



Loch Sport Community House Inc.
The Heart of Our Community

THE LINK

April May 2026
Volume 29 Issue 2



Once again the Loch Sport Community House Garage Sale held at the Public Hall on the Labour Day weekend was a great success. The donations of clothes and other goods before the day were amazing and very much appreciated. Many thanks to Aldi Sale, Coles Sale and BP Loch Sport for their donations towards the sausage sizzle and thanks also to Marina Hotel Loch Sport for their donation towards the raffle prize.

The raffle results were:

1st Prize Ticket Red B44 Carmeli

2nd Prize Ticket Red B38 Amelia

Finally, a huge thank you to all the volunteers for their hard work and to all who came and supported the event.

Our next proposed Garage Sale will be on the King's Birthday weekend on June 7.

"A successful art class was run by Matt Ledger. As a beginner painter, (I am no artist), I learnt a lot and enjoyed it immensely. Matt was a fantastic teacher and the class participants had a fabulous time. So many beautiful artworks were produced. Our afternoon tea many thanks to Brooke from The Gourmet Shed and Matt for organising, was delicious each week. If you get a chance to attend one of Matt's classes then I highly recommend you do so. Painting is truly relaxing.

Christine"



222-236 National Park Rd
 PO Box 587
 Loch Sport Vic 3851
 Monday-Friday 9.30am-3pm
 P 5146 0145



manager@lochsportcommunityhouse.com
 info@lochsportcommunityhouse.com
 lochsportcommunityhouse.com
 Loch Sport Community House produces The Link with contributions from the community, for the community. Please find below a list of our current distribution points:

- BP Service Station
- CFA Op Shop
- C Shell Real Estate
- FoodWorks
- General Store/Post Office
- Loch Sport Bakery
- Lochy Coffee
- Loch Sport Community Health Centre
- Loch Sport Community House
- Loch Sport Pharmacy
- Loch Sport Medical Centre
- Nauti Bites Cafe

Online: Click on The Link tab on our website
 lochsportcommunityhouse.com

The closing date for your contribution to the next edition of The Link is **May 4.** All articles and new advertisements should be emailed to link@lochsportcommunityhouse.com Please find below upcoming Link publication, article and advertising submission dates for the next editions.

Submission Deadline
May 4
Jul 6
Sep 7
Nov 2

Please feel free to email lochsportlink@gmail.com with any constructive feedback or suggestions.

DISCLAIMER Loch Sport Community House accepts no responsibility for grammar or typing errors, the accuracy, error or omission of the information contained in articles and advertisements, and does not endorse or take responsibility for any views, opinions or material contributed for publication. Any photos provided for The LINK, Loch Sport Community House assumes consent has been sought by article provider prior to use.



Ambulance, Fire, Police	000
SES	132500
Poisons Information	131 126
Wildlife Rescue	0400 079 337
Sale Hospital	5143 8600
Loch Sport Police Station	5146 0556

DEFIBRILLATOR Locations CALL 000

Ambulance National Park Rd	Outside
Boat Club 14 Charlies St	Outside
Bowls Club 14 Charlies St	Inside
Foodworks 48-52 Lake St	Outside
Loch Sport Caravan Park	Outside
Loch Sport Fishing Assoc (Cnr Cliff St/National Prk Rd)	Portable
Loch Sport Golf Club	Outside
Loch Sport Men's Shed Charles St	Outside
Loch Sport Medical Centre Lake st	Inside
Public Hall National Park Rd	Outside
Public Toilet Seagull Drv	Outside
Public Toilet The Boulevard	Outside
RSL Charles St Reserve	Outside
Tennis Club Charles St Reserve	Inside



Are you looking to get involved in your community, meet people and help out? Did you know that LSCH is registered with Centrelink for mutual obligation?

We are currently seeking team spirited, positive and enthusiastic volunteers to assist with supporting our Community House operations in the following areas:

- Administration
- Events and fund raising planning/coordination
- Facilitating activities.

Do you have a skill, ability, art or information you'd like to share? We have some space available for additional activities, so let us know if you have a suitable activity you might like to facilitate at Loch Sport Community House. You can help as little or as much as you like!

WEEKLY ACTIVITIES 2026



2026 COMMUNITY HOUSE WEEKLY ACTIVITIES

Keep an eye out on our Facebook page, or call to see one off or short-term activities and programs.

All activities are \$5, unless otherwise stated. Some activities may be numbers dependent or on break and therefore may be subject to change. If you are new to the group, please always contact the community house office to confirm class details and book on 5146 0145 or manager@lochsportcommunityhouse.com

Day	Time	Activity
MONDAY		
Office open 9.30am – 3.00pm	11.00am-12.00pm 3.00pm-5.00pm	TAI CHI – Hall BOOK CLUB – Arrawarra (1 st Monday each month)
TUESDAY		
Office Open 9.30am – 3.00pm	9.30am-12.00pm	CRAFT – Hall Meeting Room
WEDNESDAY		
Office open 9.30am – 3.00pm	9.30am 10.00am-11.00am 11.45am-12.45pm 1.00pm-4.00pm	WALKING GROUP – No fee – Meet at Lochy Coffee SOCIAL MORNING TEA (2 nd Wednesday monthly) – Meeting Room - \$2 – All Welcome YOGA – Hall \$10 TABLE TENNIS - Hall
THURSDAY		
Office open 9.30am – 3.00pm	9.30am-11.30am 11.00am-11.45am 12.30pm-3.30pm	PLAY GROUP for pre-school aged children & parent/carer – Hall \$2per child + a piece of fruit / healthy snack to share GUITAR LESSONS - BYO guitar Meeting Room - \$25 LIBRARY – Hall
FRIDAY		
Office Open 9.30am – 3.00pm	9.30am 10.00am-1.00pm 10.00am-1.30pm 1.30pm-4.00pm	WALKING GROUP – No fee - Meet at Lochy Coffee PATCHWORK & QUILTING GROUP – Meeting Room CASH FOR CANS SERVICE – Rear of Hall (drive <u>down side</u>) Fun Fold Friday (2 nd Friday of month)
SATURDAY		
Office closed	9.30am-3.00pm 10.00am-3.00pm 10.00am-11.00am	FAMILY HISTORY – Meeting Room (3 rd Saturday of month) PAPER CRAFT GROUP – Hall (2 nd Saturday of month) \$5 + materials ZUMBA – Hall \$10 (1 st & 3 rd Saturday of each month)

Other usual activities (always call prior to confirm):

Meeting place for Justice of the Peace

Ongoing Private Hire - 1st Wednesday monthly 10am to 12pm (Meeting Room) &

Ongoing Private Hire – Wednesdays from 4.15pm (Hall / Kitchen)

Country Pine Kennels Doggy Day Care pick up / drop off point Wednesdays 7.30am/5pm, call directly to book 0448 922 886

Loch Sport Senior Citizens Group – 3rd Monday monthly 10.30am – 12.30pm (Meeting Room)
secretary.lochsportseniors@gmail.com

Latrobe Health Carer Network Meetings 4th Tuesday monthly 10am – 11am danielle.marshall@lchs.com.au

Information Sessions, Town Meetings & other Hirers

FOR INFORMATION ON PUBLIC HALL ACTIVATION POLICY: Enacting the Loch Sport Public Hall during extended power outages and other disaster relief-www.lochsportcommunityhouse.com/services-1

SERVICES AVAILABLE

Meeting place for Justice of the Peace appointments, daily activities, community referral service and Fridays cash for cans. Other services include provision of

- Domestic quantities of:

- Printing
- Scanning
- Laminating

- Spaces for hire

- Computer/Internet access

- Computer access for:

- MyGov, My Aged Care, NDIS, Centrelink

- Assistance with some aspects of computer, internet and mobile phone issues.



1 Download or update the Ritchies Card App

2 Search and select our name when prompted to nominate a club, school or charity

3 Every time you shop at Ritchies and scan your app or card, Ritchies will contribute a percentage of the total to us*

*CONDITIONS APPLY. Go to ritchies.com.au/loyalty for further information.

Did you know that Loch Sport Community House has DGR status (deductible gift recipient status) therefore any donations made to us are **tax deductible**?

VICTORIA'S CONTAINER DEPOSIT SCHEME

FRIDAYS 10AM-1.30PM
LOCH SPORT
COMMUNITY HOUSE

MAKE YOUR CHANGE HERE

Look for the 10c mark on the back of your drink containers to check eligibility

10c

RE TURN IT

CDS VIC

VICTORIA
Government

What's on at the Community House

National Volunteer Week 18-24 MAY 2026

YOUR YEAR TO VOLUNTEER

Calling all volunteers!

Loch Sport Community House is hosting a free afternoon tea for all volunteers to recognise their valuable contributions

Friday 22 May 1pm to 4pm

For catering purposes, please call 5146 0145 to book your spot for yourself or your group.

Loch Sport Community House Inc. The Heart of Our Community

Tech WORKSHOPS FOR SENIORS!

22/04/2026

Workshop 1: How to Use the Cloud? Time: 10 - 11 AM

Workshop 2: Intro to Canva Time: 1 - 2 PM

BYO DEVICE

COST: \$25 per Workshop!

TO BOOK YOUR SPOT, CALL: (03) 5146 0145

Loch Sport COMMUNITY HOUSE

Fun Fold Friday Paper Craft every 2nd Friday of the month 1.30-4pm. \$5 plus materials. BYO trimmer and supplies including adhesives, or these can be supplied at cost.

Zumba will now be held in the Hall on the 1st & 3rd Saturday of the month, 10am to 11am.

Yoga & Seated Yoga with Bianka 11.45am-12.45pm Wed \$10

Garage SALE

Loch Sport Community House is having a

Garage Sale

When: Sunday June 7
Time: 12pm to 3pm
Where: Loch Sport Public Hall

Very low prices Free stuff
Showbags for kids Sausage Sizzle

Donations of small items and produce (no furniture) are very welcome. Drop off at the Public Hall 222-236 National Park Road during office hours 9.30am to 3pm.

Enquiries 5146 0145 manager@lochsportcommunityhouse.com

Arts & CRAFT SHOW

Sunday 30th August

Calling all artists - any medium, and any other of the following crafts crochet, jam and pickle/preserve making, quilting, patch worker, junk journals, papercraft, knit, sew, photograph, doll maker, woodwork, metal work, leather work, etc.

Would you like to hold a demonstration of your craft?

You are cordially invited to attend, display and sell your arts and crafts on Sunday 30 August, set up from 11.30am. Open to public 1pm - 5pm. To enquire or lodge your interest please contact the Community house on 5146 0145 during office hours.

Askizzy

Find the help you need, now and nearby.

Search over 450,000 support services.

SALE		
Route 7 Sale via Longford		
Wheelchair Accessible Services	♿	♿
Day Restrictions	\$42 pm	\$42 pm
Morning (am) / Afternoon (pm)		
National Park Ent/National Park Rd (Loch Sport)	12:00	5:45
Goodlett Ave/National Park Rd (Loch Sport)	12:01	5:46
Cameron Rd/National Park Rd (Loch Sport)	12:03	5:48
Simon Ct/National Park Rd (Loch Sport)	12:03	5:48
Cliff St/Lake St (Loch Sport)	12:04	5:49
First St/Lake St (Loch Sport)	12:05	5:50
Charlies St/Government Rd (Loch Sport)	12:06	5:51
Golden Beach Community Hall/Longford-Golden Beach Rd (Golden B...	12:35	6:20
Glencoe Trailers/Longford-Loch Sport Rd (Longford)	12:58	6:46
Longford Kindergarten/Longford-Loch Sport Rd (Longford)	12:59	6:47
Brennans Rd/South Gippsland Hwy (Longford)	12:59	6:48
Sale Station (Sale)		6:55
Gippsland Shopping Centre/Cunningham St (Sale)	1:05	7:00
Sale Hospital/Guthridge Pde (Sale)	1:15	7:10
Service Information		
\$42 = Operates not on Tuesday and Thursday ♿ = Wheelchair Accessible		

Outreach Library Services

You can request specific library items to be delivered to your nearest outreach location (Loch Sport Community House) at no cost. To support regional communities, there is extended loan periods of six weeks for books, audiobooks, DVDs, and other materials (instead of the usual four weeks). To borrow items from our outreach service, you'll need a free library card, which can be issued on-site by our staff. You can learn more about library memberships on our Library Services and Membership page.

wellington.vic.gov.au/community/library-services-and-membership

Outreach Library Operating Hours

Thursday - Golden Beach Community Centre: 10.00am - 11.30am

Thursday - Loch Sport Community House: 12.30pm - 3.30pm

Wellington Shire libraries have a selection of eBooks, eAudiobooks, eMagazines, eNewspapers and useful databases which you can access from home. Library membership is required to access these services.



What's on

LIVE AT LOCH SPORT R-S-L

CREEDENCE CLEARWATER SURVIVAL

\$50 PER HEAD

TICKETS ON SALE

0438 398 552

APRIL SATURDAY 4TH 8PM-10.30



WELLINGTON SHIRE COUNCIL ANZAC Week Airshow set to soar The Middle of Everywhere ANZAC Week Airshow is set to soar once again at West Sale Airport April 18-19

bringing with it a thrilling celebration of aviation, the ANZAC spirit and regional pride. Attendees can expect awe-inspiring aerobatic displays, military and civilian aircraft fly-bys and static aircraft exhibits that offer a rare chance to get up close to some of the most remarkable flying machines in the skies today. A major highlight will be a performance by ex-RAAF pilot and Red Bull Air Race World Champion Matt Hall, whose high-octane aerobatics are sure to leave spectators breathless. Beyond the skies, the Airshow will feature:

- Live music from local artists
- The popular Wings & Heels vintage fashion show
- Classic car and motorcycle displays
- Food vans serving Gippsland's finest local produce
- Business exhibits and trade stalls
- Fly-in and near-wing camping options for visiting pilots.

The event will run from 10am - 4pm each day, with plenty to see and do on the ground and in the air. West Sale Airport is located just 10km from Sale, Victoria. In a welcome change for families, entry is now free for spectators under 14 years of age, making it even easier to enjoy a full day of aviation excitement with the whole family. Whether you're an aviation enthusiast, a family looking for a fun day out, or a visitor keen to explore the beauty of The Middle of Everywhere, the ANZAC Week Airshow is not to be missed. For more information, visit the official website: saleairshow.com.au.

2026 Trivia Dates TO REMEMBER:

MARCH 22	APRIL 26	MAY 24
JUNE 28	JULY 26	AUGUST 23
SEPTEMBER 27	OCTOBER 25	NOVEMBER 22

THINGS TO REMEMBER:
\$10 PP. 3PM START. BYO SNACKS
@LOCH SPORT BOWLS CLUB



HAPPY Easter

Loch Sport Business & Tourism

Easter Sunday 11am - 3pm

Lions Park

The LSBTA will host a free Community Event on Easter Sunday at the Lake Street reserve near the Rotunda. Sponsored by the Wellington Shire and The Middle of Everywhere, organized by the LSBTA, the event runs from 11:00 AM to 3:00 PM. Activities include DJ Brendan performing in the Rotunda, face painting by Fancy Faces, and a wide variety of food trucks.

Lots of fun for families with Easter Egg prizes

NEIRBOS EATS: Delicious Gourmet Toasties & Wraps, Milkshakes, Coffee, Ice Coffee & Home-made Lemonade.

JAMMIN DOUGHNUTS: We cook all doughnuts fresh to order; Cinnamon, Jam & our Jammin' special!

LISHA'S KITCHEN: Is a small food trailer business offering a fusion of Zimbabwean dishes, come and enjoy the tasty food.

BIG PAPA'S BBQ & GRILL: Low & Slow BBQ Burgers of Pulled Pork, Lamb & Beef. Big Papa's Tacos. Plus, a variety of Sides

LETS WING IT: Serving up saucy, crispy chicken wings, a food truck bringing bold flavor's, crunchy chips, and creamy slaw to the streets!

HAPPI ACAI: Our acal bowls and smoothies are made with 100% pure Brazilian acal berries, and our toppings are always fresh and locally sourced.

This is an Alcohol free event

Lions Club of Loch Sport

Easter Saturday

8 am - 1 pm

8am BREAKFAST - Lions Club, Egg & Bacon Sandwiches
Sausage & Onions in bread

Variety Market, Stalls, Food Trucks

10:30am DOG COMPETITION

Lions Park, Lake St Loch Sport

Book a site:
lochsportlions@gmail.com



Art Gallery

Located at Loch Sport General Store

Boat Club

Open for drinks and nibbles overlooking the lake. Live Lake Victoria webcam/weather station

Bowls Club

Casual bowls, darts night

Caravan Park

CFA

9am weekly Sunday garage sale

Community Garden

Check out what's in bloom

Community House

Open for group activities, workshops and events

Explore

The many walking tracks

Foodworks Supermarket

Open 7 days

Fishing Association

Merchandise, live 90 Mile Beach webcam/ weather station and fishing events

Golf Club

Play a round or walk the course to spot the local wildlife

The Gourmet Shed

Fresh, homemade, jams, relish, butters, baked goods and more.

JKs Loch Sport Bakery

National Park Rd opp (BP)

Lake Foreshore Trail

Walk, ride, pram or wheelchair the lake fore-shore and enjoy:

- Viewing art by local artist Simon White
- Working out on outdoor gym equipment
- Using skate park or playground
- Visiting the jetty
- A picnic or cooking in the Lions BBQ shelter
- Reading the flood history on the rocks
- Spectacular sunsets and alpine views along the entire trail

Lakes National Park

Car, walking and bike trails. Camping, BBQ and picnic facilities. Local and unique flora and fau-

na either on walks or on the water, including dolphins, kangaroos, koalas, echidnas, wallabies, a vast range of birdlife and rare orchids, fungi and native plants.

Pelican Point

Lake Reeve Nature Trail and Lookout Tower

Sperm Whale Head

Trapper Point

Point Wilson

Dolomite Picnic Area

Trouser Point

Cherry Tree Picnic Area

Emu Bight Campground

parks.vic.gov.au/places-to-see/parks/the-lakes-national-park

Lake Reeve and 90 Mile Beach

Spectacular sunrises 90 Mile Beach

Fishing

Kayaking

Boating

Swimming and beach activities

90 Mile Beach Lookout

Whale Watching (May-October) with our binoculars

Superb sunsets over Lake Victoria

Laundromat

Loch Sport BP Service Station and Kebabs

Lochy Coffee Café

Loch Sport Hire

Kayaks and Paddle Boards

Loch Sport Post Office/General Store

24/7 Fuel

Made by Beck and other stuff

Locally made hand crafted gifts, check Facebook

Marina Hotel Bar and Bistro

Views over Lake Victoria, meals, bar and events

Nauti Bites Café

Neirbos Eats

Check Facebook for trading hours.

Night Life

Keep a torch handy to spy our local wildlife out and about. Look up and enjoy the Milky Way, constellations, stars and planets with awe inspiring clarity.

stargazinggippsland.au/locations/loch-sport/ or check out the signage and QR code at Stockyard Hill

Rotamah Island and Little Rotamah

Various walking tracks with exceptional views and bird watching opportunities and bridge from Rotamah island over to Little Rotamah.

RSL

Open for meals and events

Tennis Court Hire

Contact Hardware and Garden Centre

April Planting Guide

April Planting Guide

(For Warm Temperate Gardens, such as Melbourne)

Leaf: easy to grow and quick to harvest



- Asparagus
- Beetroot (March Only)
- Broad Beans
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots (March Only)
- Cauliflower
- Celery
- Chervil
- Chives
- Coriander
- Garlic
- Kale
- Leek
- Lettuce
- Mustard Greens
- Onion
- Parsnips
- Peas
- Raddish
- Rocket
- Silverbeet
- Spinach
- Spring Onions
- Strawberries
- Turnips (March Only)

Fun Facts

Easter traditions vary significantly around the world, blending religious solemnity with unique cultural rituals that often symbolise renewal, the arrival of spring, or the resurrection of Christ.

Unique Global Traditions

Bermuda-On Good

Friday, Bermudians fly colourful, hand-made geometric kites to represent Christ's ascension into heaven.



Greece- On the island of Corfu,

residents throw clay pots filled with water off their balconies on Easter Saturday to signal a fresh start. Across Greece, eggs are dyed specifically red to represent the blood of Christ.

Norway-Known as Påskekrim, it is a national tradition to read crime novels or watch detective series during the Easter holiday, a trend started by a clever book advertisement in 1923.

Poland & Hungary -"Wet Monday" (Śmigus-dyngus) in Poland involves playful water fights. In Hungary, "sprinkling" involves boys splashing water or perfume on women for good health and fertility.

Sweden & Finland -Children dress up as "Easter witches" (påskkäringar), carrying willow twigs and trading drawings for sweets, similar to Halloween.

France - In Bessières, a giant omelette is made using 15,000 eggs to feed the community. Tradition also says church bells "fly" to Rome on Thursday and return on Sunday dropping chocolate treats for children.

Guatemala-For Holy Week, streets are covered in alfombras—intricate, temporary rugs made of dyed sawdust, flowers, and fruits for religious processions to walk over.

Australia- To raise awareness for native wildlife and combat the reputation of invasive rabbits, many Australians choose chocolate bilbies instead of bunnies.

Identifying a Rip

What is a Rip Current?

The rip current is a water flow that occurs perpendicularly to the shore and flows out into the sea. They are outflow corridors of accumulated water on the shore through channels.

How to spot a rip current

The key signs to look for are:

- Deeper and/or darker water
- Fewer breaking waves
- Sandy coloured water extending beyond the surf zone
- Debris or seaweed
- Significant water movement

Sometimes it can be easier to look for where the waves are breaking consistently, and then look to each side where they don't break consistently.

Those areas are rip currents. For your safety, avoid swimming in this area.

Why are they dangerous?

Rip currents are dangerous because they carry anything in the water seawards to deeper waters, and are not easy for swimmers to detect. In fact, most bathers are not aware of the hazard they represent.

A bather in shallow water is likely to drift with the feeder currents along the shore without noticing, at which point they may be carried into the main rip current. Very quickly, they are carried out to sea and out to depths where waves may break over their heads. At this point bathers frequently panic, often with tragic results. Those attempting to swim back towards the shore against the rip current will quickly tire as the rip will generally be

too strong even for the most competent swimmer.

What to do when we get caught in the current

Swimmers caught in the current attempt to swim towards the beach, often against the current, they become exhausted in the attempt and they panic.

Never swim against the current

- Stay calm, do not fight the current.
- Seek help, raise your arm or call out
- Escape the current by swimming parallel to the shore. When out of the current, swim diagonally away from it and towards the shore.
- If you don't manage to escape swimming, staying afloat will always be the priority, until the current stops dragging you offshore
- When the current has dissipated, then you have to swim diagonally away from it and towards the shore.

How to help someone caught in a rip current

Unless you are a lifeguard, don't try. Ask one for help. Doing so may mean that you become a victim yourself. Many people died in their rescue attempts. Indicate to the victim how to escape by shouting or making signs. If possible, throw a floater.

If there is no lifeguard call emergency services 000.



LOCH SPORT
COMMUNITY HOUSE
AND PUBLIC HALL
PUBLIC HOLIDAY

HOURS

WE WILL BE CLOSED:
APRIL 3 GOOD FRIDAY
APRIL 6 EASTER MON
JUNE 8 KINGS BIRTHDAY

Wildlife crime: It's your call

Wildlife crime can take many forms, including intentionally hurting native animals, hunting them illegally, keeping them as pets without permission, buying or selling them unlawfully, moving them from place to place illegally, and destroying or damaging their habitats.

If you witness suspicious activity around wildlife, tell Crime Stoppers today.

Helpful information to report

- What happened?
- Why it felt suspicious or illegal?
- Where did it happen? Do you know the exact location i.e. latitude/longitude coordinates, location stamps on images?
- When did it happen – date and time?
- Who was there?
- Were they in a vehicle (make, model, colour registration)?
- Is it safe for you to take and provide a photo/video?

Tell Crime Stoppers what you know anonymously on
1800 333 000 or at crimestoppersvic.com.au

Crime Stoppers Victoria
CONSERVATION REGULATOR VICTORIA

Loch Sport Link Advertising Rates

- 1/9 of A4 page \$30
- 2/9 of A4 page \$60
- 1/3 of A4 page \$90
- 1/2 of A4 page \$100
- Full A4 page \$200

P: 5146 0145

link@lochsportcommunityhouse.com

Easter Recipe

ITALIAN EASTER COOKIES- UNICETTI

Ingredients

- 1½ cups + 2 tablespoons all purpose flour
- ¾ tablespoons granulated sugar
- 1 teaspoon baking powder
- 1 pinch salt
- zest of one lemon
- 1 large egg
- ¼ cup butter (melted and cooled)
- 4 tablespoons milk (I use 2%)

Lemon Glaze

- 1½ - 2 cups powdered / icing sugar
- 1 tablespoon lemon juice (approximately)
- 1 tablespoon milk (approximately)

Instructions

Pre-heat oven to 300F (150C). Line a large cookie sheet with parchment paper.

Method

In a large bowl whisk together the flour, sugar, baking powder, salt and lemon zest. Make a well in the middle and add the egg, butter and the milk. With a fork combine until mixture is almost combined, move it to a flat surface and gently knead to form a smooth dough.

Remove pieces of dough to form 5-6 inches (13-16 cm) ropes, make sure the ropes are quite thin then form to make a knot, if making smaller ropes you can join them together to form circles if you prefer. (see photo). Place on prepared cookie sheet and bake for approximately 15-18 minutes or until lightly golden. Let cool then cover with lemon glaze or dust with powdered sugar if desired. Enjoy.

Lemon Glaze

In a small bowl add the sifted powdered sugar, lemon juice and milk, combine to your desired thickness. (less or more milk as needed).





Hello from your Loch Sport CFA volunteers! Please note that the Fire Danger Period in our area is still in place until Friday 1st May 2026, meaning that fires cannot be lit, or be allowed to burn, as per the CAN I/CAN'T I brochure produced by CFA, and available at many businesses and locations throughout town, or online at:

<https://www.cfa.vic.gov.au/warnings-restrictions/fire-bans-ratings-and-restrictions/can-i-or-cant-i>
Please continue to check the fire danger rating daily, and ensure you are ready to act in case of a fire, or any other emergency. Use the Vic Emergency App, or go to:

www.emergency.vic.gov.au

Victorian Daylight Savings ends on Sunday April 5th 2026 at 3:00am, clocks are turned backward one hour to 2:00am. This is a good reminder to check your smoke alarm batteries and ensure they are working and up to date. Below is a link with good information:

<https://www.cfa.vic.gov.au/plan-prepare/fires-in-the-home/smoke-alarms>

We continue to seek new members to the brigade, either support or operational members are all vital, and enable us to continue to support our community. If you have or are considering volunteering with us, come on down on any Sunday morning and have a chat, or have a look at some Frequently Asked Questions using this link:

<https://www.cfa.vic.gov.au/volunteers-careers/volunteer-with-cfa/volunteer-faqs>

Stay Fire Safe!

Thanks and take care everyone.

Lyn Krejci – Loch Sport Fire Brigade Community Safety Co-ordinator

Loch Sport Fire Station Phone: 5146 0997

Email: lochsportcfa@gmail.com



With holidays over we are getting back into training to improve our skills. The team have attended several requests for assistance-one in particular 24/1 /26. We were deployed to a capsized boat with five

people in the water with NO LIFE JACKETS though fortunately they did have an Emergency Position Indicating Radio Beacon (EPIRB). Luckily when the rescue started the Coast Guard arrived along with the Victorian Police Air Wing. We would like to thank Coast Guard and VicPol for a job well done. Remember ALWAYS WEAR YOUR LIFE JACKET.

If you can see yourself joining our team come down to 105 National Park road at 5 pm on Wednesdays.

Regards Chris Wood

Loch Sport SES Controller.

F Loch Sport SES

A 105 National Park Rd Loch Sport

P 13 25 00



Loch Sport Business & Tourism will be hosting a free community event on Easter Sunday at the Lake Street reserve near the rotunda. Sponsored by the Wellington Shire

Council and The Middle of Everywhere and organised by LSBTA, the event runs from 11am-3pm.

Activities include:

- DJ Brendan, Face painting, a wide variety of food trucks and lots of fun for families and prizes. *Please note this is an alcohol free event*

Are you interested in power security and reliability in Loch Sport?

The Loch Sport Business & Tourism Assn is sponsoring a public information session on Thursday 16th April at "Peli's" at the Boat Club starting at 6.00pm.

The Ausnet Network Engineering and Community Liaison team is coming along for an open discussion covering the electricity grid that services Loch Sport, the out-



age history and causes, identified threats to the network such as storms and bushfire, plans for future supply certainty, technology options that are available, retail supplier options, risk mitigation, recommended household preparation for unplanned outages and more.

To help ensure that this opportunity is maximised, anyone with specific(technical) questions should email their question(s) to secretary@visitlochsport.com.au before Friday 10th April – LSBTA will compile the responses and pass them on to Ausnet so that they can come to the meeting fully prepared with specialist supporting technical material. Of course, there will also be an open Q&A session on the night.

More details will be posted on the Loch Sport Notice-board closer to the event.

Tony Patchell

E: secretary@visitlochsport.com.au

LOCH SPORT FLOOD OVERLAY GROUP-Update Summary

The Loch Sport Flood Overlay Group (LSFOG) has finalised a formal Position Statement opposing the proposed increase in the AHD flood level from 1.9 m to 2.7 m for Loch Sport. The group has asked the West Gippsland Catchment Management Authority to review the Position Statement and meet to discuss a locally appropriate approach. Wellington Shire Council continues to support residents and is negotiating interim and longer term planning protections.

Key points and concerns

- Geographical distinction. Loch Sport sits on Lake Victoria, not open coast, and the Gippsland Lakes' inclusion in the Victorian Coastal Strategy may produce unintended regulatory outcomes for inland lake communities.

- Request for review. LSFOG requests that the 2.7 m AHD classification for Loch Sport be formally reviewed and that Loch Sport be managed under a localised flood inundation framework with a dedicated flood management plan.

- Referral and next steps. State Ministers have referred LSFOG back to the WGCMA for technical consultation; LSFOG has requested a meeting to discuss the submission and identify a mutually acceptable path forward.

Wellington Shire Council actions

- Support and advocacy — Council is supporting aspects within its authority and advocating with State Ministers and agencies including WGCMA.

- Hydrology work — Council engaged an expert hydrologist to assess Lake Reeve and Track 10. A draft report exists; LSFOG and Council have met with the hydrologist and completed further investigations to resolve discrepancies. A final report will be issued after amendments and a final review.

- Valuations. The Valuer General advised property valuations are assessed individually using historical and comparative sales data. Council has raised concerns where valuations appear inconsistent and encourage affected residents to contact the Valuer General directly.

- Planning certainty. Council negotiated an interim approach with WGCMA allowing approvals for single dwellings on existing vacant residential lots while flood mapping is integrated into the Planning Scheme. Council is progressing a Planning Scheme Amendment to enshrine this right for the future.

- Mapping and consultation timeline. Council aims to make all Shire mapping available and commence formal consultation by mid 2026.

What LSFOG is doing now

- Advocacy. Continuing to press for a technical review and meeting with WGCMA.

- Evidence and transparency. All working group materials including the Position Statement, research, communications, references, and property owner feedback are publicly available.

- Collaboration. Working with Council and technical experts to ensure local issues are accurately represented and addressed.

How to stay informed and get involved

- Website www.gippslandfloodoverlay.com.au contains the Position Statement, supporting documents, contact details, and future updates. Contact LSFOG via the website to provide feedback, report valuation concerns, or offer assistance with the advocacy work.

Next milestones

- Final hydrologist report and public release.
- WGCMA technical review and meeting with LSFOG.
- Planning Scheme Amendment progress and Shire mapping release with formal consultation by mid 2026.



It's been a smooth start to the year at Loch Sport Primary School.

The school year has begun smoothly at Loch Sport Primary School, and we have enjoyed welcoming two new families into our school community. It is always exciting to see new faces joining us, and our students have done a wonderful job helping them feel included and settled.

A highlight of the start of the year has been our Outdoor School days. These sessions give students the opportunity to connect with the local environment while learning practical skills and developing confidence outdoors. Our recent focus has been exploring the local waterways and community, with fishing providing a great hands-on learning experience.

Students spent time fishing and enjoying the natural surroundings at Wilson Point in the Loch Sport National Park, as well as exploring parts of the local river system, including near the Port of Sale. During one outing, students successfully caught four carp and one flathead, which led to great discussions about native and invasive fish species, as well as the importance of caring for our local waterways and environment.



A successful catch during our recent fishing sessions exploring local waterways

Outdoor learning also encourages students to spend time in nature and to become comfortable with being a little uncomfortable. While the weather was occasionally rainy, students embraced the condi-

tions and showed resilience and enthusiasm throughout the experience.

Our senior students have also had opportunities to develop their leadership skills. The Grade 5 and 6 students continue to work on the idea that good leaders lead with kindness and compassion. Our Grade 6 students have been practising their public speaking at local cluster events, as well as welcoming visitors to the school and accepting donations on behalf of the school community.



Students developing leadership skills while representing the school in the community.

We were also fortunate to receive a generous donation from the Loch Sport Caravan Park. Funds were raised through the collection of refundable cans placed in the trailer at the park by both locals and visitors. The school community is very grateful for this support, and we hope to put the funds towards replacing some of our ageing laptops to support student learning.

It has been a wonderful start to the year, and we are proud of the way our students continue to learn, lead and engage with the unique natural environment and supportive community around them. At Loch Sport Primary School, these connections help create rich learning experiences that extend well beyond the classroom, and we always welcome opportunities to share what makes our small school such a special place to learn.

Loch Sport Primary School
7 Charlies Street
5146 0457
loch.sport.ps@education.vic.gov.au



NOW OPEN!

Post Office Gallery Loch Sport Incorporated

We are pleased to announce that the gallery is now open. We warmly welcome the community and all our talented exhibitors back to this beautiful new space.

Anyone interested in joining the gallery as a volunteer or exhibitor is welcome to stop by and share their interest with us.

Our sincere thanks to Carolyn Searle and everyone who helped transform our Gallery into a wonderful place for local artists, crafters and the community.

For any further information please do not hesitate to contact:

Secretary

Marnie Ford

P 0487 124 800

E pogallerylochsport@gmail.com



Our Easter Festival will be held on Saturday 4th April. This is a very popular event with lots of stallholders and Easter eggs for the kids. The main event is always the dog show

which is lots of fun. The market starts at 8am along the foreshore with Lions holding the usual BBQ. New stallholders are always welcome, if interested, email lochsportlions@gmail.com.

We would like to thank everyone who continues

to support Noeleen in purchasing raffle tickets at the Marina Hotel on Saturdays. Come on down and meet different members each week accompanying Noeleen. Tickets are on sale for \$2 per ticker from 11.30 - 2pm when the raffle is drawn. Presently all funds raised will be donated to Lions Disaster Relief to aid all that were affected by the Victorian bushfires..

The Club continues to have the lucky envelopes machine at the Marina Hotel which also goes towards Lions projects in Australia and overseas.

At the moment, we are working on getting the Lions Skin Cancer Check Bus in Loch Sport later this year. This gives everyone the opportunity to have their skin checked locally. We will advertise availability when the date is confirmed.

We are always looking for new members. If you have some spare time and would like to join our club, you would be most welcome. We meet on the 4th Thursday of the month at 3pm at Loch Sport Community Health, 233 National Park Road.

There is a lot of satisfaction in helping others in need, and also to be part of assisting those who have experienced disasters here and around the world. For enquiries, please email us at lochsportlions@gmail.com.





Loch Sport Bowls Club



The Bowls Club competed in the 2025/2026 Gippsland Regional Bowls Pennant season. Unfortunately, we did not make the finals only missing by a small points margin. Well done to all our bowlers who competed. We will once again be entering a team to bowl in the upcoming 2026/2027 pennant season. If anyone is interested in bowling, head down to the club on a Wednesday afternoon and have a chat with one of our bowlers to find out more. Our club bowlers competed in the club championships with David Fitzsimons & Peter Krejci winning the men's pairs, Sharon Sheldon & Lyn Krejci winning the ladies' pairs, Mark Kimpton winning the men's singles and Kathy Smith the ladies singles. Kathy went on to win the club championship beating Mark 16 – 10. Kathy then went on to play in the Champion of Champions at Bairnsdale Bowls club but unfortunately went down 15 – 27. Well done to Kathy. The club will be open on both Saturday 4th & Sunday 5th April over the Easter long weekend from 12pm for social barefoot bowls. Come along and have a drink from the bar with friends.

Our Sponsors
Each month we would like to thank one of our sponsors as without them we would find it much harder to keep the club going. Thank you to the Loch Sport General Store who sponsor us every year and we are grateful for their support. We highly recommend their business services.

Function Venue
Loch Sport Bowls Club is your go-to-venue for your next function. We offer a fully functional modern kitchen. Excellent indoor and under cover outdoor areas and a fully licensed bar. You can self cater or we will organise this for you. Music can be provided or you can bring your own. We cater for both small

and large functions. Enquire through our Facebook page.

Darts
Social Darts are held every Monday night from 7pm. Everyone is welcome and it's only \$5 to play. A light supper, tea and coffee are available, and the bar is open. Blocks of chocolate can be won. Club darts are available to use if you don't have your own. So, if you would like to join us just turn up and enjoy the night.



Bowls Lessons
Learn to Bowl lessons are held every Wednesday from 12.30pm. Come along and our friendly members will help you learn about the fun game of lawn bowls. \$10 green fees and the bar will be open.

Social Bowls
We are open every Wednesday and Sunday afternoon from 12.30pm. Green fees are only \$10 or enjoy a drink from the bar and catch up with friends.

Trivia
Our trivia sessions in February and March this year have proved to be very successful and a lot of fun. A very big thank you to Bec for organising and running them.

2026 Trivia dates

April 26	May 24
Jun 28	Jul 26
Aug 23	Sep 27
Oct 25	
Nov 22	

Stay tuned to our Facebook page for more information on upcoming events. Visitors and new members are always welcome.

Pete Lambe
Secretary
Loch Sport Bowls Club Inc
For all enquires please call
M: 0400675571 / 51460688
FB Loch Sport Bowls Club.



Now the major work, funded by the DEECA: Better Beach Access, was completed it was a chance to enjoy the walking tracks along with the glorious sunsets and water activities. The new committee has met to consider future plans and possible funding opportunities. We had the formal induction from DEECA staff outlining our roles and responsibilities as well as the current staff responsibilities in DEECA. As announced previously, funding has been secured by DEECA for groynes to protect the foreshore from erosion east of the Seagull Boat ramp to the existing geo-textile groynes and also the Bluff to the west. Work will proceed this year.

It has been great to receive feedback on our work. Some residents requested another look at the steps leading to the new staircase midway through the project and, on inspection, we made some changes to address their concerns. Another enquired about the state of temporary fencing at the Seagull boat ramp. Recently, bollards were added by Wellington Shire Council which tidied it up. DEECA staff will liaise with them about removing the remaining temporary fencing and pickets. The committee have offered to tidy up if needed. Hopefully this will be done by Easter or sooner.

We were very proud to receive recognition of our work and other volunteers who have worked with us from our local federal member of parliament, Darren Chester. We would also like to thank those who care for the foreshore. Walkers often pull a few weeds, move small fallen branches and tidy up as they go to help the reserve. One of our plans is to expand the volunteer opportunities and utilise the interest of our community. More on that once plans are finalised. We hope that you now have better access to our beaches and can take some time to enjoy all that the foreshore has to offer.

sec.lsforeshore@gmail.com
PO Box 126 Loch Sport 3851
Facebook: Loch Sport Committee of Management
lochsportforeshorecommitteeofmanagement.com.au



Loch Sport BOAT CLUB



By the time you read this, the Hobie Cat State Championships will be done and dusted — sails packed away, trailers heading home, and Loch Sport having once again proven what a small community can achieve when it pulls together.

Hosting a major regatta doesn't just happen. It takes months of preparation: catering planning, volunteer coordination, safety management, compliance checks, supplier liaison, communication with competitors, accommodation support and countless unseen jobs that only become visible if they aren't done.

What stood out most over the weekend wasn't just the sailing — it was the teamwork behind the scenes. Clubs don't function on good intentions alone. They function on structure, clear roles, shared responsibility, respect for process and good governance. The Hobie weekend demonstrated what is possible when a club operates within a clear governance framework. No one person carried it. No one person controlled it. It was structured, delegated and accountable — and because of that, it worked. That model is important as our community looks toward the future.

Across Loch Sport there is broad agreement on one key principle: in a town of our size, long term sustainability will ultimately mean one strong, unified club supporting boating, fishing and community activity from the one facility. The success of the Hobie Cats weekend is a reminder that when structure supports leadership — rather than leadership overpowering structure — a club can prosper.

Loch Sport has the opportunity to build something strong, sustainable and community-focused for decades to come. If we stay committed to good governance, respectful collaboration and long-term thinking, that future is absolutely achievable.

And if the Hobie weekend showed us anything, it's this: When we work together properly, Loch Sport punches well above its weight.

The Committee of Management Loch Sport Boat Club



The Annual LSFA "KG Challenge" held on Saturday 21 Feb is done and dusted. Over 15 boats and 40 or more fishermen spent the day out

the Gippsland Lakes searching for the elusive KGW. The Victorian Fisheries Authority scientists had warned us at a fishing forum held at Peli's last September that for a number of reasons, this summer would be a poor season for the KGW and sadly, they were quite right. Only one KGW was caught, and only just made it to a legal 28cm! So this year's winner is Steve McKiernan, fishing from a boat skippered by Glen Mason. Well done guys. Nonetheless, a big crew had a wonderful day on the water and then lots of "Banter, Beer & Burgers" back at Peli's. Once again, fantastic to see so many new faces joining the fun. Special thanks to our generous sponsors for the day, BLA Fabrications and Weldtek. Looking ahead, the scientists also predicted that next summer will be the first of three good years for KGW in the Gippsland Lakes. Bring it on!



The Foodworks 2025 "Flathead Frenzy" starts on Saturday 28 March and runs through until Sunday 5 April, closing at 12pm. Last year, it was a fantastic event with some lovely dusky flathead caught and released during the 9 day competition, ranging in size from 61cm all the

way up to the winning 86cm. This year, expectation is high for a bumper event and we are very grateful to Loch Sport Foodworks for being the major sponsor again. Some great prizes will be on offer so keep an eye out on the LSFA Facebook page for details as they are confirmed. Dusky Flathead fishing has certainly attracted a lot of interest from all around the state and helped to put Loch Sport up front on the recreational fishing map. The VFA sponsored \$1000 for the first "Metery" caught in the Gippsland Lakes is still up for grabs, The presentations will begin at 2.00pm on Sunday 5th at "Peli's". All welcome to come along and join in for the post-event BBQ, some cool refreshments and lots of fishing and boating chat.

What a delight to meet visitors to Loch Sport such as



Jacob and Anna who dropped in to Peli's recently. They and their three kids are Polish but are currently based in Shanghai where Jacob works in the supply chain sector for a multinational cosmetics brand (Loreal). They were on a campervan trip that started in the Grampians then along the Great Ocean Road and on to Wilsons Promontory and then Loch Sport - on the second longest beach in the world, on the banks of the largest navigable inland waterway in the Southern Hemisphere and where the sun rises from the ocean and sets over the lakes. Anna's brother is a keen fisherman so we shared photos with him of the Gippsland Lakes iconic species - black bream, KGW and Dusky Flathead. Lovely to meet you guys - we hope you enjoyed your stay.

And the latest fishing news is that down on the surf beach, a very good gutter has developed after the

many weeks of strong S/SW and E/SE winds and it is holding some excellent fish easily accessible to the surf casters. Some of the biggest gummy sharks seen in Loch Sport for a long while have been caught along with some lovely snapper, plenty of salmon and some excellent yank (blue spot) flathead. Out on the lakes, there are mullet, garfish and tailor everywhere, huge black bream are being taken on prawn chunks and on lures (hard body and soft plastic) and as the water has reached 22 degrees, the big dusky flathead are starting to stir - look for sandy tracts in the shallows along the lake front and white soft plastics are working well. Remember that duskies must be returned safely to the water if under 30cm or over 55cm - only females grow beyond the 55cm mark so they are the healthy breeding stock that will ensure a productive fishery in the years ahead (they each spawn over 1 million eggs per year).

Brief History of the Artificial Entrance at Lakes Entrance. For thousands of years, the Gippsland Lakes were naturally sealed from Bass Strait by a shifting sand barrier. Openings occurred only when storms or floodwaters broke through, and they closed again as sand rebuilt. This made navigation unreliable and limited the development of a permanent port.

By the mid 1800s, European settlers wanted a stable maritime route to support fishing, trade, and settlement. Several natural openings appeared and closed, prompting calls for an engineered solution. Planning and debate continued for decades, with surveys and engineering proposals assessing how to cut a reliable channel through the sand barrier. Work on the artificial entrance began in the 1880s. Engineers cut a channel through the barrier at the current location, stabilising it with training walls to prevent it from closing. The entrance was officially opened in 1889, permanently connecting the Gippsland Lakes to the ocean and enabling the development of the town of Lakes Entrance as a fishing and maritime hub.

The artificial entrance requires constant maintenance because natural coastal processes continue

to push sand into the channel. Dredging and structural works have been essential for more than a century to keep the entrance navigable and protect the lakes' water levels and ecology. In 2015, the entrance was deepened from 2.5m to 7.0m - peak flow increased from 4 knots to 9 knots and circa 600% more water was able to pass through on either the flood or ebb tide (depending on the fresh water inflows from the huge catchment area from the Great Dividing range down the six major rivers that vent into the lakes).

More recent scientific studies of similar coastal entrances highlight how engineered openings interact with sediment movement, wave energy, and flooding. These studies reinforce the complexity of maintaining artificial entrances and the risks of altering natural coastal systems.

If you would like to be part of the action, go to the LSFA website and use the "Membership Application" page to send us your details. All applications will be processed promptly and we will soon have a "Welcome" pack on its way to you.

In the meantime, stay in touch with the latest news and planned activities:

lochsportfishingassociation.com
info@lochsportfishingassociation.com
Facebook: Loch Sport Fishing Association

For further information call
President Craig Holland on 0418 342 927 or
Vice President Peter Wickens 0478 682 146





Ladies lead the way

The ladies are showing the way this year securing both Monthly Medals played so far. Congratulations Rachel and Jackie. The men

will of course be back if they can find a way to pull up their socks! Secret coaching sessions have been whispered about.



Rachel Hawkes-Bennett
Winner March Medal



Jackie Driscoll
Winner Feb. Medal

Charity Ambrose Newry

Nine Loch Sport golfers played in the recent Charity Ambrose Tournament hosted by Newry Golf Club. Split into teams of three, David Garnham, Adrian Froggatt and George Triantafillou; Trish Garnham, Rachel Hawkes Bennett and Jackie Driscoll; Gerald Driscoll, Johny Bentley and Ole Pederson all played well with 67 nett, 73 nett, and 64 nett respectively. Competition was tough on the day, but we did well.

2026 LS Ladies Bowl

Monday 16 March was the annual Bowl played with teams coming in from several other clubs to compete. It was lovely to see the Division 1 winner Robyn Bate back in Loch Sport. Loch Sport golf club, ladies bowl was a great success, sponsored by Drummond golf, with teams from Maffra Newry South Pines and Bairnsdale. The winning team was Loch Sport 1 Loch Sport 2 runners up

2026 Club Program

Both members and visitors are welcome to play in

any our Wednesday and Saturday competitions. Just roll up on the day at 9 a.m. to register. Tee off from 9:30.

April	Date	Fixture Type
Wed	1/04/26	Stableford
Sat	4/04/26	Stroke & Putt (Monthly Medal)
Wed	8/04/26	Ambrose
Sat	11/04/26	Canadian
Wed	15/04/26	Stroke & Putt
Sat	18/04/26	Stableford
Wed	22/04/26	4BBB
Sat	25/04/26	Stableford
Wed	29/04/26	Stableford

May	Date	Fixture Type
Sat	2/05/26	Stroke & Putt (Monthly Medal)
Wed	6/05/26	Par
Sat	9/05/26	4BBB
Wed	13/05/26	Canadian
Sat	16/05/26	Par
Wed	20/05/26	Stableford
Sat	23/05/26	Stableford
Wed	27/05/26	Ambrose
Sat	30/05/26	Stableford

Fixtures booklets are available for members at the clubhouse on competition days.

Annual Subscriptions Due

Member subscription invoices for the next 12 months will be issued early April and due by the end of April.

Green Fee Players very welcome

Visitors and casual golfers are always welcome at the Loch Sport Golf Club! Whether you're here for holidays, a weekend or just passing through, come and enjoy a round on our beautiful 18-hole sand green course by the shores of Lake Victoria. Green fee players are welcome anytime — just sign in at the kiosk and enjoy a friendly game in a relaxed, community atmosphere. Clubs and buggies are available by arrangement (call Dave at 0419 008 730 to organise). Green fees are just \$20 per round, with juniors under 16 playing free.

Adrian Froggatt (Secretary)

P: 0400 074 342

E: lsgcinc@gmail.com



Now that the weather is cooling down and the days are getting shorter, the garden beds are being prepared for the winter crops.

The summer weather wasn't the best for consistent sunny hot days and that has been reflected in the growth of our vegetables. But we have been harvesting some lovely zucchini. The capsicums are coming along well this year.

We are looking forward to some lovely pumpkins this year again.

This time of year is a good time to clear plants that have given their best, removing any diseased foliage and adding compost to the beds in readiness for spring. Adding some mulch is always a great addition, it helps to prevent moisture loss and feeds the soil naturally.

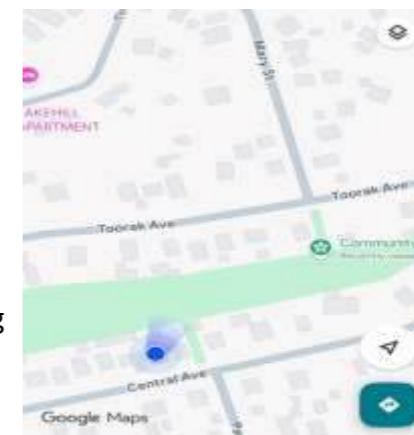
Now is a good time to get some vegetables seeds and seedlings into the ground for some fresh food over the cooler months.

Beetroot, broad beans, carrots, lettuce, rocket, peas and turnips seeds can all be planted now. Garlic cloves can also be planted straight into prepared garden beds.

Now is also a good time to plant broccoli, cabbage and cauliflower seedlings. Don't forget to mulch around the small plants to protect them. If snails and slugs are an issue, you can discourage them by scattering crushed eggshells around the plants.

Are you interested in growing your own vegetables but don't have the space or experience? How about the possibility of growing fresh food for yourself and family at the community garden?

Why not pop down on a Wednesday morning and having a chat? Or give Rick a call to discuss.



Don't forget that the garden is always on the lookout for more members/volunteers. If you are interested why not pop down to the garden on a Wednesday morning and see what we are all about. Are you aware that we are registered with CentreLink for approved people?

You can find the garden via no 17 Central Ave, just follow the track to the end and there we are.

There is also pedestrian access via the track on Toorak Ave opposite Mary St.

Phone Mary 0412 555 794 Rick 0412 783 417



RSL opening hours on Thursdays and Saturdays from 5pm, including raffle and weekly Members Draws.

Easter Thursday Chocolate Raffles are

back on, 2 April - tickets available on the night with Tommy's Pad Thai van on site for meals. Order and dine with us to support the RSL.

Good Friday 3 April - open for Lunch & Dinner Serving Fish & Chips including takeaway orders Please contact the club to book 03 5146 0841

Creedence Clearwater Survival are coming back 4 April tickets on sale now \$50 including supper. Call to book your tickets .

25 April there will be Anzac Day Dawn Service at Lake Street 5.45 am for 6am start. The Anzac Day service at the RSL club will commence at 10.45am includes RAAF Catafalque party and a RAAF Guest Speaker. Please join us to remember those who served. The Club will be open from 12 noon following the service including two up.

Membership renewals are now due please contact the club or come in to renew.



Lest we forget

Organisation	Phone	Web	App
Ambulance, Fire, Police	000	triplezero.gov.au	Emergencyplus
SES	132 500	ses.vic.gov.au	VicEmergency app
		police.vic.gov.au	
		ambulance.vic.gov.au	GoodSAM Responder
VicEmergency	1800 226 226		
Wellington Shire	1300 366 244		
13YARN Aboriginal & Torres Strait Islander crisis support	139 276	13yarn.org.au	
1800RESPECT domestic, family & sexual violence supp	1800 737 732	1800respect.org.au	online chat available
AusNet Services (power/outages)	131 799	outagetracker.com.au	
Beyond Blue	1300 22 4636	beyondblue.org.au	online chat available
Bureau of Meteorology (BOM)	1300 754 389	bom.gov.au	The Check-in App BOM Weather App
Crime Stoppers	1800 333 000		
Dept Energy, Env & Climate Action	136 186	deeca.vic.gov.au	
Emergency Vic	1800 226 226	emv.vic.gov.au	VicEmergency app
Family Support (Orange Door)	1800 319 354	orangedoor.vic.gov.a	
Family Violence (Safe Steps)	1800 015 188	safesteps.org.au	online chat available
Fisheries Victoria	133 475	vfa.vic.gov.au	Vic Fishing
Gambling Help Online	1800 858 858	gamblinghelponline.org.au	
Gippsland Water	1800 057 057	gippswater.com.au	
Head to Health Counselling & Support	5143 7984		
Justice of the Peace	0423 304 603		
Kids Helpline	1800 55 1800	kidshelpline.com.au	online chat available
Lifeline	131 114	lifeline.org.au	online chat available
Loch Sport Boat Club	5146 0004	loch-sport.net	
Loch Sport Bowls Club	5146 0688	facebook.com/LochSportBowlsClub	
Loch Sport Business & Tourism Association	0414 635 587	discoverlochsport.com.au	
Loch Sport CFA	5146 0997	Facebook.com/CfaLochSport	
Loch Sport Community Care	0437 529 411	facebook.com/groups/656252641392802	
Loch Sport Community Garden	0456 123 005	facebook.com/gardensls	
Loch Sport Community Health Centre	5146 0349		
Loch Sport Community House & Public Hall	5146 0145	lochsportcommunityhouse.com	
Loch Sport Community Representative Group	0418 992 235		
Loch Sport Fishing Association	0418 342 927	lochsportfishingassociation.com	
Loch Sport Golf Club	5146 0145	lochsportgolfclub.com.au	
Loch Sport Lions	0402 503 190	facebook.com/LOCHSPORTLIONSCLUB	
Loch Sport Medical Centre	5144 6899	lochsportmedical.com.au	
Loch Sport Neighbourhood Watch	0400 585 358		
Loch Sport Pharmacy	5146 0873		
Loch Sport Police	5146 0556		
Loch Sport Primary School	5146 0457	lochsportps.vic.edu.au	
Loch Sport RSL	5146 0841	lochsportrsl.org.au	
Loch Sport Seniors	5146 0796		
Loch Sport SES	132500	chris.wood@members.ses.vic.gov.au	
Loch Sport Tennis Club	5146 0513	facebook.com/Loch-Sport-tennis-club	
Loch Sport Transfer Station	1300 366 244	wellington.vic.gov.au/environment/waste-facili	
MensLine Australia	1300 78 99 78	mensline.org.au	online chat available
National Relay Serv. (for hearing impaired)	1800 555 727		
Open Arms Veterans & Families Counselling	1800 011 046	openarms.gov.au	
Our Haven Wildlife Shelter	0400 079 337	wildlifevictoria.org.au	
Poisons Information	131 126		
Public Transport Vic	1800 800 007	ptv.vic.gov.au	PTV
Sale Hospital	5143 8600	cghs.com.au/hospitals/sale-hospital	
Sale Police	5142 2200		
SES Loch Sport	5146 0263	Facebook.com/LochSportSES	
Suicide Call Back Service	1300 659 467	suicidecallbackservice.org.au	
The Men's Shed	0428 460 902		
Vicroads	131 170	vicroads.vic.gov.au	VicTraffic
Wellington Library	5142 3575	portofsale.com.au/spaces/sale-library	
Wellington Shire	1300 366 244	wellington.vic.gov.au	
Wildlife Marine Rescue Emergency	1300 136 017		

EASTER WORDSEARCH

H C S S P R I N G D W L I H M
A R X Y G Q G V L A M B Y X X
I X F G U T L P A R A D E P B
Q E L P Z B O N N E T Z J Y O
O A V A D J Y G I N H Y O W D
J S B Y J F G E A M S C Z P N
G T U A I M G M L F N H U N T
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C Z P Z A T S N D R J U R S Y
K G B R Y V R K Y R A B B I T
F A M I L Y V T U L I P S V L

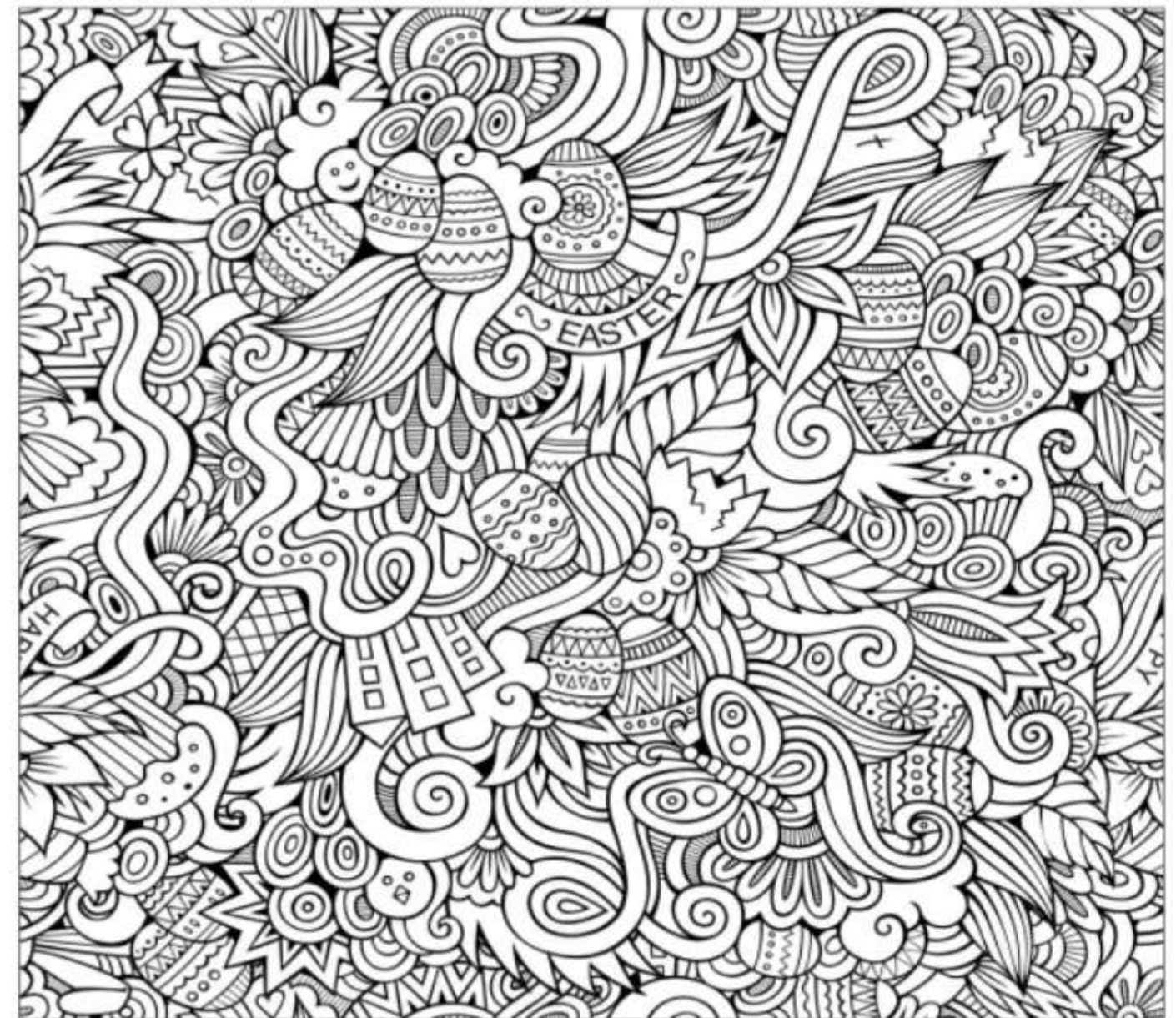
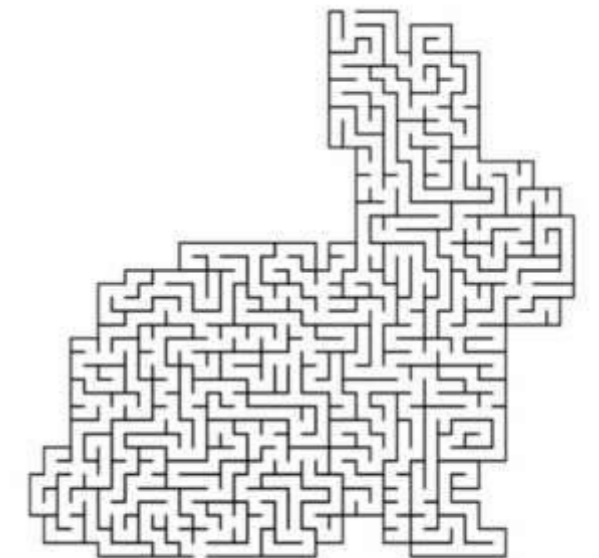
WORD LIST

APRIL
BASKET
BONNET
BUNNY
CANDY

CHICK
EASTER
EGGS
FAMILY
GAMES

HAPPY
HOP
HUNT
LAMB
PARADE

RABBIT
SPRING
SUNDAY
TULIPS
YELLOW



Leaving Early

Actions leading up to the bushfire season



PREPARING YOUR PROPERTY		
HOUSE MAINTENANCE	WHO WILL DO THIS?	DONE
Clear and maintain gutters of leaves, twigs and rubbish.		<input type="checkbox"/> *
Ensure underfloor areas are enclosed or screened.		<input type="checkbox"/>
Seal all gaps, vents and roof spaces to prevent embers entering your house.		<input type="checkbox"/>
Store fuels and chemicals away from your house.		<input type="checkbox"/>
Store LPG gas tanks appropriately. They should be vented away from your house.		<input type="checkbox"/>
Move woodpiles away from the house.		<input type="checkbox"/>

VEGETATION MAINTENANCE	WHO WILL DO THIS?	DONE
Clear fine fuels from around your home (fine fuels are those that are the same thickness or less than a pencil, such as grass, bark and leaves).		<input type="checkbox"/> *
Keep grass areas well trimmed and watered. Grass should be no more than 10 centimetres high within 30 metres of your home.		<input type="checkbox"/>
Rake and clear leaf litter (dead leaves) regularly. Leaf litter must be no more than one centimetre in depth.		<input type="checkbox"/>
Remove flammable mulch from around your house. It is extremely dangerous if used within 10 metres of your home, especially under windows.		<input type="checkbox"/>
Remove or trim shrubs. There should be no shrubs over one metre next to or below windows.		<input type="checkbox"/>
Trim tree branches overhanging your house.		<input type="checkbox"/>

* Many of these actions should be ongoing leading up to and during the bushfire season. Depending on your circumstances, you may need to do them more than once.

OTHER	DONE
Ensure you have adequate home and contents insurance.	<input type="checkbox"/>
List your irreplaceable family keepsakes and valuables. Identify a safe location to store these valuables. Where will you locate them? Consider moving these out of the area during summer.	<input type="checkbox"/>

Actions during the bushfire season

How will you monitor weather conditions and know the Fire Danger Rating (FDR) in your area?

WHAT IS YOUR TRIGGER TO LEAVE?		
Your trigger to leave is what prompts you to act. You should use the Fire Danger Rating to determine your trigger. On Extreme or Catastrophic days you should not be in a bush fire risk area.	Your trigger to leave is: <input type="checkbox"/> Extreme <input type="checkbox"/> Catastrophic	
When will you leave?	<input type="checkbox"/> The night before	<input type="checkbox"/> Early in the morning
Do all household members know what to do on trigger days?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you care for older people, children or those with a disability?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is the trigger the same for everyone in the household?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Where to find warnings and updates

Listen to ABC Local Radio, commercial and designated community radio stations and watch Sky News TV.	VicEmergency website: VicEmergency.vic.gov.au or VicEmergency app or emergency.vic.gov.au
Social Media outlets: Twitter @CFA_Updates and facebook.com/cfavic	1800 226 226 The VicEmergency Hotline is a freecall.
1800 555 677 Callers who are deaf, hard of hearing, or have a speech/communication impairment can contact VicEmergency via the National Relay Service on this number.	131 450 If you do not speak English, call the Translating and Interpreting Service for translated information from VicEmergency. If you know someone who cannot speak English, give them this number.
IN SOME CIRCUMSTANCES	
You may receive an SMS to your mobile phone.	You may receive a call to your landline phone.

PUTTING TOGETHER YOUR EMERGENCY KIT			
	DONE		DONE
Protective clothing.	<input type="checkbox"/>	A change of clothes.	<input type="checkbox"/>
Food and water.	<input type="checkbox"/>	Identification papers (e.g. photo ID, passport, insurance policies, will).	<input type="checkbox"/>
Woolen blankets.	<input type="checkbox"/>	A first-aid kit.	<input type="checkbox"/>
Medications and toiletries.	<input type="checkbox"/>	Pet food, water and bedding if needed.	<input type="checkbox"/>
A list of the contact numbers for your doctor, dentist, local hospital, chemist, vet, municipal councils, gas, electricity and water providers.			<input type="checkbox"/>

Where will you store your Emergency Kit? It must be easy to access.

What is your plan for the safety of pets during relocation? Pets need to be kept cool and hydrated.



Actions leading up to fire risk days



Who is likely to be at the house?

Weekdays	Weekends/school holidays
Monday _____	_____
Tuesday _____	_____
Wednesday _____	_____
Thursday _____	_____
Friday _____	_____

Does **everyone** on the list know the plan?

List contact details of those who need to know about your plan.

Name	Relationship	Contact numbers
_____	_____	_____
_____	_____	_____
_____	_____	_____

Where will you go (Is your destination pet friendly)?

Can you stay there for a number of days?

How will you travel there?

What route will you take to get there?

Know your local area – have a map. List the names of your surrounding towns and suburbs.

List alternative routes out of the area.

Tips leading up to fire risk days

- Ensure you have enough petrol or fuel so you don't need to stop to fill up.
- Have cars facing out of the driveway.
- Remove flammable items such as boxes, doormats and furniture from decks and verandahs.

Leaving Early

Bushfire Survival Planning Template



WHAT IS YOUR TRIGGER TO LEAVE?

Your trigger to leave is what prompts you to act. You should use the Fire Danger Rating to determine your trigger. On **Extreme** or **Catastrophic** days you should not be in a bush fire risk area.

Your trigger to leave is:

Extreme **Catastrophic**

When will you leave?

The night before Early in the morning

BEFORE YOU LEAVE	DONE	GETTING READY TO GO	DONE
Add final items to your Emergency Kit such as medications, prescriptions, mobile phone chargers, pet food and water for everyone.	<input type="checkbox"/>	Stay updated on fire information so you will know if a fire has started near you.	<input type="checkbox"/>
Pack the car, remembering your most important items such as wallet, cards, keys, banking, medical and insurance documents (these should be easily accessible on a USB stick or in an expanding file).	<input type="checkbox"/>	Move livestock to a large, safely fenced area and put your pets in a safe place ready for loading in the car.	<input type="checkbox"/>
Turn off the gas supply.	<input type="checkbox"/>	Pack personal items such as a change of clothing for each person and toys for children and pets and put them in the car.	<input type="checkbox"/>
Block the downpipes and partially fill the gutters with water, if time permits.	<input type="checkbox"/>	If your car is behind an electric garage door, take it out of the garage and position it in the driveway facing out or on the side of the road.	<input type="checkbox"/>
Make sure everyone is wearing protective clothing – long pants, long-sleeved shirts and sturdy shoes such as leather boots. Clothes should be loose fitting and made from natural fibres such as pure wool, heavy cotton drill or denim. Do not wear synthetics.	<input type="checkbox"/>	Remove any material that could burn easily from around your house, on decks, verandahs and pergola areas. This includes mats and outdoor furniture.	<input type="checkbox"/>
Tell people you are leaving.	<input type="checkbox"/>		
Close all doors and windows and lock doors.	<input type="checkbox"/>		
Leave the front or access gate unlocked.	<input type="checkbox"/>		
Decide on your primary destination	<input type="checkbox"/>		
Decide on your back-up destination	<input type="checkbox"/>		

CAUTION

Leaving early is you taking action to protect your life and the lives of your family members. In some conditions, any fire that starts is likely to be uncontrollable.

Leaving early does not mean waiting for a warning or a siren. It does not mean waiting to see or smell smoke. And it certainly does not mean waiting for a knock on the door.

Which radio station/s will you be tuned into?

How will you monitor conditions while travelling away from home?

How will you know it is safe to return?

Other things to consider: How will your plan be affected by several fire risk days in a row? Remember, it is important to minimise the disruption caused to your household by relocating. It is best to go to places where you can continue with normal activities as much as possible.

Survival Options



LEAVE EARLY

- When the Fire Danger Rating is Catastrophic, leaving early is always the safest option.
- Leave early destinations could include homes of family and friends who live outside the risk area, a nearby town or other built-up area.

ALWAYS THE SAFEST OPTION



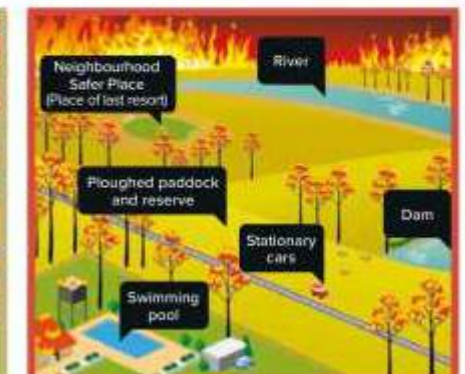
WELL PREPARED

If leaving the high risk area is no longer an option, there may be options close to where you are that could protect you.

These include:

- a well-prepared home (yours or your neighbour's) that you can actively defend
- private bushfire shelter (bunker) that meets current regulations
- designated community fire refuge
- think about how you will get there.

YOUR SAFETY IS NOT GUARANTEED



LAST RESORT

In situations where no other options are available, taking shelter in one of the below may protect you from radiant heat:

- Bushfire Place of Last Resort (Neighbourhood Safer Place)
- stationary car in a clear area
- ploughed paddock or reserve
- body of water (i.e. beach, swimming pool, dam, river, etc).

HIGH RISK OF TRAUMA, INJURY OR DEATH. GUARANTEED

If you need assistance completing this document or have any questions, please visit emergency.vic.gov.au or call the VicEmergency Hotline on **1800 226 226**.

Non emergency Medical Transport Options

If you require medical transport and do not have family or friends who can assist, the information below may be useful, depending on your requirements and eligibility.

Royal Flying Doctors Mobile Patient Care
03 7046 4664

flyngdoctor.org.au

Ambulance Victoria

ambulance.vic.gov.au/about-us/our-services/patient-transport/
1300 366 313

Vic Patient Transport Assistance Scheme (VPTAS)

VPTAS office on 1300 737 073 or

vptas@health.vic.gov.au

health.vic.gov.au/rural-health/victorian-patient-transport-assistance-scheme-vptas

Red Cross Patient Transport

redcrossportal.tripssoftware.com.au/



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SNAKE BITESSS


DO's



- DRABCD see page
- Call Triple Zero (000)
- Keep patient still and reassure them
- Apply pressure immobilisation bandage
- Splint limb to prevent movement
- Wait with the patient until help arrives.

SNAKE BITESSS

DONT's



- Wash the bite site
- Cut the bite site
- Apply a tourniquet
- Remove the bandage - even if the patient feels well
- Make the person walk to the rescue vehicle

Basic Life Support

D Dangers?

R Responsive?

S Send for help

A Open Airway

B Normal Breathing?

C Start CPR
30 compressions : 2 breaths

D Attach Defibrillator (AED)
as soon as available, follow prompts


Continue CPR until responsiveness or normal breathing return

CENTRAL GIPPSLAND HEALTH
Loch Sport Community Health Centre
200 National Park Rd
P 5146 0349
lochsport@cghs.com.au

Nursing, home nursing, wound care and welfare checks . All by appointment only.
Podiatry /foot care services via Sal Hospital

How do you know if someone's having a stroke? Think...

F.A.S.T.



Check their **FACE**. Has their mouth drooped?

Can they lift both **ARMS**?

What? I don't know what you mean. Could you speak? **Speech** slurred? Do they understand you?

TIME is critical. If you see any of these signs, call 000 now!

Think F.A.S.T. Act FAST! CALL 000

000 EMERGENCY

Help for Wildlife

Our Haven Wildlife Shelter
0400 079 337
Loch Sport-Karen McKie (and Wayne) 0414 982 611 or via Facebook/Messenger
Golden Beach-Dale and John Cassidy 0438 288 641

Did you know if you find an animal that requires medical care and you take it to your local vet you don't incur any out of pocket expenses?

Don't forget to check pouches for living joeys.

The Vets Mobile Service and Mason House Surgery
36 Cunninghame St, Sale Vic 3850
P: 03 5143 0577

Fur Life Clinic
25 Foster St, Sale Vic 3850
P: 03 5144 3100

Ark Vet
320A York St, Sale Vic 3850
P: 03 5143 3118



Further Information

Please contact the Police regarding wild animals with devastating injuries, broken legs or that have no chance of survival:

Loch Sport Police P: 03 5146 0556
Sale Police P: 03 5142 2200

For the removal and collection of deceased animals on major roads call VicRoads P: 13 11 71

For the removal and collection of deceased animals on Council land or public property including (local) streets, footpaths, nature strips, parks, reserves, car parks and shopping areas please call Council or Council Ranger P: 1300 366 244

Wildlife Marine Rescue Emergency: P: 1300 136 017

The Wildlife Rescue App is for anyone that would like to or is able to assist with the rescue of an animal ifaqw.org.au/resources/wildlife-rescue-app

Injured Native Wildlife Tool wildlife.vic.gov.au/injured-native-wildlife/wildlife-tool

DELWP P: 13 61 86
Wildlife Victoria P: 1300 094 535/03 8400 7300
Wildlife Rescue Australia P: 1300 596 457 P.A.W.S.
Wildlife Services P: 0459 255 173

Snake removal and Relocation Services
Gippsland Snake Catchers
ph: 0475 034 609/0402 804 184

Sale Wildlife Service and Snake Catcher
ph: 0459 255 173

Pest Management Services
Albert Ford Pest Control
ph: 0433 966 095

Sale Pest Control
ph: 03 5144 4548

Gippsland Pest Control
ph: 13 15 46



LOCH SPORT BUSINESS DIRECTORY

Business	Phone	Email
1st Avenue Constructions	0403 287 810	1stavenueconstructions@gmail.com
A & B Septic Cleaning/ Andys Water Cartage	0427 347 655	abseptics@andbron.com.au
Albert Ford Pest Control	0433 966 095	
Barry & Annette Lett Funeral Directors	5143 1232	bja-lett@nex.net.au
C-Shell Real Estate	5146 0946	rachelle@cshellrealestate.com.au
Dougies Mowing & Maintenance Services	0456 123 088	douglasblack1961@gmail.com
Foodworks	5146 0637	lochsportfoodworks@gmail.com
Gippsland Business Machines	1300 441 911	tom@gbmachines.com.au
Gippsland Funeral Services	5143 2477	
Greg Heawood Concreting	0412 295 321	gregheawood6@gmail.com
Laurie's Driveways	0412 542 140	
Leaps & Hounds Dog Grooming	0432 863 708	dannyfreddy1961@gmail.com
Loch Sport BP, mini mart and kebabs	0411 386 454	facebook.com/lochsportkebabs
Loch Sport General Store	5146 0300	lochsportgs@bigpond.com
Loch Sport Hardware & Garden Centre	5146 0513	zara@lochsporthardware.com.au
Loch Sport Medical Centre	5144 6899	info@lochsportmedical.com.au
Loch Sport Pharmacy	5146 0873	lochsportpharmacy08@gmail.com
Loch Sport Plumbing & Air Conditioning	0407 505 567	grazia.thomas@gmail.com
Lou Mitchell Professional Services	0438 561 059	loumitchellpro@gmail.com
LS Plumbing & Gas	0401 115 253	lsplumbingandgas@gmail.com
Marina Hotel	5146 0475	contact@lochsportpub.com.au
Mittens Real Estate	0408 403 800	mittensrealestate.com.au
Murray Black Roof Plumber	0406 612 230	murrayblack02@gmail.com
Sayers Repairs-Mechanic & LPG Gas Supplier	0419 365 423	kevin.sayers@hotmail.com
Smithy's Bobcat & Excavator Hire	0419 361 268	smithys.g1@bigpond.com
The Vets	5143 0577	thevets36@gmail.com
Yogi Bear's Mowing & Gardening Service	0404 264 822	gtucker64@live.com

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Standard Opening Hours: Mon-Sat 8.00 – 5.00 Sundays 9.00 – 3.00

P: 5146 0300

E:lochsportgs@bigpond.com

W: loch-sport-general-store.business.site

facebook.com/Loch-Sport-General-Store



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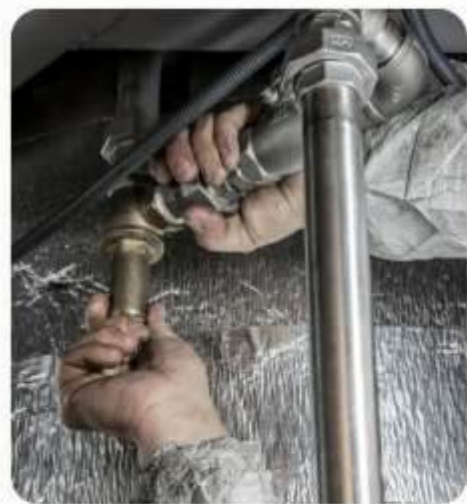
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Gutters clogged, not getting enough rainwater into your tanks? Let Dougie clean those gutters,
and make the most of the rains filling your tanks.
Shrubs starting to look unsightly? Let Dougie style your yard and improve your homes street
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month

11am Catholic Church Service



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COMMUNITY NEWSPAPER ASSOCIATION OF VICTORIA

the voice of the community

MEMBER 2026

LAKES ENTRANCE – VICTORIA

LAT 37° 53' S LONG 147° 58' E

Times and Heights of High and Low Waters

APRIL				MAY				JUNE					
Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m
1 0242 0.45 0903 1.09 WE 1511 0.37 2139 1.08		16 0109 0.47 0651 1.12 TH 1323 0.37 1952 1.17		1 0221 0.48 0813 0.97 FR 1338 0.61 2038 1.19		16 0149 0.38 0740 1.06 SA 1311 0.55 2011 1.35		1 0326 0.49 0908 0.95 MO 1323 0.75 2116 1.28		16 0330 0.23 0931 1.02 TU 1436 0.69 2142 1.47			
2 0330 0.44 0944 1.03 TH 1539 0.44 2212 1.10		17 0159 0.40 0745 1.09 FR 1357 0.42 2034 1.23		2 0304 0.48 0853 0.94 SA 1346 0.66 2103 1.21		17 0244 0.31 0842 1.03 SU 1356 0.61 2101 1.39		2 0403 0.49 0951 0.95 TU 1356 0.78 2153 1.28		17 0424 0.23 1032 1.01 WE 1541 0.71 2234 1.44			
3 0416 0.45 1020 0.98 FR 1605 0.52 2237 1.12		18 0251 0.35 0846 1.05 SA 1432 0.49 2118 1.28		3 0346 0.49 0934 0.92 SU 1348 0.70 2131 1.22		18 0340 0.27 0944 1.00 MO 1448 0.67 2153 1.41		3 0442 0.50 1038 0.94 WE 1436 0.80 2229 1.27		18 0516 0.26 1135 1.00 TH 1645 0.73 2326 1.39			
4 0504 0.47 1058 0.93 SA 1616 0.59 2256 1.13		19 0347 0.31 0949 1.01 SU 1515 0.57 2205 1.31		4 0429 0.50 1018 0.91 MO 1406 0.73 2205 1.22		19 0438 0.25 1049 0.98 TU 1552 0.73 2246 1.40		4 0524 0.51 1129 0.94 TH 1526 0.83 2300 1.24		19 0607 0.33 1235 1.02 FR 1746 0.75			
5 0451 0.50 1038 0.89 SU 1457 0.65 2220 1.13		20 0446 0.30 1054 0.96 MO 1607 0.66 2255 1.30		5 0512 0.52 1105 0.90 TU 1433 0.77 2242 1.20		20 0536 0.27 1157 0.96 WE 1700 0.77 2342 1.36		5 0607 0.52 1221 0.95 FR 1628 0.85 2330 1.22		20 0018 1.31 0657 0.40 SA 1331 1.04 1846 0.77			
6 0539 0.53 1124 0.86 MO 1510 0.69 2253 1.13		21 0547 0.30 1203 0.92 TU 1710 0.73 2349 1.28		6 0556 0.53 1157 0.89 WE 1506 0.81 2321 1.18		21 0636 0.31 1305 0.97 TH 1803 0.79		6 0652 0.52 1313 0.97 SA 1754 0.87		21 0111 1.21 0745 0.49 SU 1425 1.06 1950 0.79			
7 0628 0.55 1217 0.83 TU 1531 0.73 2335 1.11		22 0652 0.32 1319 0.90 WE 1815 0.78		7 0643 0.54 1254 0.89 TH 1547 0.84		22 0043 1.30 0738 0.36 FR 1411 0.98 1905 0.80		7 0003 1.19 0736 0.52 SU 1400 1.00 1907 0.87		22 0207 1.11 0829 0.56 MO 1515 1.09 2108 0.79			
8 0718 0.56 1319 0.82 WE 1557 0.78		23 0057 1.23 0806 0.35 TH 1440 0.90 1919 0.79		8 0004 1.16 0731 0.54 FR 1356 0.90 1824 0.87		23 0146 1.24 0841 0.41 SA 1508 1.01 2009 0.80		8 0047 1.16 0819 0.52 MO 1442 1.05 2014 0.84		23 0312 1.03 0912 0.62 TU 1608 1.13 2242 0.75			
9 0031 1.08 0814 0.56 TH 1439 0.82 1626 0.81		24 0215 1.20 0933 0.36 FR 1550 0.93 2025 0.78		9 0054 1.14 0822 0.53 SA 1458 0.93 1940 0.86		24 0249 1.17 0933 0.47 SU 1600 1.05 2125 0.78		9 0145 1.13 0901 0.52 TU 1523 1.10 2123 0.78		24 0420 0.98 0952 0.67 WE 1700 1.16 2349 0.69			
10 0143 1.06 0918 0.54 FR 1630 0.85 2020 0.82		25 0327 1.18 1032 0.37 SA 1642 0.97 2139 0.74		10 0149 1.12 0912 0.50 SU 1547 0.97 2046 0.83		25 0350 1.11 1014 0.51 MO 1649 1.09 2253 0.73		10 0255 1.10 0944 0.52 WE 1608 1.17 2236 0.69		25 0518 0.95 1030 0.70 TH 1749 1.20			
11 0301 1.07 1022 0.49 SA 1708 0.89 2128 0.78		26 0427 1.16 1116 0.39 SU 1726 1.01 2300 0.68		11 0245 1.12 0957 0.47 MO 1625 1.02 2154 0.77		26 0446 1.06 1048 0.56 TU 1737 1.13 2355 0.66		11 0414 1.07 1026 0.53 TH 1700 1.23 2345 0.58		26 0040 0.63 0607 0.94 FR 1107 0.72 1831 1.23			
12 0408 1.09 1106 0.44 SU 1737 0.94 2232 0.72		27 0518 1.13 1151 0.42 MO 1810 1.06		12 0340 1.12 1037 0.45 TU 1700 1.08 2301 0.68		27 0538 1.02 1122 0.60 WE 1822 1.17		12 0530 1.05 1109 0.55 FR 1801 1.30		27 0121 0.57 0647 0.95 SA 1142 0.73 1909 1.25			
13 0452 1.11 1144 0.39 MO 1807 0.99 2330 0.64		28 0000 0.61 0606 1.09 TU 1221 0.45 1854 1.10		13 0435 1.12 1115 0.44 WE 1742 1.15		28 0045 0.60 0626 0.99 TH 1152 0.64 1902 1.21		13 0046 0.46 0636 1.05 SA 1155 0.59 1901 1.37		28 0157 0.52 0725 0.96 SU 1216 0.74 1945 1.28			
14 0528 1.13 1218 0.36 TU 1838 1.04		29 0051 0.55 0650 1.05 WE 1249 0.50 1934 1.14		14 0001 0.58 0534 1.11 TH 1152 0.46 1829 1.22		29 0130 0.56 0708 0.96 FR 1219 0.68 1937 1.23		14 0143 0.35 0735 1.04 SU 1244 0.62 1957 1.42		29 0230 0.49 0802 0.96 MO 1252 0.73 2022 1.30			
15 0021 0.55 0606 1.13 WE 1251 0.35 1913 1.11		30 0137 0.51 0733 1.00 TH 1316 0.55 2009 1.17		15 0056 0.48 0637 1.09 FR 1230 0.49 1919 1.29		30 0210 0.52 0748 0.95 SA 1240 0.71 2008 1.25		15 0237 0.27 0833 1.03 MO 1337 0.66 2050 1.46		30 0302 0.47 0841 0.97 TU 1330 0.74 2059 1.31			
				31 0248 0.50 0827 0.95 SU 1259 0.73 2041 1.27									



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