



Loch Sport Community House Inc.  
The Heart of Our Community

# THE LINK

Dec 2025 Jan 2026  
Volume 28 Issue 6



Our 2026 Summer edition of the Link has our annual:

- Free 2026 Planner
- Community & Business Directory
- Summer safety information
- Asthma First Aid
- Heat First Aid
- Christmas recipes and activities
- Whats on for December

## November Events at the Hall

After a busy few weeks sorting and advance selling goods donated by our generous community, a garage sale was held on November 1 at the hall. The highlight of the morning was the official opening of the old CWA lolly shop where 'Middle of Everywhere' show bags were handed out. Many thanks to Aldi Sale and Coles Sale for their donations towards the sausage sizzle and also to the Men's Shed for the wonderful lolly shop sign.

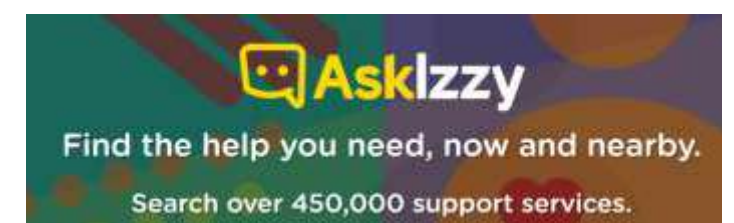


The Crown Oaks Day event at the hall was another popular and successful social occasion. The afternoon went very quickly with sweeps, horse racing trivia, wonderful fashions on the field and a delicious high tea, provided by the Gourmet Shed. The

November raffle was drawn with winners Mez (black ticket F10) and Noelene (red ticket N45). Many thanks to everyone who bought tickets and made donations including Spoil Yourself Hair and Beauty and The Gourmet Shed.

## The Loch Sport Larks on stage!

Shoppers in Sale were amazed when the Loch Sport Larks initiated a singing flash mob on November 18 outside of Target in the Gippsland Centre. Other singers from Loch Sport and several shoppers joined in. The initiative was proposed by Annette Barker and was a great success. The Loch Sport Larks will be singing Christmas carols by torchlight at the Lions Park Sunday Dec 21 at 8.45pm and they will also be singing at the Australia Day event in January.





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**  
**Loch Sport Community Health Centre**  
**Loch Sport Community House**  
**Loch Sport Pharmacy**  
**Lochy Coffee**  
**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 **Jan 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.

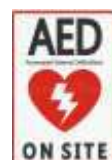
Submission Deadline	Distribution Date
Nov 3	Dec 1
Jan 4	Feb 2
Mar 2	Apr 6
May 4	Jun 1
Jul 6	Aug 3
Sep 7	Oct 5
Nov 2	Dec 7

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 2025/26



## 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 5146 0145 or manager@lochsportcommunityhouse.com*

Day	Time	Activity
<b>MONDAY</b>		
Office open 9.30am – 3.00pm	11.00am-12.00pm 1.30pm-3.00pm 3.15pm-4.15pm 3.00pm-5.00pm	TAI CHI – Hall SINGING GROUP – Hall ZUMBA – Hall \$10 (1 <sup>st</sup> & 3 <sup>rd</sup> Monday of each month) BOOK CLUB – Arrawarra (1 <sup>st</sup> Monday each month)
<b>TUESDAY</b>		
Office Open 9.30am – 3.00pm	9.30am-12.00pm	CRAFT – Hall Meeting Room
<b>WEDNESDAY</b>		
Office open 9.30am – 3.00pm	10.00am-1.30pm 11.45am-12.45pm 1.00pm-4.00pm	Cash for Cans service - Hall YOGA – Hall \$10 TABLE TENNIS – Hall
<b>THURSDAY</b>		
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 - Call ahead to confirm – BYO guitar Meeting Room - \$25 LIBRARY – Hall
<b>FRIDAY</b>		
Office Open 9.30am – 3.00pm	9.30am 10.00am-1.00pm	WALKING GROUP – No fee - Meet at Lochy Coffee PATCHWORK & QUILTING GROUP – Meeting Room
<b>SATURDAY</b>		
Office closed	9.30am-3.00pm 10.00am-3.00pm	FAMILY HISTORY – Meeting Room (3 <sup>rd</sup> Saturday of month) PAPER CRAFT GROUP – Hall (2 <sup>nd</sup> Saturday of month) \$ Fees TBA
<b>SUNDAY</b>		
Office closed		

### Other usual activities (always call prior to confirm):

- Loch Sport Lions – 2nd Tuesday monthly 4pm to 6pm (Meeting Room) lochsportlions@gmail.com
- 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 (Arrawarra)
- Country Pine Kennels Doggy Day Care pick up / drop off point Wednesdays 7.30am/5pm - call directly to book 0448 922 886
- The Vets – call directly to book appt 5143 0577 (undercover space at rear of Hall between Hall and Arrawarra)
- Information Sessions, Town Meetings & other Hirers - keep an eye out of our Facebook Page and in the Link Newsletter

**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](http://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.



We provide a huge variety of general support, so if you're not sure if we can help, just ask. Our services are either free or very low cost.

Please call 5146 0145 or visit our website [lochsportcommunityhouse.com](http://lochsportcommunityhouse.com)

## NOMINATE US TODAY

### AS PART OF THE RITCHIES COMMUNITY BENEFIT PROGRAM

and help us generate extra funds.

- 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](http://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**?

SALE BUS INFORMATION				PT>	
Route 7 Sale via Longford					
				Service operates from 08.03.2021 until further notice	
				Monday to Friday	
Wheelchair Accessible Services					
Day Restrictions:	S42	S42			
Morning (am) / Afternoon (pm)	pm	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			
Charles 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					
S42 = Operates not on Tuesday and Thursday				= Wheelchair Accessible	

## What's on at the Community House

The LSCH Papercraft exhibition was held from 2nd to 4th November. Thank you to Michael from Michael's Card Art on Youtube and our local artist Matt Ledger. Your exhibition and workshops were fantastic and a wonderful experience. Next year LSCH will be holding papercraft classes and art classes. For all enquiries please call the Community House



For further information about these events check the Loch Sport Community House Facebook page or email [admin@lochsportcommunityhouse.com](mailto:admin@lochsportcommunityhouse.com) or phone 5146 0145


## LOCH SPORT COMMUNITY HOUSE AND PUBLIC HALL SUMMER TRADING HOURS



**WE WILL BE CLOSED:**  
 DEC 15  
 DEC 19-JAN 19  
 JAN 26

## \$100 POWER SAVING BONUS

FOR ELIGIBLE CONCESSION CARD HOLDERS



VISIT YOUR LOCAL PARTICIPATING NEIGHBOURHOOD HOUSE FOR ASSISTANCE

FIND OUT MORE: [NHVIC.ORG.AU/PSB](http://NHVIC.ORG.AU/PSB)

Neighbourhood Houses Victoria

VICTORIA State Government

## 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



RE TURN IT

CDS VIC

VICTORIA State Government



## What's on

Loch Alive Christian Centre 10am Christmas Day service and New Year's Eve Fun night from 6.30pm followed by prayer, praise and worship to see the new year in.

Loch Sport Bowls Club Christmas dinner Dec 13 and Car boot sale Jan 9

Loch Sport New Years Eve Fireworks Festival 6pm onwards with DJ, childrens entertainment, food vans and spectacular fireworks on Lake Victoria foreshore opp Foodworks.

Commcare last trading day for 2025 is Thurs Dec 18 reopening Thurs Jan 8

Peli's Boat Club and Bar New Years Eve BBQ and bar open from 12pm with kids entertainment.

Christmas Carols at the Lions Park Sunday Dec 21 at 8.45pm.

The 49th annual Leongatha Art & Photography January/February 2026



ALL WELCOME  
**Christmas DINNER**

CHRISTMAS DINNER AT THE LOCH SPORT BOWLS CLUB  
13 DECEMBER FROM 6PM  
BUFFET STYLE

COLD CUTS PLATTER  
COOKED TIGER PRAWNS ON ICE WITH MAYONNAISE AND TARTARE SAUCE  
TROPICAL ENSPIRED CRAB SALAD  
VARIETY OF BREADS with BUTTER

CHRISTMAS LEG HAM IN MADEIRA SAUCE  
FISH QUENNELLE IN NANTUA SAUCE (CREAMY)  
ANGEL HAIR PASTA WITH SEAFOOD IN CREAMY SEAFOOD SAUCE  
CHRISTMAS CAROLLERS CASSEROLE ( SLOW COOKED BEEF WITH SUMMER VEGETABLES)  
ROAST POTATOES COOKED IN DUCK FAT  
WHITE RICE

DESSERT BUFFET  
MINI PAVLOVA WITH BERRIES, FRUIT AND COULIS  
CHOCOLATE BROWNIES  
FRUIT TARTS

**\$60 PER PERSON / BOOKINGS REQUIRED**  
Please call Sally for reservations on 0403 767 565



**Christmas Holiday Hours**  
Library Outreach Service  
@ Loch Sport Community House

Thurs 11 December 12.30 - 3.30pm  
(last day for 2025)

12 December - 21 January closed  
(no library visits during this time)

Thurs 22 January 12.30 - 3.30pm  
(first day for 2026)

For any library enquiries please call  
Sale Library on 5142 3575



**TWILIGHT SUMMER SERIES MARKET SCHEDULE**

**DEC CHRISTMAS FESTIVAL**  
Spencer st, Longford VIC 3pm-7pm

**FEB SUMMER NIGHTS SIP AND CHILL**  
Spencer st, Longford VIC 3pm-7pm

More Info: [Longfordcommunitymarket@hotmail.com](mailto:Longfordcommunitymarket@hotmail.com)

## What's on



**THE MIDDLE OF EVERYWHERE**  
[themiddleofeverywhere.com.au](http://themiddleofeverywhere.com.au)

### Christmas Wreath Workshop

13 Prince St, Rosedale Dec 6 & 13 10am-3 pm in a beautiful garden setting  
[debbiecacialli@gmail.com](mailto:debbiecacialli@gmail.com) 0402 138 639  
Come and join the team from Florist Gump for a relaxing and inspiring floral experience creating your own arrangement with you own hands to take home. \$90 includes all materials and finger food.

### The Middle of Everywhere Christmas Parade

Pedestrian Mall, Sale Saturday Dec 6 5-9pm  
[maxine@ourpasttimes.com.au](mailto:maxine@ourpasttimes.com.au) 0429 864 823  
There will be free kids' entertainment, market stalls, food trucks and so much more to enjoy throughout the evening.

### Coffee and Cars Gippsland - December Meeting

Grand Canal Dr, Sale Sunday Dec 7 from 11:00am-1pm  
[prostreetmedia.jesse@gmail.com](mailto:prostreetmedia.jesse@gmail.com) prostreet-media.com.au

All cars and bikes welcome. Fundraiser Sausage Sizzle with the SES which will have their truck and marquee setup. Family and Kid Safe/Friendly event.

### Christmas Racing @ Sale Turf Club

1227 Maffra-Sale Rd Sale Sun Dec 21 from 11:00am-5.30pm

[admin@saleturfclub.com.au](mailto:admin@saleturfclub.com.au) (03) 5144 2962 [country.racing.com](http://country.racing.com)

### Christmas Racing at Sale Turf Club

Celebrate the season in a relaxed country atmosphere with exciting races, great food, and festive fun. Where better to enjoy Christmas than at the Sale Turf Club?



**New Years Eve Fireworks**  
10 - 10.30 pm Lions Park-Lake Street  
**After Dark**  
Proudly Sponsored by Local Businesses & Wellington Shire Council

Join Us for a Night of Fun in the Park!  
Kick off your evening at 6:00 PM with a DJ set, with children's entertainment, and Food Trucks.  
Soak up the festive atmosphere under the stars—it's a free community event, though a gold coin donation is warmly appreciated  
The grand finale? A spectacular Fireworks Show at 10:00-10.30 PM that will light up the night sky!  
Music • Food • Family Fun • Fireworks

Brought to you by Loch Sport Business & Tourism Association  
*Alcohol Free Event*



**LOCH SPORT BOWLS CLUB**  
**Food, Fun & Family Vibes!**  
Head to Loch Sport Bowls Club for an afternoon of great eats, laughter, and community fun.

LOCALLY MADE GOODS & MARKET TREASURES  
TWILIGHT BOWLS  
CHILDREN'S BOWLS  
RAFFLES GALORE  
KIDS LUCKY DRAW & GIVEAWAYS  
PLASTER MOULD PAINTING & COOKIE DECORATING (GOLD COIN DONATION) TAKE HOME WHAT YOU MAKE!

**FEATURING LOCAL VENDORS**  
GRAB A BITE FROM YOUR LOCAL FAVOURITES:  
"HERITAGE COFFEE VAN"  
"JAMMIN' DONUTS"  
"BIG PAPAS BBQ"

**FRIDAY 9 JANUARY | 3PM ONWARDS**



**STALLS REQUIRED FOR A MARKET DAY**

Calling all small business, big business, stall holders, entertainers, community groups, foundations, entertainment personas, food trucks or anyone finishing off the spring cleaning

**THE AUSTRALIA DAY SURF FISHING CARNIVAL INVITES YOU TO COME AND ENJOY A FANTASTIC FAMILY MORNING OUT**  
**24TH JANUARY 2026 AT THE COMMUNITY OVAL IN GOLDEN BEACH**  
Stall holders arriving from 7 am  
Food trucks and vans will be required to pay a \$50 refundable\* booking fee. All other stall holders; small donations welcomed

To book or for any further questions contact Shannon on 0498478898 [shannonmills1998@live.com.au](mailto:shannonmills1998@live.com.au)

\*ONLY REFUNDABLE IF GIVEN 48 HOURS NOTICE OF NON APPEARANCE OR HAVE EXTENUATING CIRCUMSTANCES



**General Store and Post Office update**

Out with the old and in with the new - UPDATE  
As I write this, I am uncertain about the completion date for our refreshed General Store. Nevertheless, I hope that late November early December we will be operating from the new shop. The shop has taken shape over the last few weeks both inside and outside. Plastering should be completed by 14 November. From there painting, carpet, electrical works and fit out. The existing hardware section will continue to be part of the overall space and will be accessed by a ramp. We are all very excited about the new building and look forward to continue to serve the Loch Sport community.  
I greatly appreciate staff and customer support during the rebuild.



Carolyn Searle

**WELCOME TO OUR NEW PHARMACY INTERN**

Loch Sport Pharmacy welcomes Laryz Jane “LJ” Florendo as the new pharmacy intern. She commenced her internship this October and will take over mid next year after she passes her exams and completes her requirements for registration.  
LJ has been a pharmacist in the Philippines for 8 years, with experience in the hospital and community setting. She was a supervisor of a branch of Watsons Pharma-



cy, a leading health and beauty retailer in Asia. Her years of professional experience will help her deliver upmost care and expertise during her stay in the pharmacy.  
Our current pharmacist, Joanna Jimenez-Tanoy who has been with us since May 2023, will help and guide LJ during her training and journey to become an Australian Pharmacist. Her time in Loch Sport will surely be treasured as she will be moving on next year as her contract ends.  
We welcome LJ and wish her the best of luck! The community of Loch Sport will surely support you in your journey. We would also like to thank Joanna for your service to the community.



**Foodworks Halloween Coloring Competition winners**

Marlow 2-5 yr comp  
Harmony 6-11 yr comp  
Drawn by Tahlia 11 yrs



**THE LEONGATHA ROTARY ART & PHOTOGRAPHY SHOW IS BACK IN 2026**

Now celebrating over 49 illustrious years, the Leongatha Art & Photography Show has become a cornerstone of artistic expression in the Gippsland region. What began as a small community event has evolved into a 21-day summer showcase of creativity, attracting more than 600 entries annually from local, Victorian, and interstate artists across sixteen award categories. The exhibition features a vibrant mix of mediums — from painting and photography to sections dedicated to young artists, All Abilities entrants, and innovative 3D works. The event is hosted in the historic, almost 100 year old Leongatha Memorial Hall.



**WELLINGTON SHIRE COUNCIL Fire Prevention Guide**

Prepare Your Property Reduce the risk on your land  
Property owners must reduce potential fire hazards

by clearing your land to the minimum standards outlined below and maintaining it for the duration of the declared Fire Danger Period. You may need to carry out fire prevention maintenance on your block more than once during the fire season. If you receive a Fire Prevention Notice you must further comply with those specific directions.

Residential Areas (blocks close to homes)

- Ensure ground fuels such as grass, bracken or weeds are maintained to a height of 100mm or less across the whole of your land, especially around buildings and along fence lines.
- Remove undergrowth, fallen branches, garden refuse and tree cuttings from your property.
- Tree branches and shrubs that overhang buildings should be pruned. Branches less than 2 metres from the ground should be pruned back to separate them from the ground fuels. Rural Living and Farm Zones
- Create a 10m fuel reduced area around buildings by cutting and maintaining grass to a height of 100mm or less.
- Slash a 10m firebreak along boundaries where paddocks meet residential areas or neighbouring houses.
- In heavily wooded areas, ensure tree litter and ground fuels are cleared along boundary fence lines that border residential areas.

Can I remove native vegetation and trees?

A planning permit is generally required to remove native vegetation. In some circumstances you may be able to remove native vegetation without a permit for bushfire protection under the 10/30 and 10/50 rules. Check if these rules apply to where you live by contacting our Environmental Planner on 1300 366 244. *Under no circumstances will a Fire Prevention Notice give you direction or permission to remove trees or disturb soils.*

How do I find a contractor?

Several local contractors offer fire season property maintenance services. Search online, check local business directories, speak to a neighbour or con-

tact your local garden supply centre. For landowners who do not live locally, we recommend asking your contractor to take before and after photos to ensure work is completed to your satisfaction.

What about my Green Waste?

Options for disposal of green waste include mulching and composting, permitted burning or transport to a waste facility. If you engage a contractor, they will likely dispose of the vegetation as part of their service. Please note that the fine for dumping green waste is \$407. Report illegal dumping to Council on 1300 366 244.

Can I burn the green waste?

Once the Fire Danger Period commences you cannot burn your green waste. Lighting any fire in open air is a criminal offence with penalties of up to \$24,420, imprisonment for 12 months, or both. Prior to the Fire Danger Period starting you may be able to burn the vegetation you have cleared on your property. If you live in a rural living zone or farm zone, you do not require a permit to burn on your property, but you must comply with the Standing Requirements for Every Burn. If you live in any other zone, including residential zones, you will need to apply for a permit and must demonstrate that there is no alternative to burning. Visit our [wellington.vic.gov.au/community/fire](http://wellington.vic.gov.au/community/fire) for more information about burning off, including the Standing Requirements for Every Burn.

What happens if I don't clean up my property?

If your property is deemed a fire risk during an inspection, you will be served a Fire Prevention Notice directing you to:

- Carry out fire prevention works to remove any specified hazards, and
- Maintain your property for the duration of the declared Fire Danger Period.

If you do not follow the directions of the Fire Prevention Notice, we will issue you an Infringement Notice (penalty \$2,035). We can also arrange for the hazard reduction works specified in the notice to be completed by our authorised contractors at your cost, plus an administration fee.

Where do I find more information?

Visit [wellington.vic.gov.au/fire](http://wellington.vic.gov.au/fire) or contact the Municipal Fire Prevention Officer on 1300 366 244 for specific advice. Visit the CFA's 'Prepare your Property' [webpagecfa.vic.gov.au/plan/prepare/how-to-prepare-your-property](http://webpagecfa.vic.gov.au/plan/prepare/how-to-prepare-your-property)



## Christmas Recipes & Activities

### White Chocolate & Raspberry Trifle Cups

225 Madeira cake cut into 2cm pieces

170g Jelly crystals

600ml thickened cream

250g raspberries or other berries

1/4 cup cup dark choc melts, melted

100g white chocolate, finely chopped

1. Divide cake among 8 x 1 cup serving glasses. Dissolve 1 packet jelly crystals in 2 cups boiling water. Stir in 2/3 cup cold water, then pour over cake in glasses. Refrigerate for 2 hours or until set.
2. Dissolve remaining jelly crystals in 2 cups boiling water in a shallow bowl. Refrigerate for 30 minutes or until partially set. Using an electric mixer, beat 300ml cream in a bowl until soft peaks form. Add jelly and beat until combined. Spoon 2 heaped tbs of jelly cream into each glass over set jelly. Arrange raspberries around the outer edge. Top with remaining jelly cream. Refrigerate for 4 hours or until set.
3. Transfer melted dark chocolate to a piping bag with a 0.5mm plain nozzle. Pipe star shapes on a sheet of baking paper. Allow to set.
4. Stir white chocolate and remaining cream in a heatproof bowl over a saucepan of simmering water until smooth. Refrigerate for 1 hour. Using an electric mixer, beat white chocolate cream in a bowl until soft peaks form. Transfer to a piping bag fitted with a 1cm star nozzle. Pipe white chocolate cream on top of trifle cups. Decorate with chocolate stars. Serve.



### Salmon Devilled Eggs

8 large eggs

25g smoked salmon

4 sprigs of fresh dill, plus extra for serving

1 pinch of cayenne pepper

Mayonaise-you can choose to make as per below or use store bought

1 large egg yolk

2 teaspoons Dijon mustard

½ a lemon (20ml juice)

100ml olive oil

100ml sunflower oil

1. In a saucepan, cover the eggs with cold water and bring to the boil over a high heat. Simmer for 6 minutes, then drain and pop the eggs in cold water to cool.
2. Peel and halve them lengthways, scoop the yolks into a bowl and roughly mash. Set aside.
3. Make your mayonnaise. In a bowl, whisk the egg yolk, mustard and lemon juice with an electric whisk until frothy.
4. Combine the oils in a jug, then drizzle them into the egg mixture, whisking constantly until combined. Season to taste with sea salt and black pepper.
5. Add 60g of mayo to the egg yolks (refrigerate the rest for up to a few days).
6. Finely chop and stir in the salmon and dill fronds, then add the cayenne pepper and mash to combine.
7. Spoon into the egg whites, top with extra dill and serve immediately.



### Rosemary grapefruit Christmas mocktail

half a grapefruit, juiced

5 cherries (2 left whole and 3 with seeds removed and diced)

3 sprigs of rosemary

Lemonade

1. Add grapefruit juice, three diced cherries and one sprig of rosemary to a cocktail shaker and shake.
2. Strain and divide into two small glasses. Top with a dash of lemonade.
3. Thread a cherry onto the end of a sprig of rosemary and use for garnish.



#### Art Gallery

Temporarily located at Arrawarra (Community House)

#### 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 foreshore 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 fauna

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](https://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/](https://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





Hello all once again. First of all on behalf of all members of the Loch Sport Fire Brigade, Banksia Group of Fire Brigades and District 10, we wish you all a merry Christmas and a very safe and a happy New Year. With the introduction of the Fire Danger Period (FDP) on October 27 2025, we are seeking your support in paying attention to the rules/laws related to burning off. The FDP is expected to be in operation until at least May 2026.

When you are going to burn off please note that a permit is REQUIRED by the Wellington Shire Council. The local brigade cannot issue these permits.

Remember to register your burn with ESTA on 1800 668 511 or email— burnoffs@esta.vic.gov.au. If you do not register your burn off, there is a very good chance of getting a visit from a Big Red Truck and this will not have Father Christmas on board! Also, if your burn does not have a permit and is not registered online, Victoria Police will be advised, and will pay you a visit.

Hopefully everybody has checked and changed the batteries in your household smoke detectors when you changed your clocks to day light saving time.

When doing your annual block clean please take your green waste to the tip instead of burning it off. We held our GET FIRE READY VICTORIA open day event on Sunday 2nd November 2025, during which we welcomed an amazing amount of people to our Fire Station. Visitors explored our Garage Sale, enjoyed a Sausage Sizzle and took home a CFA show bag full of information for preparing for our current Fire Danger Period. We actively engaged with over 100 people, including families. There were lots of happy faces around, which was wonderful.

Make sure you go over with family your Bush Fire Survival Plans, adjust if needed and be prepared. If you have any questions we can assist on any Sunday morning. We can go through the list but sometimes it is easier face to face on what to do with information.

For other information or to find out how to be prepared visit [www.cfa.vic.gov.au/bushfireplan](http://www.cfa.vic.gov.au/bushfireplan)

If you are new to this town and are a registered operational member of the CFA, and you wish to help if the need arises please come and say hello any Sunday morning. We already have several members from other brigades. If you have any questions relating to your fire safety, please come down to the station any Sunday morning from 8.30 am. We welcome discussion

and can provide advice, booklets or brochures for you to read to assist you. Stay Fire Safe! Thanks and take care Lyn Krejci – Brigade Community Safety Co-ordinator Loch Sport Fire Brigade Loch Sport Fire Brigade P 5146 0997 F CFA Loch Sport E [lochsportcfa@gmail.com](mailto:lochsportcfa@gmail.com)

Loch Sport Post Office Gallery would like to wish everyone a very Merry Christmas and a safe and Happy New Year! Our thanks goes to the Community House for their support while the renovations are happening at the Post office and General Store. It's greatly appreciated. It's lovely to see the community working together. We will soon be opening in the newly renovated gallery at the General Store which is very exciting for members and the community. A huge thankyou to Carolyn for her invaluable support for our community gallery. Post Office Gallery Loch Sport Incorporated Not for Profit, is fully insured and is calling for new volunteers. The heart of every vibrant art gallery beats with the passion and dedication of its volunteers. Volunteers play a crucial role in shaping the experience and atmosphere of the gallery. We qualify for the mutual obligation volunteer program with Centrelink and welcome volunteers. For any further information please do not hesitate to contact:

Secretary  
Marnie Ford  
P 0487 124 800  
E [pogallerylochsport@gmail.com](mailto:pogallerylochsport@gmail.com)



Loch Sport Post Office Gallery



We had a very successful Market Day over the the Melbourne Cup weekend and thank you for supporting us. Following this, for the first ime in many years the Loch Sport Men's Shed will be holding a stall at the Loch Sport Lions Club Market on Saturday January 3. We will have a new range of artisan products for the

home and garden as well as some of our outdoor furniture. We look forward to seeing you there. As always we welcome new members. Visit us on Wednesday morning between 9:00 and 12:00 for a cup

of coffee and a sausage.

President Loch Sport Men's Shed  
P 0418 364 498  
A 11 Charles St Loch Sport,

The SES unit is getting ready for Christmas. We will be attending the upcoming markets and will be at the fire works so we hope to see you all there. Dont forget we are always looking for new members so drop in on a Wednesday at 5 pm even if is only to see what we do. Looking forward to having a cuppa and meeting you.

Regards Chris Wood  
Loch Sport SES Controller.  
F Loch Sport SES  
A 105 National Park Rd Loch Sport  
P 13 25 00



The Loch sport RSL has been doing a lot of fund raising to help put us back in the black. We would like to thank everyone who has been involved in the fund raising and hope we have some more members and non members come and enjoy our club facilities over the Christmas and New Year with our new chef Sahara McLean.

The club is in need of more members to join our committee to help us out. It is a joint effort on everyone's part to make our club a thriving fun place to come and enjoy your time.

We will advertise our opening hours for Xmas and New Year on our Facebook page and Loch Sport notice board page.



From the Loch Sport RSL Committee  
14 Charles Street,  
P 5146 0841



13





Novus Glass Loch Sport Annual Golf Tournament One of the most anticipated events on our calendar — the Loch Sport Annual Golf Tournament — was held over the weekend of Saturday 4th and Sunday 5th October 2025.

Once again, Novus Glass of Sale came on board as our major sponsor and supporter. We extend our sincere thanks to the Novus team for their continued generosity, as well as to Drummond Golf Traralgon and Sale Greyhounds for their ongoing support of this event.



Visitors from across East Gippsland joined us for a wonderful weekend of golf, camaraderie, and friendly competition on our beautiful 18-hole sand green course overlooking the shores of Lake Victoria.

#### Results

##### Men's

A Grade Winner: Chris Bailey – Net 70

Runner-up: Robert Fernance – Net 72

B Grade Winner: Bill Gross – Net 69

Runner-up: Robert Biggs – Net 73

##### Women's

A Grade Winner: Maria Brand – 35 points

Runner-up: Madison Kelly – 31 points

B Grade Winner: Carolyn Reed – 41 points

Runner-up: Meredith Stewart – 40 points

Congratulations to all participants for making the tournament such an enjoyable and successful event. We look forward to seeing everyone again next year!

Thank you to our Volunteers

Maintaining and developing our golf course is a major undertaking — one that simply wouldn't be possible without

the generous support of volunteers from among our members and the wider Loch Sport community. We're fortunate to have an outstanding grounds crew who come in on Tuesdays and Thursdays under the leadership of Grounds Manager Gary Paull. A big thank you to Richard, Jeff, Ole, Mina, John, Mark, Steve, Michael, Barry, Big Dave, and Adrian for their ongoing work and commitment.

We also appreciate those who contribute their time and skills to special projects. A special shout-out to Dave Larkin and his right-hand man Graham Hillis for their efforts on the cart shed. Our gratitude also goes to long-time Loch Sport holiday homeowners Graeme and Aileen Watts for generously donating the materials for that project.

Finally, a heartfelt thank you to Marg Harvey and her team of ladies, who always step up to provide delicious catering during our major golf events. Your support and community spirit make all the difference!



#### Coming Events

Annual General Meeting Dec 13 9am

Annual Awards Night & Dinner Monday Dec 15

Summer Fun Competition Mondays tee off between 4-5pm 9 hole no handicap required, 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

P: 0400 074 342

E: lsgcinc@gmail.com

F: Loch Sport Golf Club



Fireworks has been approved, although only \$5000 this year. Once again we will be requesting donations from our local businesses who support this event every year and we trust the locals support them. As with most things these days the cost of the fireworks has increased so on the night members of the LSBTA will be roaming among the crowd with containers looking for donations, gold coins or notes will all be gratefully accepted. A special thank you to the Loch Sport Lions Club who are donating the profits of their Saturday meat raffle to the event. We will have confirmed food trucks along with a DJ and childrens entertainment from 6pm.

The LSBTA has gained a grant to continue our annual town christmas decorations again. Many thanks to the Wellington Shire Council. We look forward to further enhancing the town with the spirit of Christmas. For further details of the activities of the Loch Sport Business & Tourism Association, please contact:

Tony Patchell

E: secretary@visitlochsport.com.au

#### LOCH SPORT FLOOD OVERLAY UPDATE

The 4355 signature petition has been presented to the Minister for Water, Gayle Tierney by our local State Member, Danny O'Brien (Leader of the Nationals in Victoria).

Danny has also presented our "Position Statement" to the Minister for Water, Gayle Tierney (and thus the West Gippsland Catchment Management Authority), the Minister for Planning, Sonya Kilkenny and based on their initial responses, it has been presented to the Minister for the Environment, Steve Dimopoulos. These Ministers are compelled to provide their responses within 8 weeks.

We have received confirmation that the grant from Wellington Shire for the Loch Sport

New Years Eve

Fireworks has been approved, although only \$5000 this year. Once again we will be requesting donations from our local businesses who support this event every year and we trust the locals support them. As with most things these days the cost of the fireworks has increased so on the night members of the LSBTA will be roaming among the crowd with containers looking for donations, gold coins or notes will all be gratefully accepted. A special thank you to the Loch Sport Lions Club who are donating the profits of their Saturday meat raffle to the event. We will have confirmed food trucks along with a DJ and childrens entertainment from 6pm.



In March, we did a detailed 20 minute presentation to the Wellington Shire Council. At that meeting, WSC voted unanimously to support Loch Sport in their campaign for more sensible planning and building regulations than those being proposed and driven by the State Government's "Climate Action" bureaucracy. We have since presented our "Position Statement" to the Wellington Shire Council CEO, David Morcom, senior officers and the Coastal Ward Councillors. We have had further meetings with David and his team in which they committed that:

- They would write to the Valuer General about the anomalies in the recently issued property valuation notices. They have done this and are now encouraging any disaffected property owners to raise their individual concern with the Valuer General's office. This can be done online.
- They would retain the services of a hydrologist to report on the Lake Reeves / Track 10 situation. This work has been completed and we have met with WSC to understand the findings and recommendations. We will be able to share the outcomes with the community shortly.
- They would write to all Loch Sport property owners with a clear statement about the letters already issued and their current view of the "on the ground" planning and building implications of the State Government policy. They have been providing the work group with regular updates and have foreshadowed the implementation of a dynamic, online reporting tool that can be used by all property owners (current and future) to understand the "rules & regulations" at any point in time as they may affect Loch Sport in particular.

In essence, we say that there should be no flood overlay applied in Loch Sport. There should be an inundation overlay along the Lake Reeve side of town (notwithstanding the corrective works that should be undertaken at the Track 10 causeway) and if a mean sea level rise does ever actually occur in the years ahead, then at that time a sea level rise overlay should be introduced and applied at potentially affected ocean facing locations (such as Inverloch) — not lake facing towns like Loch Sport.

*A Loch Sport Business & Tourism Association initiative.*





Loch Sport Lions Club are very proud to be sending our primary school students to Gumbuya Park for their end of year excursion. We hope you all have a fantastic time.

Towards the end of term, one grade six student will be awarded a \$500 scholarship from Loch Sport Lions to start off year 7. The recipient is chosen by the school staff and presented at the graduation day.

The Children's Christmas Party will be held on Sunday 14th December at 11am, at the Lions BBQ shelter. There will be games, goody bags and pinata. Santa will arrive at 11.45am.

Our annual Bush Market will be held on Saturday 3rd January. There will be various stalls, food vans and Lions will be doing their usual BBQ. The market is held along the Lake Street foreshore, 8am – 1pm. New stallholders are welcome, email lochsportlions@gmail.com for more information. The Loch Sport Citizen of the Year award will be presented on Australia Day 26th January 2026. The celebrations start at 10.30am and will finish with a free sausage sizzle and lamingtons. If you would like to nominate someone for this award, please email lochsportlions@gmail.com for paperwork.

Noeleen continues to sell raffle tickets at the Marina Hotel on Saturdays. You will get to meet more of our members each week whilst we keep her company. We would like to thank everyone who supports the raffle. All monies raised go towards local and international activities, medical research and disaster relief.

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 2nd Tuesday of the month. 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 enquir-

ies, email lochsportlions@gmail.com

#### Up-Coming events:

December 14th - Children's Christmas Party

January 3rd – Bush Market

January 26th – Loch Sport Citizen of the Year, Australia Day

Secretary Wendy Dodd

0402 503 190

lochsportlions@gmail.com

lochsportlions@gmail.com.



The community notice-board for Loch Sport CRG is finally back in action!

This means the community can advertise on the Lake Victoria side, while CRG will take care of ad-

vertising on the Shop side.

We encourage local clubs to reach out to CRG to arrange access and approval for advertising.

We wish everyone a joyous holiday period and a safe, prosperous New Year. Here is to making 2026 a great year for the Loch Sport Community.

The CRG would like to remind the Loch Sport community to be vigilant and respectful of the natural environment, as we share our waterways and parks with mother nature.

Statement of purposes to provide a forum for discussion and dispersal of information regarding matters that concern the Loch Sport Community to discuss, plan, and fundraise for projects that benefit the Loch Sport Community Rules of Inc.

The Secretary

Tony Maio

Loch Sport CRG

PO Box 129

LOCH SPORT VIC 3851

Email- crglochsport@gmail.com

## Loch Sport BOAT CLUB



As the seasons shift and the warmer days return, many of us are dusting off our boats and looking forward to getting back out on the water. It's the perfect time to take advantage of the longer evenings and enjoy all that Loch Sport has to offer — whether it's sailing across Lake Victoria or simply soaking in the serenity of our beautiful waterways.

Peli's continues to grow as a true focal point for locals — a welcoming place where the community comes together to share good company, stories, and a passion for boating and fishing. The collaboration between the Boat Club and the Fishing Association is proving to be a real success, with new faces joining in each week and the atmosphere buzzing with activity. Our Footy Finals celebrations were a great hit, with plenty of food, fun, and entertainment for everyone. It was fantastic to see so many locals come together to cheer, laugh, and enjoy the day — a reminder of how vibrant and connected our community can be when we gather.

We are also pleased to announce that Peli's will re-



main open throughout the Christmas period, offering a friendly space for both locals and visitors to relax, connect, and enjoy the hospitality that makes Loch Sport so special.

We look forward to seeing you at the club, on the water, or around the bar at Peli's as we make the most of the season ahead.

Warm regards,

Des Crossley

Loch Sport Boat Club

W loch-sport.net

F Loch Sport Boat Club



Vale Trish Black

We are all very saddened with the news of Trish's passing. Trish has been a great driving force in the garden for many years. She will be greatly missed not only in the garden

but all around our town as she was very involved in many groups within the community. Condolences to Doug and her family and friends.

The garden beds are really starting to produce some excellent produce for us. This is very much thanks to the wonderful volunteers who spend time planting, weeding, feeding, watering, and producing top notch compost.

We are all looking forward to eating some garden-fresh salads

over the

summer

months.

We now

have our fo-

cus on par-

ticipating at

the Lions

Market in

early January. Looking forward to seeing everyone there on the day. We will be selling our ever-popular jams and preserves. Many thanks to the Lions for organizing such a wonderful market for Loch Sports residents and visitors.

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 Centre Link 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.

Ph Mary 0412 555 794







## Loch Sport Bowls Club



With summer almost upon us the Loch Sport Bowls Club is open every Wednesday and Sunday for social bowls from 12.30pm. Everyone is welcome to come down and try their hand at Lawn Bowls. Club bowls are available to use. Pennant Season

Our Pennant season kicked off October 18 with an away game at Sale.

### Our Sponsors

Each Month we would like to give thanks to our sponsors. Without them we would find it so much harder to keep the club running. Thank you to Pace Maintenance & Construction who have come on board as a new sponsor. We are grateful for their support.

### Function Venue

Make the Loch Sport Bowls Club the venue for your next function. We have a fully functional commercial kitchen, excellent indoor and covered outdoor dining areas and a fully licensed bar. We can cater for both small and large functions. Enquire through our Facebook page. Chef Guy Bondoux recently hosted a Surf & Turf Gala Dinner at the club. The night was well attended and thoroughly enjoyed by all. Chef Guy is planning a Christmas dinner on Saturday December 13.

### Social Bowls

Social Bowls are held every Wednesday & Sunday afternoons from 12.30pm. Green fees are only \$10 or come down and have a drink and catchup with friends.

### DARTS

Social Darts are held every Monday night from 7pm. Everyone is welcome and its only \$5 to play. A light supper, tea and coffee is available, and the bar is open.



Blocks of chocolate to 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.

### Triva

Our last Triva day was Nov 23, it has been a fabulous year of fun and laughs. Big thank you to Bec for organising and running these trivia days.

### 2026 Trivia dates

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



### Upcoming events

- Christmas dinner Dec 13
- The club is looking to be open every day from the December 27 till early January subject to weather and availability of members.
- We are having a car boot sale on the 9th January commencing at 3pm.

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.



As our beautiful town fills with visitors, residents, families and friends we would like to wish you a very Merry Christmas, a joyous start to the New Year and a happy, safe time. Hope-

fully the weather will play 'it's part to ensure everyone is able to enjoy the amenities we have to offer. If you are new to the town, we hope you enjoy your time on the foreshore – swimming, boating, kayaking, paddle boarding, relaxing and/or walking. There are about 5 kilometres of tracks along Lake Victoria of varying degrees of challenge which should now be sign posted with distances following our November community event. There are sealed paths from the main jetty to the Marina hotel past the exercise stations, art trail, main shops, playground and skateboard ramp, while allowing access to the Lake and beaches. These paths are suitable for most people, prams and wheel chairs, there are public toilets with disabled access near the jetty and along the way.



Walking further east, there is a short hill then a flat gravel track towards Bream Road. Steps lead down to Seagull Drive and another foreshore walk to the Seagull Boat ramp, also with a public toilet. From there a short walk leads to a more challenging section with steps up over the Bluff to enjoy the view over the town from the high points. You can walk down the track levels, passing The Boulevard boat ramp, with a public toilet until it reaches the National Park - again along the lake edge. It is possible to do parts of the track or for the more adventurous, the whole track

one way or return. Added to this are walks along Lake Reeves, through the National Park and along the 90 Mile Beach. We are spoilt for choice in Loch Sport.

Please note many are shared pathway so walkers and riders need to be respectful of each other so that everyone has a safe enjoyable time. Be on the look out for the variety of fauna and flora along the way, including the possibility of snakes. We would like to thank everyone who participated in our planned community event which was moved from Saturday November 15th to November 27th due to a holdup with the sign manufacturing. We would also like to thank the Lion's club for catering for lunch, Wellington Shire Council for the grant and Lucas for organising.

It has been a busy time for our committee this year. We project managed The Bluff track realignment for DEECA, removed a fallen down sleeper wall, resurfaced several kilometres of track, removed fallen trees and branches and held two community events. We were successful in obtaining two grants for approximately \$70,000 and actioning the aims of them, replaced (if all went well) access steps down to the beach and ensured that our tracks were in excellent order to welcome people onto the foreshore reserve.

We have been pleased to receive suggestions and notification from the community in a positive manner and have tried to address these concerns where possible. Some, such as the unsafe timber groynes along Lake Street, have been referred on and we will let you know the results.

A new committee should have been appointed by now for another 3 year term. We hope they will continue the work, complete the projects, apply for more grants and further improve the foreshore reserves.

sec.lsforeshore@gmail.com

PO Box 126 Loch Sport 3851  
FaceBook: Loch Sport Committee of Management  
lochsportforeshorecommitteeofmanagement.com.au





Summer is coming and all things boating and fishing are hotting up. The "Learn to fish with lures" day held on 4th October was a great success. Over 60 people came along and thoroughly enjoyed the three streams of lure fishing education – black bream (Nikki Bryant from Purple Patch Fishing), dusky flathead (Steve Bartlett) and surf fishing (Steve Hompot from "Steve Outside"). The tutorial and practical sessions were fantastic, and we are grateful to the expert presenters for sharing their knowledge with us and for the generous sponsorship support received from Victorian Fisheries Authority, Hurricane Lures, The Jigman and BCF Sale. All participants went home with some hard body lures and soft plastics recommended by the presenters. The BBQ at Peli's with prize presentations and refreshments was a great way to finish a very educational event. Our thanks go to Judy Harly and Nikki Bryant for making this day possible.



A wonderful crowd came along for Melbourne Cup Day at Peli's – there were sweeps on the big race and "Fashions on the Field" with Jill Kimpton taking home the lady's prize and Hack the men's. A fabulous Penn surf fishing combo was raffled and won by Suzie Allen, who was clearly delighted. Judy and Terry Harley provided some locally caught and home smoked salmon ("delicious" was the unanimous comment) and the roast chicken "build your own" rolls went down rather well. A fun afternoon was had by a fun group of members and friends.

The Annual General Meeting will be held at Peli's this Saturday (6th December) starting at 11am. The main business of the meeting will be to receive the President's Report covering the activities of the club for the prior 12 months, the Treasurer's

report for the Financial Year ending 30th June 2025, to elect the statutory office holders and committee for the following year and any General Business for which the required notice has been given. All members, sponsors and their guests will be most welcome.

The Annual "LSFA Club championship Dinner" will also be held Saturday Dec 6 at Peli's. Pre-dinner drinks from 5pm followed by a fully catered Christmas dinner commencing at 6.30pm. This should be a wonderful night with fine food and wine, friends and fishermen, fun and folly and live entertainment and where we can acknowledge and reward the winners of the five individual rounds of the club championship—the CShell Real Estate "Loch Sport Surf Fishing Classic", the "KG Challenge", the Foodworks "Flathead Frenzy", the Brennan Contracting "Black Bream Bash" and the Priority Printing Solutions "President's Cup". The climax of the evening will be the awarding of the LSFA Club Championship Shield. Others to be recognised on the night will include the person who has excelled in their passion for promoting recreational fishing in the Gippsland Lakes, the Rising Star, the most dedicated fisher person and the outstanding Family Effort. The inaugural "Peter McMahon Memorial Trophy" will also be awarded to the "Club Person of the year".

Peli's first New Years Eve will kick off with a BBQ at noon. The bar will be open and we will have kids entertainment. A great way to start your New Years fun.

The CShell Real Estate "Surf Fishing Classic" will be on Saturday 27th December at Stockyard Hill on the 90 Mile Beach. This is presented as a day out for the whole family so the competition guidelines are pretty relaxed. The intention is for all to have a fun day on the beach. There will be six major prize categories. (1) Largest fish (any species) (2) Largest flathead (3) Largest salmon (4) Largest Gummy (5) "Best effort" and (6) "Most memorable fish", the last two being decided by the LSFA President on the day. Largest is defined as longest. Surf cast fishing only (no drones, etc). There is a great array of prizes on offer. Registrations are on the day at Stockyard Hill car park across the causeway. \$20 per entry (single / family) - fishing from 6.00am until 3.00pm. There will be



lots of giveaways, with hot food and cold drinks available all day. The prize presentations will be made in the Stockyard Hill carpark at 3.30pm and then a social gathering back at Peli's. Recently some excellent catches of snapper, salmon, flathead and gummy shark have been made along the beach so with the high tide due at 2.02pm on the 27th, expectations are high for some great fishing on the rising tide.

Further details of all events will be posted on the LSFA Facebook page closer to the individual event dates.

The LSFA "Wall of Fame" at Peli's is filling up fast with photos of some wonderful fishing experiences. So let's have a photo of your favourite catch or fishing experience to add to the wall. The Committee will be choosing the "Fish of the Year" with the winner receiving two tickets to the Annual LSFA Championship Dinner. We would like to especially thank those who are volunteering a lot of



time and effort to help grow our club and to support the Peli's venue. Lindsay Goold, Terry Harley and Greg Bottcher for manning the bar, Terry for re-surfacing the old tables, Peter Wickens for finding and expertly renovating a commercial quality Bain Marie for the kitchen, Jimmy Mullan for doing much needed maintenance on the rescue boats and for keeping the lawns mown, Alan Murrells for looking after the club trailer and equipment and for stepping up to run the BBQs. And not to forget the ladies who get in and run the kitchen as we look to increase our food offer. Thank you one and all—your efforts are making a huge difference.

Gippsland Ports update - with funding to the tune of \$350,000 from DEECA, Gippsland Ports recently completed the rebuilding of the Loch Sport Marina public jetty and associated dredging works, bringing all of the mooring pens back into play and enabling deep water access to the jetty. Very disappointingly, a period of strong west/south westerly winds have since caused major damage to the new jetty, which will now require a significant rebuild. Ports have had a crew and barge on site doing the necessary salvage / containment work and Ports

management have advised that this process will take several months to complete. In respect to the Seagull Drive boat ramp situation, DEECA have confirmed that they have funding allocated and engineering plans completed to install 3 new large groynes to the west of the Seagull boat ramp—this will be an important piece of work to protect the ramp from further erosion and in the New Year, the ramp itself will be reconstructed to provide a permanent solution for smaller vessels. In the meantime, the Charlie Street main ramp is recommended for launching and retrieving larger vessels.

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, including your Membership card that entitles you to the following discounts:

Loch Sport Foodworks – 12.5% off all tackle, bait and ice purchases.

Stratford Marine – 10% off the labour component of all servicing charges.

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

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

Craig Holland President

F Loch Sport Fishing Association

W lochsportfishingassociation.com

E info@lochsportfishingassociation.com

Club 90 Mile Beach weather cam and current weather information:

lochsportfishingassociation.com/live-webcam



The Loch Sport Neighbourhood Watch would like to wish everyone a very Merry Christmas and safe New Year.

Please think about joining us in 2026. We are only a small group of friendly elderly residents, trying our best to keep the group going. But we need your help. We meet bi-monthly, at the Health Centre, on the 2nd Tuesday of the month, commencing at 1.30pm.





Social Butterflies of Loch Sport (aka Loch Sport Seniors Club) completed some wonderful trips and activities over the past couple of months.

In September, we travelled to the Dandenong Ranges to experience a little bit of

Europe during the Tulip Festival at the Tesslaars Tulip Farm in Silvan. Our members and their guests were excited to sample the variety of authentic Dutch food; photo opportunities with staff in Dutch National costumes; cultural entertainment, and, of course, the amazing variety of stunning blooms. Even though it was a long trip, starting in Loch Sport at 7.30 am, everyone (members and guests) agreed it was a great day.

A big thank you goes to Wellington Shire Council for their assistance with this trip by providing us with a small grant, which went a long way towards the cost of the coach and driver for the day out.

October saw us "on the road again". In collaboration with GB/PB seniors, we took off early again to experience the wonders of Gumbuya Park/World in Tynong North.

After quite a long trip, the hot "cuppas" on arrival were much appreciated, which was followed by an up-close and personal interaction with some of the unique residents, available at the park and their handlers.

After a generous smorgasbord lunch, it was off to explore the wildlife trails and the many attractions the park has on offer, finishing the day with the "Free Flight Bird Show which was very entertaining.

A big thank you to our amazing driver, Porky from Sale Bus Lines,

for not only getting us all home safely after these big days, but also for his in-



formative commentary on these long trips (and great choice of music.)

In November, staying closer to home, we enjoyed an amazing day at Peli's at the Loch Sport Boat Club. Starting with a BBQ lunch, and finger food, singing and dancing to great music as well as being entertained by local professional entertainers with a little music trivia. A big thank you to PB/GB Seniors Club for their generous donation of the sausages and onions for our BBQ, as well as "lending" us their President as MC.

In December, we'll finish off what's been a busy year with an amazing Christmas lunch, created by Chef Jon at the Marina Hotel, Loch Sport.

The Loch Sport Seniors Club meets monthly on the 3rd Monday, except December and January of each year. The 2026 meeting schedule kicks off on Monday, 16th February, commencing at 10.30 am in the meeting room at the Community Hall.



Follow us on the Loch Sport Seniors Club Facebook page for information about previously planned events, trips and activities. Whether you're new to the area or not, you are most welcome to come and join us for a fun time. We always encourage more members to join our LSSC. If you're not a member but would like to still come on some of our trips, we encourage you to contact us and attend one of our outings to join in the fun.

For further information, contact our secretary

Denise  
Secretary  
P 5146 0090  
M 0421 834 850  
secretary.lochsportseniors@gmail.com  
PO Box 454, Loch Sport Vic 3851

# DO YOU KNOW THE DIFFERENCE?

## HEAT EXHAUSTION

- Headaches
- Nausea and vomiting
- Fatigue, weakness and restlessness
- Thirsty
- Anxiety
- Poor coordination
- Weak, rapid pulse
- Sweating heavily
- Raised body temperature



## WHAT TO DO

- Rest in cool place
- Drink water
- Use a cool compress
- Take a cool shower or bath

## HEAT STROKE

- Headaches
- Nausea and vomiting
- Rapid pulse
- Extremely thirsty
- Dry, swollen tongue
- Disoriented, dizzy or delirious, slurred speech
- Body temperature more than 40°C
- Convulsion, seizures or coma
- May be sweating, skin may be deceptively cool

## WHAT TO DO

- Call 000 immediately
- Cool them down until help arrives

[sahealth.sa.gov.au/healthyintheheat](http://sahealth.sa.gov.au/healthyintheheat)



## Remember to



SLIP



SLOP



SLAP



SEEK



SLIDE







The following information is from Australian Snake Identification, Education & Advocacy Facebook page.

Living in Australia,

snakes are an inevitable part of our day to day life. Without you realizing, there is a very high chance that you have a snake on your property right now - In your roof, garden, or under your house.

You may not be aware, as, for the most part, we co-exist quite peacefully with snakes (especially as humans, they want absolutely nothing to do with us). One sad reality of co-existing with snakes, is the interaction with snakes and our domestic pets.

We'd like to be able to speak a bit further about snakes and pets, and provide some clear guidance to limit snake and domestic pet interactions, and ensuring that all animals on your property are safe. Before we begin..three very important points that it is imperative we make clear, not just in this guide, but overall in snake education are these:

- 1.If you suspect that a domestic pet has had an interaction with a snake, do not delay treatment. Contact your local veterinarian immediately. Bites and envenomation from even mildly venomous species can be painful, or cause death, in domestic pets.
- 2.If a domestic pet and snake have had an interaction, and the snake is still on your property, please contact your local snake catcher, WIRES or RSPCA Animal Ambulance. Even if the snake is not deceased, injuries caused by interactions by domestic pets can be agonizing for snakes, and can result in them dying a slow and painful death.
- 3.And lastly..even everyday things we do for our pets attract snakes / animals that are great food sources for snakes. A good example of this, is leaving kibble outside for a dog or cat. This attracts vermin, like rats and mice, which are primary food sources for a number of Australian snakes.

#### Dogs:

- Snake and dog interactions are quite possibly the most common out of any other snake / domestic pet interaction.
- This is due to a broad range of factors, of which we cannot completely cover here, but include prey drive, guarding instinct, or confusion.
- Sadly, more often than not, snake / dog interactions do result in the dog being injured, envenomated, or

passing away, with the snake often succumbing to mortal injuries.

- Canine Snake Avoidance Training is very, very highly recommended. Particularly if you have a dog that has historically had interactions with snakes or other reptiles.

- It is also important to consider how we can make our yards less attractive to snakes. Ensure you keep your grass short, and your yard free of loose, man-made materials such as tin, etc.

#### Cats:

- Wellington Shire has a 24-hour cat curfew requiring all cats to be confined to their owner's property at all times. This can be achieved by keeping them inside or in a secure outdoor enclosure (encased in wire that is small enough to limit the ability of snakes to get inside (6.5mm x 6.5mm will usually do the trick).

with fines of \$192 for the first offence and \$577 for subsequent offences.

- Unfortunately, cats that are allowed outdoors have also been known to frequently bring snakes back inside. This results in risk to humans and other animals, within the house.

- Harnesses for cats are also a great investment, particularly with a long leash - You can enjoy time with your cat safely.

#### Pocket Pets (Guinea pigs, rabbits, rats or mice), Birds & Poultry etc

- Not only does bird food attract vermin, but pocket pets, birds and poultry are a food source for snakes.
- It is relatively easy to limit the ability of snakes to get inside of runs, hutches, cages / aviaries, by installing them with mesh small enough to limit snakes accessibility to these areas (again, 6.5mm x 6.5mm should do the trick).

- Where possible, bring bird cages or pocket pet hutches and runs inside of a night-time, or, lock your pocket pet, poultry / birds into a hatch at night.

- Keep runs, hutches, cages and aviaries clean and limit food on the ground on these enclosures.

We hope that this has given you some helpful pointers in keeping both our domestic pets and native snakes safe!

Thank you.

Theresa and Tony (Scruff) Matthews

Shelter Registration No. 14334592

Registered with ACNC & Consumer Affairs

ABN 70692483806

Telephone: 0400 079 337

Email: t.1962@hotmail.com

Facebook: Our Haven Wildlife Shelter Inc non profit

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-facilities-tips	
MensLine Australia	1300 78 99 78	mensline.org.au	online chat available
National Relay Serv. (for hearing impaired)	1800 555 727		
NBN Co (internet)	1800 687 626	nbnc.com.au/support/networkstatus	
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	0418 364 498		
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		



# 2026 LOCHS SPORT COMMUNITY HOUSE ANNUAL PLANNER

		JANUARY		FEBRUARY		MARCH		APRIL		MAY		JUNE		JULY		AUGUST		SEPTEMBER		OCTOBER		NOVEMBER		DECEMBER
Su			1		1			31						30						1				
Mo			2		2					1				31						2				
Tu			3		3					2							1			3	MELBOURNE CUP	1		
We			4		4		1			3		1					2			4		2		
Th	1	New Years Day	5		5		2	END TERM 1		4		2					3		1	5		3		
Fr	2		6		6		3	GOOD FRIDAY	1	5		3					4		2	6		4		
Sa	3		7		7		4		2	6		4		1			5		3	7		5		
Su	4		8		8		5	EASTER SUNDAY	3	7		5		2			6		4	8		6		
Mo	5		9		9	LABOUR DAY	6	EASTER MONDAY	4	8	KINGS BIRTHDAY	6		3			7		5	9		7		
Tu	6		10		10		7		5	9		7		4			8		6	START TERM 4	10		8	
We	7		11		11		8		6	10		8		5			9		7	11		9		
Th	8		12		12		9		7	11		9		6			10		8	12		10		
Fr	9		13		13		10		8	12		10		7			11		9	13		11		
Sa	10		14		14		11		9	13		11		8			12		10	14		12		
Su	11		15		15		12		10	14		12		9			13		11	15		13		
Mo	12		16		16		13		11	15		13	START TERM 3	10			14		12	16		14		
Tu	13		17		17		14		12	16		14		11			15		13	17		15		
We	14		18		18		15		13	17		15		12			16		14	18		16		
Th	15		19		19		16		14	18		16		13			17		15	19		17		
Fr	16		20		20		17		15	19		17		14			18	END TERM 3	16	20		18		
Sa	17		21		21		18		16	20		18		15			19		17	21		19	END TERM 4	
Su	18		22		22		19		17	21		19		16			20		18	22		20		
Mo	19		23		23		20	START TERM 2	18	22		20		17			21		19	23		21		
Tu	20		24		24		21		19	23		21		18			22		20	24		22		
We	21		25		25		22		20	24		22		19			23		21	25		23		
Th	22		26		26		23		21	25		23		20			24		22	26		24		
Fr	23		27		27		24		22	26	END TERM 2	24		21			25		23	27		25	CHRISTMAS DAY	
Sa	24		28		28		25	ANZAC DAY	23	27		25		22			26		24	28		26		
Su	25			29		26		24		28		26		23			27		25	29		27		
Mo	26	AUSTRALIA DAY		30		27		25		29		27		24			28		26	30		28	BOXING DAY PH	
Tu	27			31		28		26		30		28		25			29		27			29		
We	28					29		27				29		26			30		28			30		
Th	29					30		28				30		27					29			31		
Fr	30							29				31		28					30					
Sa	31							30						29					31					
Su								31						30										
Mo														31										



# COMMUNITY DIRECTORY

Organisation	Phone	Web	App
Ambulance, Fire, Police	000	<a href="http://triplezero.gov.au">triplezero.gov.au</a>	Emergencyplus
SES	132 500	<a href="http://cfa.vic.gov.au">cfa.vic.gov.au</a>	VicEmergency app
		<a href="http://police.vic.gov.au">police.vic.gov.au</a>	
		<a href="http://ambulance.vic.gov.au">ambulance.vic.gov.au</a>	GoodSAM Responder
VicEmergency	1800 226 226		
Wellington Shire	1300 366 244		
13YARN Aboriginal & Torres Strait Islander crisis support	139 276	<a href="http://13yarn.org.au">13yarn.org.au</a>	
1800RESPECT domestic, family and sexual violence supp	1800 737 732	<a href="http://1800respect.org.au">1800respect.org.au</a>	online chat available
AusNet Services (power/outages)	131 799	<a href="http://outagetracker.com.au">outagetracker.com.au</a>	
Beyond Blue	1300 22 4636	<a href="http://beyondblue.org.au">beyondblue.org.au</a>	online chat available
Bureau of Meteorology (BOM)	1300 754 389	<a href="http://bom.gov.au">bom.gov.au</a>	The Check-in App BOM Weather App
Crime Stoppers	1800 333 000		
Dept Energy, Env & Climate Action	136 186	<a href="http://deeca.vic.gov.au">deeca.vic.gov.au</a>	
Emergency Vic	1800 226 226	<a href="http://emv.vic.gov.au">emv.vic.gov.au</a>	VicEmergency app
Family Support (Orange Door)	1800 319 354	<a href="http://orangedoor.vic.gov.a">orangedoor.vic.gov.a</a>	
Family Violence (Safe Steps)	1800 015 188	<a href="http://safesteps.org.au">safesteps.org.au</a>	online chat available
Fisheries Victoria	133 475	<a href="http://vfa.vic.gov.au">vfa.vic.gov.au</a>	Vic Fishing
Gambling Help Online	1800 858 858	<a href="http://gamblinghelponline.org.au">gamblinghelponline.org.au</a>	
Gippsland Water	1800 057 057	<a href="http://gippswater.com.au">gippswater.com.au</a>	
Head to Health Counselling & Support	5143 7984		
Justice of the Peace	0423 304 603		
Kids Helpline	1800 55 1800	<a href="http://kidshelpline.com.au">kidshelpline.com.au</a>	online chat available
Lifeline	131 114	<a href="http://lifeline.org.au">lifeline.org.au</a>	online chat available
Loch Sport Boat Club	5146 0004	<a href="http://loch-sport.net">loch-sport.net</a>	
Loch Sport Bowls Club	5146 0688	<a href="http://facebook.com/LochSportBowlsClub">facebook.com/LochSportBowlsClub</a>	
Loch Sport Business & Tourism Association	0414 635 587	<a href="http://discoverlochsport.com.au">discoverlochsport.com.au</a>	
Loch Sport CFA	5146 0997	<a href="http://Facebook.com/CfaLochSport">Facebook.com/CfaLochSport</a>	
Loch Sport Community Care	0437 529 411	<a href="http://facebook.com/groups/656252641392802">facebook.com/groups/656252641392802</a>	
Loch Sport Community Garden	0456 123 005	<a href="http://facebook.com/gardensls">facebook.com/gardensls</a>	

### SNAKE TIPSSS

Always give snakes a wide berth and allow them the opportunity to flee

Do not attempt to catch or kill a snake

Bite marks may not be obvious - seek help immediately if you suspect you've been bitten

All snake bites should be considered a medical emergency

Most (but not all) Victorian snakes are venomous

### SNAKE BITESSS

#### DO's

DRABCD See page 33

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

### 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](http://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







EMERGENCY PREPAREDNESS

Preparing your emergency plan and kit should be a family activity ensuring everyone understand what your plan is, their role and responsibilities.

We live in an area that is prone to severe weather, flood, bushfire and power outages so we all need to have our emergency plan and support our friends and neighbours where possible.

For further information on planning, apps, kits preparedness and checklists visit the below pages or download these apps.

Websites

- \* [redcross.org.au/prepare/](http://redcross.org.au/prepare/)
- \* [wellington.vic.gov.au/community/emergencies](http://wellington.vic.gov.au/community/emergencies)
- \* [esv.vic.gov.au/safety-education/emergencies/power-outage/](http://esv.vic.gov.au/safety-education/emergencies/power-outage/)
- \* [cfa.vic.gov.au/plan-prepare/before-and-during-a-fire/your-bushfire-plan](http://cfa.vic.gov.au/plan-prepare/before-and-during-a-fire/your-bushfire-plan)
- \* [ses.vic.gov.au/plan-and-stay-safe/at-home](http://ses.vic.gov.au/plan-and-stay-safe/at-home)

Know your fire danger ratings and where to find this information.

<https://www.cfa.vic.gov.au/warnings-restrictions>



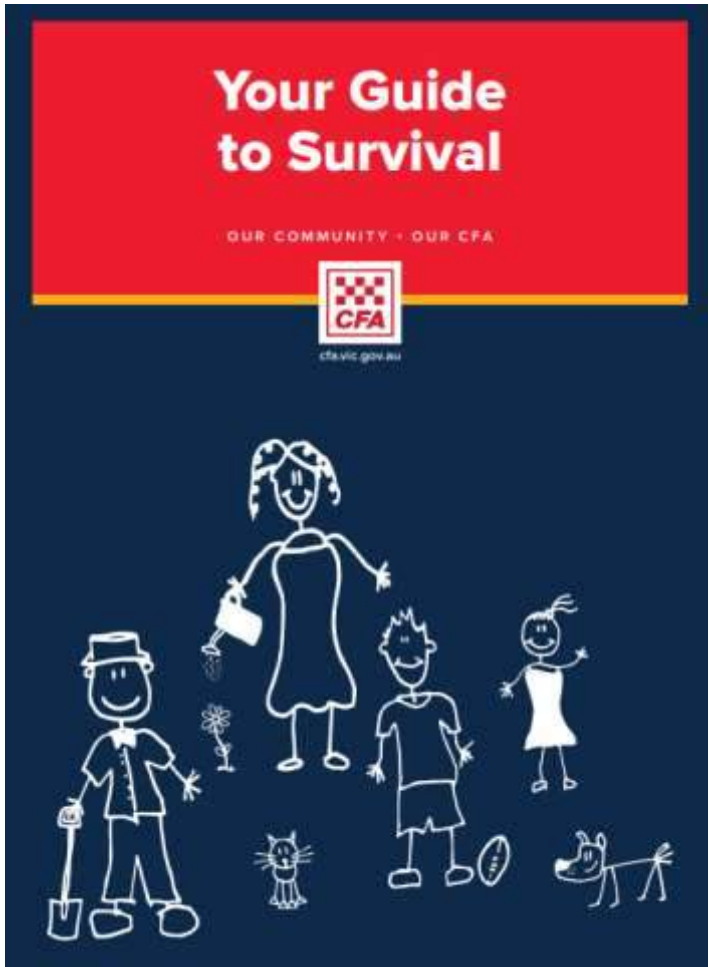
Stay prepared

Check daily Fire Danger Ratings on the VicEmergency [emergency.vic.gov.au/respond/](http://emergency.vic.gov.au/respond/) app or website.

Understand the 3 levels of warnings and what they mean.

Review or complete your fire plan [fireplanner.vic.gov.au/](http://fireplanner.vic.gov.au/) using Country Fire Authority (CFA) [cfa.vic.gov.au/plan-prepare/before-and-during-a-fire/your-bushfire-plan](http://cfa.vic.gov.au/plan-prepare/before-and-during-a-fire/your-bushfire-plan) resources.

Stay alert and informed about changing conditions.



Emergency Contacts-always dial 000

Emergency radio

Listen to your local emergency broadcaster. When you hear the emergency signal, pay special attention to the emergency messages. Always try to use more than one source for warnings and updates.

OTHER IMPORTANT INFORMATION -INSERT
Coast Guard Paynesville 5156 0106
27mhz: 88, VHF: 16, 67, 73, 80 HF: 2524
Emergency radio
Listen to your local emergency broadcaster. When you hear the emergency signal pay special attention to the emergency messages. Always try to use more than one source of warnings and updates
ABC AM - 828AM
ABC Gippsland - 100.7M
TRFM - 99.5FM
GOLD - 1242AM
531 3GG - 531AM
Gippsland Community Radio -104.7FM



It is important to have a battery operated radio in your emergency kit.

**VicEmergency App**

The VicEmergency app aligns with the VicEmergency website to provide a centralised location for Victorians to access timely emergency information and warnings.

The app includes warnings and incident notifications for fire, flood, storm, earthquake, tsunami, weather warnings, shark sightings, beach closures and more.



In order to receive location specific app alerts when warnings are issued or incidents occur, you need to set up your watch zones.

You can download VicEmergency from the App Store or Google Play.

Don't forget to drop by the Community House to pick up your Loch Sport Safety Map

Australian Red Cross Get Prepared App

When emergencies happen there are lots of decisions to make and a lot to do. With the Get Prepared app you can prepare for the unexpected by completing your RediPlan and being better prepared for emergencies.



Get Prepared is an easy-to-use app that empowers you to make important decisions ahead of time by completing your RediPlan. Co-created by Australian Red Cross and NRMA Insurance, it helps you create a personal emergency plan, so you can take care of yourself, your loved ones, and what's important to you.

For more resources including a RediPlan template visit [www.redcross.org.au/prepare/](http://www.redcross.org.au/prepare/)

Do you have an emergency plan?

The Emergency Planning Advice Service (EPAS) is designed to support people who have a disability, are older, have a chronic acute medical condition.





# Emergency Planning Checklist

An All Hazards Preparedness Planning Checklist for those requiring assistance in an emergency.

Issue	Yes	No
Have you identified hazards/emergencies which could impact on you?		
Do you have a support team (Family/Neighbours/Friends) to assist you in an emergency?		
Do you have a written Emergency/Evacuation Plan?		
Does your support team know what your plan is?		
Have you practised your plan?		
<b>If your plan is to evacuate, does your plan include:</b> <ul style="list-style-type: none"> <li>Contact numbers for your support team?</li> <li>Where you will go if you evacuate (Your Safer Place)?</li> <li>How you will get there? Eg. Who will transport you?</li> <li>What you need to take with you?</li> <li>Notifying neighbour/friends that you have left your home?</li> </ul>		
Do you have an Emergency Bag packed and ready? (See reverse of this sheet)		
<b>Do you need to take equipment/resources if you evacuate?</b> (Wheelchair - manual or electric, Wheelie Walker, Oxygen, Dosette, etc.)		
<b>Do you have a copy of your health information in your bag?</b> <ul style="list-style-type: none"> <li>Health summary, including current medications/allergies? (Can be obtained from your Doctor)</li> <li>Prescriptions? (These can also be held at your chemist)</li> <li>Medicare card/Private Health Care information?</li> </ul>		
<b>Additional equipment you may need?</b> <ul style="list-style-type: none"> <li>Medications/dressings?</li> <li>Clothing for 3 days, including toiletries</li> <li>Battery charger for your mobile phone, electric wheelchair etc.</li> <li>Additional equipment (Batteries for hearing aids, spare glasses, spare house keys)</li> <li>Important documents (Insurance papers, passport, birth certificate etc.)</li> <li>Personal items (Family photos, items that cannot be replaced)</li> </ul>		
<b>If your plan is to remain at home during an emergency (Shelter in Place) do you have:</b> <ul style="list-style-type: none"> <li>Enough food and water stored for 7 days?</li> <li>A radio with spare batteries?</li> <li>Torches with spare batteries?</li> <li>Medications/dressings (First Aid Kit) etc. for 7 days?</li> </ul>		
<b>Should a prolonged power outage occur would you have:</b> <ul style="list-style-type: none"> <li>The ability to contact your support team or call for emergency assistance (Retain a plug in phone/have a fully charged mobile or portable phone)?</li> <li>The ability to access your water supply and cooking facilities?</li> <li>The ability to heat or cool your house?</li> <li>Alternative lighting devices (Torches/solar lights)?</li> </ul>		
<b>If you have a pet, do you have a plan for them in an emergency?</b> <b>If you plan to stay:</b> <ul style="list-style-type: none"> <li>Do you have supplies of dog food for 7 days?</li> <li>Do you have a cage and/or an area inside where they can be kept if needed?</li> </ul> <b>If you plan to leave:</b> <ul style="list-style-type: none"> <li>Do you have an emergency kit for your pet (With pet food, water, bowls, lead (muzzle if needed), vaccination documents etc.)?</li> <li>Is your Safer Place able to cater for your pets?</li> </ul>		



## HOME EMERGENCY KIT

Your household should have an emergency kit prepared to help yourself and your family in an emergency.

## Basic Emergency Kit

A basic emergency kit may include:

- Battery operated radio and torch (with spare batteries), candles and matches
- First aid kit
- Protective clothing such as sturdy gloves, face and dust masks
- Copy of home emergency plan
- Copies of important documents, or ensure copies are on a portable hard drive or web-based cloud drive
- Non-perishable food, eating utensils and drinking water for up to three days

- Camping stove or gas burner
- Whistle to signal for help
- Utility knife, duct tape, scissors, plastic sheeting
- Toilet paper, moist towelettes and rubbish bags
- List of contact numbers for your doctor, dentist, local hospital, chemist, insurance company, vet, Council and utility providers

## Additional Items

If you are leaving early, evacuate or if a warning is issued, you may want to place the following additional items in your kit and have it ready to take with you:

- Mobile phone, power bank and charger
- Prescriptions, medications, sunscreen and toiletries
- Important documents such as passports, birth certificates and insurance papers



## How to prepare for thunderstorm asthma season

As we enter Victoria's grass pollen season, which runs until 31 December, it's important to prepare for high-risk thunderstorm asthma days.

Thunderstorm asthma is thought to be triggered by a unique combination of high grass pollen levels in the air and a certain type of thunderstorm.

For people with asthma or hay fever this can trigger severe asthma symptoms.

### How to monitor for high-risk days

You can stay informed about high-risk thunderstorm asthma days using either the:

- VicEmergency website or the VicEmergency app  
[emergency.vic.gov.au](http://emergency.vic.gov.au)
- Department of Health website  
[health.vic.gov.au/environmental-health/epidemic-thunderstorm-asthma-risk-forecast](http://health.vic.gov.au/environmental-health/epidemic-thunderstorm-asthma-risk-forecast)
- Melbourne Pollen website or the Melbourne Pollen app  
[melbournepollen.com.au/](http://melbournepollen.com.au/)

### How to manage high-risk days

If you suffer from hay fever or asthma, you should:

- take prescribed medication and develop an asthma action plan, following advice from a doctor
- follow the asthma action plan and use asthma first aid if you experience symptoms (including wheezing, shortness of breath, chest tightness and coughing)
- avoid being outdoors, particularly during the wind gusts that can start before storms
- when indoors, close windows and doors and switch off air conditioners that bring air in from outside.

### About epidemic thunderstorm asthma

Epidemic thunderstorm asthma occurs when many people develop asthma symptoms over a brief time, caused by large amounts of grass pollen and a certain type of thunderstorm.

Visit:  
[asthma.org.au/manage-asthma/asthma-action-plan/](http://asthma.org.au/manage-asthma/asthma-action-plan/) To download your asthma action plan



### Keeping your house cool by

- Shutting curtains and blinds during the day and closing the doors of unused rooms
- Use the exhaust fan in your

kitchen and/or bathroom

- Install energy-efficient light bulbs
- Stay in the coolest room in the house and use the stove and oven as little as possible. Cook outdoors or in the morning when it is cooler
- Install reflective window film or outdoor blinds
- Open your house up when cool changes arrive-use fans to push cool air into a room
- Hang a damp sheet over a window to cool the air as it comes in or
- Place a damp sheet on you with a fan directed at you to create a cooling affect
- Set your ceiling fan on summer mode
- To really cool down a room with a fan, place a deep dish of ice in the front of it to whip up the water mist and chill the breeze
- You can also point a box fan out of an open window in the evenings – this pushes the hot air out instead of just blowing it around the room
- Cool down your leather/vinyl chair with a cotton sheet or natural fibre throw rug
- Stay in the shade between 11am-3pm

### Take care of others

- Visit or phone elderly friends, neighbours or relatives at least once a day. Check they have water in the fridge and encourage them to drink it.
- Children also need to be reminded to drink water, and babies, children or animals should never be left alone in a car, even if the air-conditioner is on. Ensure animals have water and plenty of shade if they are outside.

Visit: [healthdirect.gov.au/hot-weather-risks-and-staying-cool](http://healthdirect.gov.au/hot-weather-risks-and-staying-cool)  
[service.vic.gov.au/services/heating-upgrades/home](http://service.vic.gov.au/services/heating-upgrades/home)

# ASTHMA FIRST AID

## Blue/Grey Reliever

Airomir, Asmol, Ventolin or Zempreon and Bricanyl

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma



**DIAL TRIPLE ZERO (000) FOR AN AMBULANCE IMMEDIATELY IF THE PERSON:**

- is not breathing
- suddenly becomes worse or is not improving
- is having an asthma attack and a reliever is not available
- is unsure if it is asthma
- has a known allergy to food, insects or medication and has **SUDDEN BREATHING DIFFICULTY**, GIVE ADRENALINE AUTOINJECTOR FIRST (if available)

1



**SIT THE PERSON UPRIGHT**

- Be calm and reassuring
- Do not leave them alone

2



**GIVE 4 SEPARATE PUFFS OF RELIEVER PUFFER**

- Shake puffer
- Put 1 puff into spacer
- Take 4 breaths from spacer
  - Repeat until 4 separate puffs have been taken



If using **Bricanyl** (5 years or older)

- Do not shake. Open, twist around and back, and take a deep breath in
- Repeat until 2 separate inhalations have been taken

If you don't have a spacer handy in an emergency, take 1 puff as you take 1 slow, deep breath and hold breath for as long as comfortable. Repeat until all puffs are given

3



**WAIT 4 MINUTES**

- If breathing does not return to normal, give 4 more separate puffs of reliever as above



**Bricanyl:** Give 1 more inhalation

## IF BREATHING DOES NOT RETURN TO NORMAL

4



**DIAL TRIPLE ZERO (000)**

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives



**Bricanyl:** Give 1 more inhalation every 4 minutes until emergency assistance arrives



**ASTHMA AUSTRALIA**

1800 ASTHMA  
(1800 278 462)  
[asthma.org.au](http://asthma.org.au)

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**Red Cross Patient Transport**  
[redcrossportal.tripssoftware.com.au/](http://redcrossportal.tripssoftware.com.au/)  
 Provides transport with volunteer drivers for eligible people to access essential medical services within Victoria, for up to six weeks. The service operates Monday to Friday in regional Victoria, appointments must be between 10am to 2pm– subject to location coverage

### 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

[flyingdoctor.org.au](http://flyingdoctor.org.au)

RFDS Victoria provides non-emergency patient transport from 21 bases located throughout Victoria such as admission, discharge, medical appointments and inter-facility transfers across hospitals, rehabilitation facilities, specialist medical services, nursing and retirement homes.

#### Ambulance Victoria

[ambulance.vic.gov.au/about-us/our-services/patient-transport/](http://ambulance.vic.gov.au/about-us/our-services/patient-transport/)

1300 366 313

Bookings submitted by medical professionals for patient transport then AmbVic dispatch available resources based on the patient's acuity and clinical requirements. Ambulance Vic determine the most appropriate service for the patient on a case-by-case basis.

#### Vic Patient Transport Assistance Scheme (VPTAS)

VPTAS office on 1300 737 073 or

[vptas@health.vic.gov.au](mailto:vptas@health.vic.gov.au)

[health.vic.gov.au/rural-health/victorian-patient-transport-assistance-scheme-vptas](http://health.vic.gov.au/rural-health/victorian-patient-transport-assistance-scheme-vptas)  
 VPTAS provides financial assistance to eligible Victorians who must travel a long way for specialist medical treatment. VPTAS is a subsidy scheme and not intended to reimburse all costs associated with accessing specialist treatment.

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54A Lake St Loch Sport

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**Loch Sport Community Health Centre**  
 200 National Park Rd  
 Mon-Thurs 9am-1pm  
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[lochsport@cghs.com.au](mailto:lochsport@cghs.com.au)

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Nurse Practitioner  
Rachel Hawkes-Bennett

General Practitioner  
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General Practitioner  
Chloe Kummer

Podiatrist  
Jaime Lamont

General Practitioner  
Andrew Siegmund

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 56 Lake St Loch Sport  
[info@lochsportmedical.com.au](mailto:info@lochsportmedical.com.au)

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 Vaccinations, immunisations & injections

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 explain?  
Is their **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

strokefoundation Victoria The Heart Foundation

000

EMERGENCY

Basic Life Support

D	Dangers?
R	Responsive?
S	Send for help
A	Open Airway
B	Normal Breathing?
C	Start CPR <small>30 compressions : 2 breaths</small>
D	Attach Defibrillator (AED) <small>as soon as available, follow prompts</small>
Continue CPR until responsiveness or normal breathing return	



# CHRISTMAS FUN

**Directions:** Find the words that are in the wordsearch below, then circle the fourteen remaining letters and complete the message on the tag.

**COLOR CODE**

- 1 - red
- 2 - yellow
- 3 - yellow green
- 4 - green
- 5 - skyblue

**WORD LIST**

Angel  
Snow  
Tree  
Star  
Santa Claus  
Sleigh

**Christmas QUIZ**  
(shade the correct answer)

- Christmas carols are: ☐ songs ☐ vegetables
- Santa's sleigh is pulled by: ☐ bears ☐ reindeer
- Helps Santa to make toys: ☐ elves ☐ squirrels
- Santa gives to children: ☐ apples ☐ presents

## 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	abseptic@andbron.com.au
Albert Ford Pest Control	0433 966 095	
Barry & Annette Lett Funeral Directors	5143 1232	bja-lett@nex.net.au
BLA Fabrications Pty Ltd	0418 360 540	sheds@blafab.com.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
Mick Luke Electrical	0438 460 641	mick.luke@live.com.au
Mittens Real Estate	0408 403 800	mittensrealestate.com.au
Murray Black Roof Plumber	0406 612 230	murrayblack02@gmail.com
Paul Kenna Law	0413 825 479	office@kennalaw.com.au
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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 W: [loch-sport-general-store.business.site](http://loch-sport-general-store.business.site)  
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<b>13 YARN (24/7)</b> 13 92 76 13yarn.org.au	<b>Mensline</b> 1300 78 99 78 mensline.org.au	<b>Head to Health</b> 1800 595 212 headtohealth.gov.au	<b>Open Arms (24/7)</b> 1800 011 046 openarms.gov.au
<b>Suicide Call Back Service (24/7)</b> 1300 659 467 suicidecallbackservice.org.au	<b>Qlife</b> 1800 184 527 qlife.org.au	<b>National Debt Helpline</b> 1800 007 007 ndh.org.au	

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101 National Park Rd Loch Sport  
E: [lochalivechristiancen-  
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# LAKES ENTRANCE – VICTORIA

LAT 37° 53' S LONG 147° 58' E  
Times and Heights of High and Low Waters

DECEMBER				JANUARY				FEBRUARY			
Time	m	Time	m	Time	m	Time	m	Time	m	Time	m
<b>1</b> 0544 1.08		<b>16</b> 0702 1.07		<b>1</b> 0015 0.50		<b>16</b> 0041 0.62		<b>1</b> 0156 0.49		<b>16</b> 0151 0.53	
1206 0.52		1355 0.50		0726 1.24		0803 1.14		0904 1.31		0852 1.19	
MO 1752 0.97		TU 1931 0.84		TH 1418 0.23		FR 1459 0.36		SU 1545 0.09		MO 1524 0.24	
				2009 0.89		2029 0.84		2136 0.92		2117 0.91	
<b>2</b> 0000 0.40		<b>17</b> 0030 0.59		<b>2</b> 0106 0.51		<b>17</b> 0122 0.60		<b>2</b> 0249 0.46		<b>17</b> 0232 0.49	
0635 1.14		0742 1.11		0823 1.29		0842 1.18		0951 1.30		0924 1.19	
TU 1314 0.40		WE 1436 0.44		FR 1512 0.14		SA 1526 0.31		MO 1623 0.10		TU 1556 0.22	
1908 0.96		2012 0.84		2101 0.90		2103 0.86		2224 0.93		2154 0.94	
<b>3</b> 0042 0.43		<b>18</b> 0100 0.60		<b>3</b> 0200 0.52		<b>18</b> 0201 0.58		<b>3</b> 0344 0.46		<b>18</b> 0314 0.47	
0731 1.21		0819 1.14		0915 1.33		0920 1.20		1036 1.26		0951 1.18	
WE 1414 0.29		TH 1512 0.39		SA 1600 0.08		SU 1555 0.27		TU 1700 0.15		WE 1630 0.23	
2011 0.95		2048 0.85		2152 0.90		2140 0.87		2312 0.93		2233 0.97	
<b>4</b> 0126 0.47		<b>19</b> 0131 0.62		<b>4</b> 0255 0.53		<b>19</b> 0241 0.56		<b>4</b> 0438 0.47		<b>19</b> 0400 0.47	
0829 1.27		0858 1.16		1007 1.34		0956 1.21		1117 1.19		1016 1.16	
TH 1510 0.19		FR 1545 0.36		SU 1645 0.07		MO 1628 0.25		WE 1737 0.23		TH 1703 0.26	
2109 0.94		2125 0.86		2245 0.90		2218 0.88		2359 0.94		2314 1.01	
<b>5</b> 0213 0.52		<b>20</b> 0204 0.63		<b>5</b> 0353 0.54		<b>20</b> 0320 0.56		<b>5</b> 0534 0.51		<b>20</b> 0453 0.47	
0924 1.31		0936 1.18		1056 1.32		1028 1.20		1153 1.10		1049 1.12	
FR 1604 0.13		SA 1618 0.33		MO 1730 0.11		TU 1702 0.24		TH 1815 0.32		FR 1739 0.31	
2204 0.92		2202 0.86		2339 0.89		2300 0.89				2356 1.04	
<b>6</b> 0304 0.58		<b>21</b> 0240 0.64		<b>6</b> 0454 0.56		<b>21</b> 0402 0.56		<b>6</b> 0041 0.95		<b>21</b> 0554 0.48	
1017 1.33		1015 1.19		1142 1.27		1052 1.19		0630 0.56		1132 1.05	
SA 1658 0.11		SU 1654 0.32		TU 1813 0.18		WE 1739 0.26		FR 1220 1.01		SA 1816 0.39	
2302 0.90		2243 0.86				2345 0.91		1850 0.42			
<b>7</b> 0404 0.62		<b>22</b> 0318 0.65		<b>7</b> 0034 0.89		<b>22</b> 0452 0.58		<b>7</b> 0117 0.96		<b>22</b> 0038 1.06	
1110 1.33		1050 1.19		0554 0.59		1113 1.16		0728 0.61		0658 0.49	
SU 1750 0.13		MO 1730 0.32		WE 1224 1.19		TH 1816 0.29		SA 1246 0.92		SU 1225 0.97	
		2328 0.86		1855 0.26				1926 0.52		1859 0.48	
<b>8</b> 0004 0.89		<b>23</b> 0401 0.66		<b>8</b> 0127 0.90		<b>23</b> 0030 0.93		<b>8</b> 0149 0.97		<b>23</b> 0124 1.08	
0511 0.66		1121 1.18		0652 0.62		0553 0.60		0827 0.64		0801 0.49	
MO 1201 1.29		TU 1810 0.32		TH 1301 1.09		FR 1141 1.12		SU 1330 0.83		MO 1335 0.87	
1843 0.19				1936 0.36		1856 0.33		2001 0.59		1947 0.56	
<b>9</b> 0108 0.88		<b>24</b> 0016 0.86		<b>9</b> 0217 0.92		<b>24</b> 0117 0.96		<b>9</b> 0225 0.98		<b>24</b> 0219 1.08	
0615 0.68		0453 0.68		0751 0.66		0700 0.61		0936 0.65		0909 0.47	
TU 1252 1.23		WE 1146 1.15		FR 1333 0.99		SA 1219 1.05		MO 1453 0.76		TU 1519 0.79	
1933 0.26		1851 0.34		2017 0.45		1937 0.39		2043 0.65		2044 0.63	
<b>10</b> 0211 0.89		<b>25</b> 0108 0.87		<b>10</b> 0305 0.94		<b>25</b> 0203 1.00		<b>10</b> 0320 0.99		<b>25</b> 0340 1.08	
0716 0.69		0600 0.70		0855 0.68		0807 0.60		1125 0.63		1040 0.44	
WE 1343 1.15		TH 1211 1.13		SA 1412 0.90		SU 1310 0.96		TU 1649 0.74		WE 1702 0.78	
2023 0.34		1933 0.35		2059 0.52		2021 0.45		2136 0.69		2145 0.65	
<b>11</b> 0309 0.91		<b>26</b> 0159 0.90		<b>11</b> 0353 0.97		<b>26</b> 0253 1.03		<b>11</b> 0449 1.00		<b>26</b> 0508 1.12	
0816 0.70		0712 0.71		1014 0.69		0914 0.58		1259 0.56		1224 0.35	
TH 1431 1.06		FR 1244 1.09		SU 1528 0.82		MO 1430 0.86		WE 1812 0.76		TH 1815 0.82	
2111 0.41		2017 0.37		2142 0.57		2111 0.51		2236 0.69		2252 0.64	
<b>12</b> 0401 0.93		<b>27</b> 0246 0.94		<b>12</b> 0447 1.00		<b>27</b> 0355 1.06		<b>12</b> 0605 1.04		<b>27</b> 0615 1.17	
0921 0.70		0818 0.69		1151 0.64		1030 0.52		1340 0.48		1323 0.26	
FR 1525 0.97		SA 1330 1.03		MO 1715 0.78		TU 1642 0.80		TH 1900 0.79		FR 1906 0.87	
2158 0.47		2101 0.40		2227 0.61		2204 0.55		2333 0.67		2359 0.59	
<b>13</b> 0449 0.97		<b>28</b> 0333 0.99		<b>13</b> 0546 1.03		<b>28</b> 0512 1.11		<b>13</b> 0656 1.09		<b>28</b> 0709 1.22	
1044 0.69		0925 0.65		1305 0.57		1212 0.43		1406 0.41		1408 0.19	
SA 1632 0.90		SU 1433 0.96		TU 1826 0.78		WE 1812 0.81		FR 1936 0.83		SA 1951 0.91	
2242 0.51		2147 0.42		2314 0.63		2302 0.57					
<b>14</b> 0535 1.00		<b>29</b> 0424 1.04		<b>14</b> 0638 1.07		<b>29</b> 0622 1.17		<b>14</b> 0024 0.62			
1206 0.63		1037 0.59		1354 0.49		1328 0.30		0738 1.13			
SU 1745 0.86		MO 1613 0.89		WE 1915 0.80		TH 1912 0.84		SA 1429 0.34			
2322 0.54		2235 0.45		2359 0.63				2008 0.86			
<b>15</b> 0620 1.04		<b>30</b> 0521 1.11		<b>15</b> 0722 1.11		<b>30</b> 0001 0.55		<b>15</b> 0109 0.58			
1306 0.57		1200 0.49		1430 0.42		0721 1.24		0817 1.17			
MO 1844 0.84		TU 1800 0.87		TH 1954 0.82		FR 1421 0.19		SU 1455 0.28			
2359 0.57		2324 0.47				2002 0.88		2042 0.88			
<b>31</b> 0626 1.17				<b>31</b> 0100 0.52							
1316 0.36				0815 1.29							
WE 1912 0.88				SA 1506 0.12							
				2049 0.90							



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