For an appointment, phone

5963 4027 or 0428 637127

#### HELP AVAILABLE

Hi

I would just like to offer my services to anyone in Marysville who may need some help cleaning up and so on. I am a qualified horticulturist, and have most of my own tools and a ute I am happy to assist and volunteer my time where I can, weekends are best.

Please just send me an email willjohnston84@bigpond.com or give me a call 0421 846 821

Best wishes

Will Johnston







Come and join your local community and event cyclists at the

#### MARYSVILLE-LAKE MOUNTAIN FIRE RELIEF RIDE DINNER

Where: Marysville Golf and Bowls Club

When: Friday 1st May 2009

Time: 7pm

Cost: \$25 per head for 2 course spit

roast carvery dinner

**Inclusions:** Selection of spit roast carvery meats, salads and potatoes, with an array of different cakes for dessert. Drinks will also be available at bar prices.

**RSVP:** Bookings to be made by Monday 27 April to Trudi by phone on 5957 7201 or email marketing@lakemountainresort.com.au.



# OPPORTUNITY OF A LIFETIME!

Marysville has the opportunity to create a community facility to cater for the needs of all community organisations - no longer a multitude of individual halls - everything in one facility.

Please put your thinking caps on, broaden your imagination, make a submission to the Gallipoli Park Committee of Management to enable ideas to go forward so that concept designs can be drawn.

Don't delay, send your submission to:

The Secretary, Gallipoli Park C.O.M., PO Box 83, Marysville, 3779, (our mail is being re-directed), so that concept plans and community consultation can commence.



Purchase between 01/04/09 – 31/08/09. \*Conditions apply see www.fujitsugeneral.com.au. Entries close 01/10/09. Draw: Suite 1, Level 1, 34 Chandos Street St Leonards NSW 2065 at 12pm AEST on 02/11/09. Winner published in The Australian on 06/11/09. \$200 or \$400 Fujitsu pre-paid card awarded depends on purchase. Card is issued by Heritage Building Society Limited (ABN 32 087 652 024 AFSL No. 240984) consider the PDS before deciding to accept card at www.ichoosecard.com.au. Promoter: Fujitsu General (Aust.) Pty Limited, 100 Holbeche Road, Arndell Park NSW 2148 ABN 55 001 229 554. NSW Permit No. LTPS/09/2023 ACT Permit No. TP09/899 VIC Permit No. 09/784 SA Permit No. T09/530. Tel. 1300 882 201.