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LINK

February March 2025 Volume 28 Issue 1



Price-Gold coin donation

The second annual Loch Sport Community Care Stamps, Coins and Collectables Fair

was in January. Thank you to all who attended. Attendees came from as far afield as Lakes Entrance, Bairnsdale, Heyfield, Maffra, Rosedale, Longford, Yarram, Golden Beach and of course our local residents.

A huge thank you to Tony and Christine Shields from Shields Stamps and Coins for attending and

for your support of this event.

Many thanks go to the following:

JK Bakery Foodworks Loch Sport

Volunteers - Michael, Ted, Jeff A date will be set for next year's fair and we will keep you informed.

New to the Community House!

Gentle Zumba with
Leanne commencing Saturday Feb 1
in the Public Hall.
10am to 11am
\$10 per person.
We are taking expression of interest for Fridays as well please call the Community House to register your interest or to book





Book your spot by calling on (03) 5146 0145

Call the Community House to book for our free online safety workshop 5146 0145.

Yoga and seated yoga with
Bianka starts in
March
Wednesday
11.45am to
12.45pm.
\$10 per person,
all levels, all
welcome.
Loch Sport
Community
House & Public
Hall



The Loch Sport Community House acknowledges the local Tatungalung people of the Gunaikurnai and all Australian Aboriginal and Torres Strait Islander peoples as the first inhabitants of the nation and the traditional owners of the lands where we live, learn, work and play.

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

P 5146 0145

E manager@lochsportcommunityhouse.com W 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 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 March 3 2025. All articles and new advertisements should be emailed to lochsportlink@gmail.com . Please find below upcoming Link publication, article and advertising submission dates for 2025.

Edition	Submission Deadline
Apr-May 2025	Mar 3
Jun-Jul 2025	May 5
Aug-Sep 2025	Jul 7
Oct-Nov 2025	Sep 8
Dec-Jan 2026	Nov 3

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 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

For a comprehensive listing please see our Community Directory on the centre page of the Link.

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	DEFIBRILLATOR Locations	CALL 000
١	Ambulance National Park Rd	Outside
۱	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	Portable
	(Cnr Cliff St/National Prk Rd)	
	Loch Sport Mens Shed Charles St	Outside
	Loch Sport Medical Centre Lake st	Inside
	Men's Shed Charlies 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

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- Driving the bus for certain activities
- 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!

grams. All activities are \$5 unless otherwise stated. Some activities may be numbers dependent or on break and therefore may be subject to change. Please contact the community house office to confirm class details and book .

WEEKLY ACTIVITIES 2025

Keep an eye out on our Facebook page or call for one off or short term activities and pro-

Day	Time	Activity
MONDAY	77	n
Office open 9.30am – 3.00pm	11.00am-12.00pm	TAI CHI FOR ARTHRITIS – Hall (excl. 3 rd Monday of the month)
	1.30pm-3.00pm	SINGING GROUP - Hall
THEODAY	3.00pm-5.00pm	BOOK CLUB – Arrawarra (1st Monday each month)
TUESDAY	1	
Office Open	9.30am-12.00pm	CRAFT – Hall Meeting Room
9.30am – 3.00pm	1.00pm-3.00pm	LINE DANCING - Hall
	3.00pm-5.00pm	FAMILY HISTORY – Arrawarra
WEDNESDAY	0.	
Office open	10.00am-3.00pm	LSCH Community Bus into Sale - \$10 bus fee
9.30am - 3.00pm	320	*Bookings essential
DOMESTICAL CONTRACTOR	11.45am-12.45pm	Yoga - Hall \$10 (*Not running through February,
		returning March)
	1.00pm-4.00pm	TABLE TENNIS – Hall
THURSDAY		
Office open	1.00pm-3.00pm	CREATIVE WRITING - Hall Meeting Room
9.30am - 3.00pm	1.00pm-4.00pm	LIBRARY - Hall
TATE (715)	3.00pm-5.00pm	CROCHET - Hall Meeting Room. *Next 6 week
	Sicopiii Sicopiii	course TBA. Bookings essential*
FRIDAY		Course 1571 Deckings cosciliar
Office Open	9.30am	WALKING GROUP - Meet at Lochy Coffee
9.30am - 3.00pm	10.00am-1.00pm	PATCHWORK & QUILTING GROUP - Meeting Room
SATURDAY		
Office closed	9.30am-3pm	FAMILY HISTORY – Hall (3 rd Saturday of month)
SUNDAY		
Office closed		

Community Bus Hire

Did you know that Loch Sport Community House has a 12 seater bus that we hire out? We offer affordable bus hire for social and recreational activities, subject to availability and suitability.

Hire charges and general information.

- \$150 for up to 250kms
- Hire is to be pre-paid
- The bus is required to be returned on time, with a full tank of fuel (and receipt) and cleaned
- Hire agreement subject to further conditions

For further information or bookings

- Contact us on 5146 0145 or
- manager@lochsportcommunityhouse.com



SERVICES AVAILABLE

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

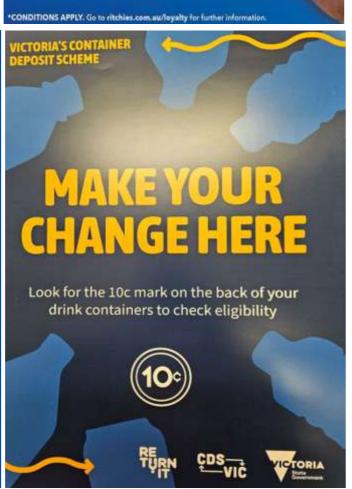
Domestic quantities of:

- Spaces for hire
- Printing
- Scanning
- Laminating
- 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

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







BUS TIMETABLES LOCH SPORT/GOLDEN BEACH/SALE MONDAY WEDNESDAY FRIDAY

Buses on this route are accessible for mobility aids. However, if a bus needs to be be replaced we can't guarantee the replacement will be accessible. Occasionally there may be delays or last minute changes to the timetable. Timetables are correct at time of printing, but do change from time to time. Find up-to-date timetables on the PTV app, ptv.vic.gov.au or by calling the info line on

1800 800 007

- Major stops
- 1. Sale Hospital
- 2. Sale Rail Station
- 3. Gippsland Shopping Centre
- 4. The Lakes National Park

MONDAY WEDNESDAY FRIDAY

Inbound to Sale

The Lakes National Park Entrance	12.00 pm	5.45 pm
National Park Rd to Cliff St, Lake St,		
Warren St, Government Rd.		
Longford-Loch Sport Rd, Longford-		
Golden Beach Rd to Community Hall	12.35 pm	6.20 pm
(Paradise Beach by request)		
Longford/GBeach Rd, LSport/Longford		
Rd to Longford.		
Sth Gippsland Hwy, York St, Foster St		
Reeve St, Macarthur St, Cunninghame St		
Pettit Dr to Sale Rail Station		6.55 pm
Pettit Dr, Macarthur St, Reeve St,		
Cunninghame St to Gippsland Shopping		
Centre.	1.05 pm	7.00 pm
Desailly St, Foster St, Gutheridge Pde		
to Sale Hospital.	1.15 pm	7.10 pm

Outbound to Loch Sport

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Gippsland Hospital/Gutheridge Pde	10.35 am	4.25 pm
Macarthur St, Pettit Dr to Sale Rail Station		4.35 pm
Pettit Dr, Macarthur St, Reeve St and		
Cunninghame St to Gippsland Shopping	10.45 am	4.39 pm
Desailly St, Foster St, Sth Gippsland Hwy		
to Longford.		
Longford-Loch Sport Rd, Longford -Golden		
Beach Rd to Community Hall.	11.15 am	5.09 pm
(Paradise Beach by request)		
Longford/GBeach Rd, Longford/LSport Rd,		
Warren St, Lake St, Cliff St, National Park Rd		
Swan St, Wallaby St, National Park Rd,		
Horder St, Geoffrey Ave, National Park Rd		
to The Lakes National Park Entrance,	11.50 am	5.44 pm

What's on



Join the Loch Sport Marina Hotel crew with their Summer Sessions in February

Sat 8th February - Rachel Jameson from 4pm Sat 22nd February - Rachel Jameson from 8pm **VEGuary - Sustainable Food and Garden Festival** Wed Feb 5 10am-11am, Sat Feb 8 10am-2pm, Thu Feb 13 3pm-6pm, Sun Feb 16 12pm-2pm, Wed Feb 19 11a m-3pm, Fri Feb 21 11am-3pm, Sat Feb 22 9am-3pm and Thu Feb 27 11:30am-2pm Email:enquiries@wellington.vic.gov.au Phone:1300 366 244

Join in VEGuary, a FREE festival celebrating sustainable food and gardening practices. With open gardens, workshops, and activities for all ages across Wellington Shire, it's your chance to connect with local food systems, get inspired, and embrace eco-friendly living.

What to expect:

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Open Gardens: Visit inspiring private homes, community gardens, and schools showcasing veggie patches, orchards, and sustainable setups.

Sustainable Tips: Learn practical gardening advice, from water-wise techniques.

Local Produce: Discover fresh, locally grown food and meet the people behind your favourite seasonal ingredients.

Kids' Activities: Fun and interactive experiences to inspire the next generation of gardeners and ecochampions.

Expert Talks: Gain insights from gardening and sustainability experts.

Workshops: Hands-on sessions to help you start or improve your sustainable gardening journey. Healthy Food Ideas: Explore creative and delicious ways to cook with fresh, locally sourced ingredients.

Latrobe Community Health Service invites you to Loch Sport Carer Group- Carers Only Support Group - Tuesday 18th Feb at Loch Sport Community House, 10am-12pm. This is a free carer only event designed to provide carers a safe space to come together where you can talk about your caring role, or just catch up with like-minded people. New carers are very welcome. email- danielle.marshall@lchs.com.au or mobile: 0428 504 510



Art Gallery

Located at the General Store

Boat Club

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

Bowls Club

Casual bowls, darts night

Caravan Park

<u>CFA</u>

9am weekly Sunday garage sale

CLS Naturals

Unique gifts check Facebook for trading hours

Community Garden

Check out what's in bloom

Community House

Open for group activities, workshops and events

<u>Explore</u>

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

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 either on walks or on the water, including dolphins, kangaroos, koalas, echidnas, wallabies, a

vast range of birdlife and rare orchids, fungi and native plants

Pelican Point

Lake Reeve Nature Trail and Lookout Tower

Sperm Whale Head

Trapper Point

Point Wilson

Dolomite Picnic Area

Trouser Point

Cherry Tree Picnic Area

Emu Bight Campground

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

national-park

Lake Reeve and 90 Mile Beach

Spectacular sunrises 90 Mile Beach

Fishing

Kayaking

Boating

Swimming and beach activities

90 Mile Beach Lookout

Whale Watching (May-October)

Superb sunsets over Lake Victoria

Loch Sport Hire

Kayaks and Paddle Boards

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

Loch Sport Post Office/General Store

24/7 Fuel

Laundromat

Loch Sport BP Service Station and Kebabs

Lochy Coffee Café

Neirbos Eats

Check Facebook for trading hours.

Night Life

Keep a torch handy to spy our local wildlife out and about. Look up and enjoy the Milky Way, constellations, stars and planets with awe inspiring clarity. stargazinggippsland.au/locations/loch-sport/ or check

out the signage and QR code at Stockyard Hill

Rotamah Island and Little Rotamah

Various walking tracks with exceptional views and bird watching opportunities and bridge from

Rotamah island over to Little Rotamah.

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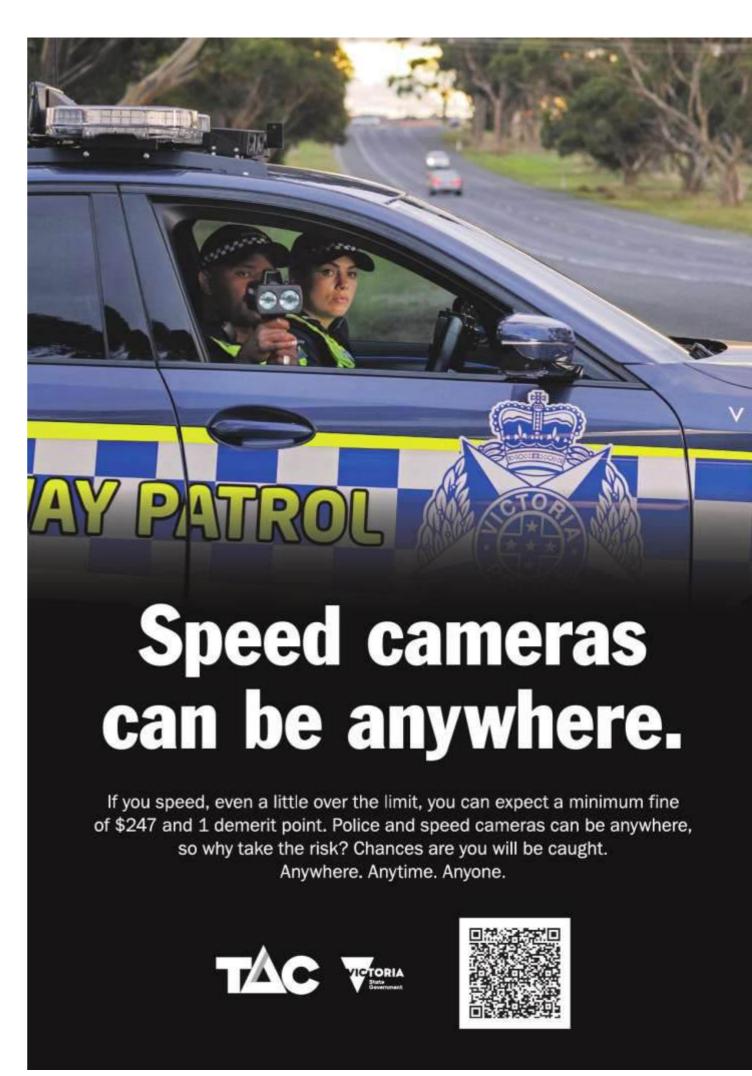
Open for meals and events

The Gourmet Shed

Fresh, homemade, jams, relish, butters and baked goods. Check Facebook for trading hours

Tennis Court Hire

Contact Hardware and Garden Centre





Future Wellington moves into exciting new stage

Wellington Shire Council is ready to WELLINGTON launch into the next phase of the Fu-SHIRE COUNCIL ture Wellington project.

The Heart of Gippsland A diverse Think Tank group has been established, marking an important step in the development of Council's next Community Vision to guide the direction and priorities of Wellington Shire. The Future Wellington Community Check-in Findings Report identified that almost 1,900 residents participated in the community check-in process between July and August 2024, sharing their aspirations and priorities for the future of Wellington. This feedback provided a foundation for shaping the project's next steps and ensuring that the evolving needs of the community are reflected in Council's strategic plans. The Think Tank, made up of 25-30 participants from all walks of life will bring a wealth of perspectives to the table. Their role will be to analyse the feedback collected during the first stage of consultation and make recommendations for the new Community Vision as well as principles to guide the development of the following plans:

- Council Plan 2025-2029: Setting priorities and services to achieve the Community Vision over the next four years
- The Municipal Public Health and Wellbeing Plan: Identifying actions to improve community health and wellbeing in partnership with health services and community groups
- The Asset Plan: Ensuring Council has the facilities and assets to deliver on its priorities
- The Financial Plan: Providing a roadmap for Council's resources to operate sustainably now and in the future

Think Tank workshops, starting February this year, will bring participants together to explore community feedback, learn from experts, and collaborate on recommendations from the findings report.

Wellington Shire Council Mayor, Cr Scott Rossetti expressed excitement about this next step, saying the Future Wellington Think Tank shows how serious we are about genuine community engagement.

"Now is the time to bring together different voices to make sure our plans reflect the needs and aspirations of all residents. This is about shaping a future that works for everyone in Wellington". Cr Rossetti concluded.

For more information about Future Wellington or the council planning process, please contact Wellington Shire Council's Organisational Performance team on 1300 366 2414 or email futurewellington@wellington.vic.gov.au.

Local fauna & flora

The Australian Pelican

Scientific Name: Pelecanus conspicillatus Australian pelicans are large, black and white birds with massive pouched bills. The Australian pelican is medium-sized by pelican standards, with a wingspan of 2.3 to 2.6 m. Weight can range from 4 to 13 kg, although most of these pelicans weigh between 4.54 and 7.7 kg. Pelicans have an extremely light skeleton, weighing less than 10% of their total body

weight. The Australian Pelican's bill is 40 cm - 50 cm long and is larger in males than females. Australian pelicans have the longest bill in



the avian world. The bill and pouch of pelicans play an important role in feeding, mainly as a 'scoop net' for catching small fish and shrimp. It also has a hook at the end of the upper mandible for gripping slippery food items. When fully extended, the bill can hold up to 13 litres. Pelicans plunge their bills into the water, using their pouches as nets. Once something is caught, a pelican draws its pouch to its breast. This empties the water and allows the bird to manoeuvre the prey into a swallowing position -head first, then with a jerk of its head it swallows the prey. Pelicans can also collect rainwater by opening their bill. The Australian Pelican may feed alone, but more often feeds as a cooperative group. A flock of pelicans works together, driving fish into a concentrated mass using their bills and sometimes by beating their wings. The fish are herded into shallow water or sur-

rounded in ever decreasing circles. During periods of starvation, pelicans have been reported capturing and eating seagulls and ducklings. The gulls are held under water and drowned before being eaten headfirst. Pelicans will also rob other birds of their prey.

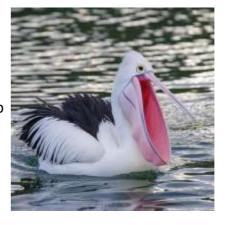
Pelicans are highly mobile, searching out suitable are-



as of water and an adequate supply of food. Pelicans are not capable of sustained flapping flight, but can remain in the air for 24 hours, covering hundreds of kilometres. They are excellent soarers and can use thermals to rise to considerable altitudes. Flight at 1,000m is common, and heights of 3,000 m have been recorded. By moving from one thermal to the next, pelicans can travel long distances with a minimum of effort, reaching air speeds of up to 56 km/

Breeding can occur at anytime of the year though depends on environmental conditions, particularly rainfall. They almost invariably nest on islands. Pelicans are colonial breeders with up to 40,000 individuals grouping on islands or secluded shores. The female leads potential mates (two to eight or more) around the colony. As the males follow her in these walks, they threaten each other and may also pick up small objects, like sticks or dry fish, which they toss in the air and catch again, repeating the sequence several times. Both sexes perform "pouchrippling" in which they clap their bills shut several times a second and the pouch ripples like a flag in a strong breeze. As the courtship parade progresses, the males drop out one by one. Finally, after pursuits

on land, water or in the air, only a single male is left. The female leads him to a potential nest site. During the courtship period, the bill and pouch of the birds change colour dramatically. The forward half of the pouch becomes



bright salmon pink, while the skin of the pouch in the throat region turns chrome yellow. Parts of the top and base of the bill change to cobalt blue, and a black diagonal strip appears from the base to the tip. This colour change is of short duration, the intensity usually subsiding by the time incubation starts. The nest consists of a scrape in the ground prepared by the female. She digs the scrape with her bill and feet, and lines it with any scraps of vegetation or feathers within reach of the nest. Within three days egg-laying begins and eggs are laid two to three days apart, incubation is 35 days, both parents share incubation and the eggs are incubated on their feet. The first-hatched chick is substantially larger than its siblings. It receives most of the food and may even

attack and kill its nest mates. The chicks are naked when they hatch, though quickly grow grey



down feathers and have a large bill and bulging eyes. The skin around the face is mottled with varying degrees of black and the colour of the eyes varies from white to dark brown. This individual variation helps the parents to recognise their chick from hundreds of others. For the first two weeks the chicks will be fed regurgitated liquid, but for the remaining two months they will be fed fish and some invertebrates. The chicks leave their nests to form creches of up to 100 birds. They remain in creches for about two months, by the end of which they have learnt to fly and are fairly independent. Wild birds may live between 10 and possibly 25 years or more. Pelicans are prominent figures in Aboriginal Dreamtime. Like most Australian animals, the pelican is hailed as a sacred creature by Indigenous Australians. Borun, the pelican, and Tuk, the musk duck are the parents of the five Gunaikurnai clans - Brataualung, Tatungalung, Brayakaulung, Brabralung and Krauatungalung.

Every year Birdlife Australia host the Great Borun (Pelican) Count check https://birdlife.org.au/birdcounts-and-surveys/ for more information.



Recipes

Milk chocolate chip **ANZAC** slice

Prep 15m Cook 30m Makes 24 Ingredients

1 cup flour

1 cup rolled oats

1 cup brown sugar

1/2 cup desiccated coconut

125g butter, chopped

1/4 cup golden syrup

1/4 tsp bicarbonate soda

230g milk chocolate baking chips

- 1. Combine the flour, oats, sugar, coconut and chocolate in a bowl.
- 2. Combine the butter and golden syrup in a saucepan and gently heat, stirring occasionally, until melted and smooth. Stir in the bicarbonate soda, add to the flour mixture and stir to combine. Cool for 10 minutes then stir through the chocolate. Press into the base of a greased and paper lined 28cm x 18cm slice pan (ensure paper extends 5cm above the top of the pan).
- 3. Bake in a moderately slow oven 160C for 25-30 minutes or until golden. Cool on a wire rack. Store in an airtight container until required. Cut into pieces then serve.

Barbecued prawns with honey, sesame and lemon-for those of you who are lucky enough to be catching local

Prep 15m Cook 5m

Serves 6 - 8

prawns!

Ingredients

125 ml (½ cup) grapeseed or other neutral-flavoured oil

30 gm (about 6cm) ginger, coarsely chopped

1 long red chilli, coarsely chopped

2 tsp coriander seeds, crushed

18 large wild prawns, peeled and deveined, tails intact Honey for drizzling

Roasted sesame seeds to serve



- 1. Combine oil, ginger, chilli and coriander seeds in a blender and blend until smooth. Transfer to a non-reactive container, add prawns and a few large pinches of salt, and toss to coat. Refrigerate overnight to marinate.
- 2. Preheat a barbecue to medium-high. Thread prawns onto skewers, keeping them straight, then grill, turning occasionally, until charred and just cooked through (4-5 minutes). Drizzle with honey, sprinkle with sesame seeds and salt flakes to taste. Serve with lemon.

Wattleseed Honey Damper

Prep 10 m Cook 30-35 m Serves (1 loaf) Ingredients

2 cups self-raising flour (+ extra to dust)

1 tbsp ground wattleseeds (+ extra to sprinkle) alternatively, use 2 tsp instant coffee powder ¼ tsp salt (or ground saltbush)

30g cold butter, cubed

½ cup + 3 tsp milk

3 tbsp honey

- 1. Preheat oven to 170°C (fan-forced). Line a tray with baking paper.
- 2. In a mixing bowl, combine flour, wattleseeds and salt. Rub cold butter into flour mix until coarse (alternately, pulse in a food processor).
- 3. In a cup, dissolve honey in milk, then pour ¾ of it into flour mixture. Using a butter knife, mix until combined (if the mixture is too dry, add more of the milk – the dough needs to be soft, but not sticky).
- Dust work surface with flour. Turn out dough and gently form a ball about 15cm in diameter. Place dough ball onto lined baking tray and flatten slightly.
- Dust dough with flour and sprinkle over additional wattleseeds.

Using a sharp knife, score a cross into the top.

- Bake for 30 minutes, or until golden and sounding hollow when tapped.
- Serve hot with lashings of butter and honey.

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burn off please note that a permit is REQUIRED by the Wellington Shire Council. The local brigade cannot issue these permit. Remember to register your burn with ESTA on 1800 668 511 or email—

When you are going to

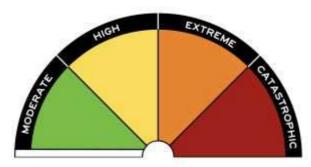
burnoffs@esta.vic.gov.au

IMake 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 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.

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.

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

cfa.vic.gov.au/warnings-restrictions



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

Peter Connell **Brigade Captain** Loch Sport Fire Brigade

5146 0997

CFA Loch Sport

lochsportcfa@gmail.com



The Christmas and New Year period has seen a few call-outs for assistance. We also attended three markets and supported the Loch Sport annual New Years Eve fireworks, with every body having fun with the community and visitors.



We are always looking for members. There are numerous tasks that can be performed by people with different levels of skills so if you are interested please call into the unit on any Tuesday at 5pm. We would like to say good luck and good bye to our valued member Chris Hanson after five years of service, he will be missed. Also please remember if you require assistance please call 132500 and not the Loch Sport unit. Thank you we wish everybody a great New Year.

Thank you

Chris Wood Unit Controller

Loch Sport SES

105 National Park Rd Loch Sport

13 25 00

EAST Victoria Flood Overlays Petition

parliament.vic.gov.au/getinvolved/petitions/floodoverlays/ or scan the QR Code



A decision was made by the

Victorian Government, backed by the West Gippsland Catchment Management Authority (WGCMA), to reject new business and residential development on existing land in the flood overlays on the East Coast Victorian. With the sponsored support from MP Danny O'Brien, a petition has been submitted to the Legislative Assembly. The petition is requesting for further discussions and a review of the Vic Government/ WGCMA Flood decision. Any Victorian resident can sign this petition.



Well hello again from the Loch Sport Ambulance Auxiliary. We have some good news at last on the long awaited Automated External Defibrillator (AED). We have successfully installed these strategically around the

town as per community feedback. After many months of tireless work by some of our committee members we can finally announce that we have three new AEDs and a replacement at Foodworks with one pending approval for Stockyard

Hill at the Ninety Mile Beach. The three new locations are :

- Seagull Drive Boat Ramp toilet block
- Boulevard Boat Ramp toilet block
- Ambulance Station on National Park Rd next to the Fire Station and the SES.

This now distributes access to AEDs throughout the township of Loch Sport.

More recently the Loch Sport Caravan Park have raised funds to install and additional AED on their site.

It truly is wonderful to have such a dedicated Auxiliary who have fundraised over many years. We are also very proud of our community who have assisted us in making these purchases possible via various fundraisers the latest being the Lions Club Market where we held a raffle and sold jewellery donated by one of our members. We made \$600 on the jewellery and the Raffle returned \$436. What a great day-even in the heat! We even had a young boy who bought three tickets with his Christmas money. The winners were:

- 1st Jenny yellow 97
- 2nd Clare green 58
- 3rd Debbie red 34
- 4th Liz yellow 74.

Many thanks to the businesses in town who generously donated prizes towards the raffle.

- Loch Sport Garden Centre
- Foodworks
- Lochy Coffee
- Loch Sport RSL
- Loch Sport Men's Shed

A big thank you also to our small group of members and extended family for their help. We welcome anyone who would like to join us in helping our much needed VOLUNTEER Ambulance crew, we need to keep our Ambulance



in TOWN.

For any further contact please contact Secretary Helen Boon on 0418 57 928 or at \underline{h} elenboon22@outlook.com

For a comprehensive list of all AED locations throughout Loch Sport please refer to the front inside cover of the Link.

Loch Sport Senior Citizens Inc

Welcome Seniors to 2025, I hope you all had a wonderful Christmas and New Year. As we are currently in hiatus there is nothing to report except that our first meeting for 2025 will be the 3rd Monday in February, the 17th, and will be a BBQ at the Lions Park in Lake Street at 11am. Hope to see you all then.

Christine Potter Secretary, M 0413 726 604.

E clpotter6@bigpond.com





The Loch Sport Lions Children's Christmas Party was held on Sunday 8th December. The weather was perfect, the children and adults had lots of fun. Santa arrived on the fire truck with pre-

sents for all the children. A great day was had by all.

Every year the Loch Sport Lions provide a \$500 scholarship to a grade 6 student from Loch Sport Primary School. The recipient is chosen by the school



teachers and Renee Meers was presented with the award. Congratulations Renee. Thank you Loch Sport Primary for a lovely morning and a beautiful morning tea.

Our Bush Market was a great success despite the heat. We had a good number of stalls with a great variety of goods for sale as well as our community groups and the usual BBQ. Thank you to everyone who came along and supported the market. All profits go to very worthy causes such as, bushfire relief, flood relief, cancer research, eye health, community groups, wildlife centres etc.

Australia Day celebrations and Loch Sport Lions Citizen of the Year Award was a great day, with the award going to a very worthy recipient in Craig Holland. Craig is a passionate fisherman and has contributed in



many ways to improve boating and fishing in our Lakes system and has made fishing an all inclusive recreational activity in our community. Congratulations! We thank Wellington Shire for their support of this event and for Deputy Mayor Cindy Madderly for attending and presenting the award. Our next event is the Easter Market on Easter Saturday. Noeleen and Christine continue to run the meat raffle at the Marina Hotel on Saturdays, currently all proceeds are going to Lions Disaster Relief Projects. Thank you everyone for continuing to support our Club.

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

Wendy Dodd Secretary

E: lochsportlions@gmail.com

P: 0402 503 190



The Committee and members wish every one a very Happy New Year.

Passionate about Loch Sport?

Why not join and support your Community Representative Group. A Community Repre-

sentative Group is a group of local people seeking to broadly represent the interests of their community.

Every individual, club or organisation in the community has an opportunity to be involved. The CRG can provide an opportunity for the community to work on matters relating to Loch Sport's future direction. Develop a community plan capturing the vision and hope of the community. The community noticeboard is well underway with the refurbishment.

For all enquiries regarding meetings, please contact the Secretary Helen on 0427649238.



What a great summer so far - wonderful to see so many people and boats out and about enjoying a bumper season out on the lakes and down on the 90 Mile Beach. Surf fishing

has been very productive especially for salmon, gummy shark, snapper, flathead and more. On the lakes, the Dusky Flathead catches have been simply stunning like not seen for many years. Catching a 90cm plus dusky on light gear with10lb line and a small soft plastic lure is an exhilarating experience. Similarly, there are huge Black Bream all around the lake system and up the rivers, the likes of which have not been seen for many years, The only mystery at this stage is "Where are the KG Whiting?" – LSFA members have spent many hours searching for this iconic species without a lot of luck so far, but maybe they are just late in arriving for whatever reason? Stay tuned.

Breaking News: on Dec 27 Loch Sport Boat Club and LSFA entered into an agreement to jointly manage, operate, grow and ultimately re-develop a new hospitality venue based around the existing boat club facility. In a recent note to its members, the Boat Club Committee wrote 'The Loch Sport Boat Club (LSBC) is thrilled to announce our exciting collaboration with the Loch Sport Fishing Association (LSFA). This partnership marks a significant step forward in bringing together two clubs to share and maintain our infrastructure during a two-year trial period. While LSBC and LSFA will continue to operate as individual clubs, this initiative fosters a welcoming and open environment for the entire community to enjoy. To celebrate this joint venture and the years to come, New Year's Eve celebrations were held at the clubrooms by both clubs. This shared resource aims to create a vibrant hub for a larger group of individuals and families who cherish the lake and beach – club members, locals and visitors alike. By pooling our resources, we can reach a membership base that has not been fully accessed before. In these challenging times when many clubs have struggled to recover from the impacts of COVID and current financial pressures, this collaboration ensures the sustainability of our club while making membership more accessible. We commend the

current LSBC committee members for their dedication and foresight in driving this initiative. Their efforts are instrumental in ensuring the long-term viability of the club and creating a brighter future for our community'.

The LSFA crew is very excited about this opportunity to jointly contribute to the creation of a vibrant and successful community-based hospitality venue in Loch Sport. While the main interest will be driven by keen boating and fishing enthusiasts, the strategy is to create a club environment where members, locals and visitors will always be welcomed, and indeed contribute by way of their participation to growth and prosperity of the new venue.

The joint steering Committee will shortly be announcing the details of new regular opening days / hours and a calendar of boating and fishing events for the remainder of 2025 - such as a 'Fish & Sips' day - go out fishing for the day and come back to club rooms mid-afternoon for a beer and a BBQ. Details will be posted on Facebook as they are confirmed.

The 2024 LSFA Annual General Meeting was held at the Loch Sport Boat Club on Saturday 7th December 2024. The main business of the meeting was 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 2024 and to elect the statutory office holders and Committee for the following year. Also after six years, the family membership was increased from \$50 to \$60pa (to help defray increasing insurance costs) but the single membership stayed at \$40. A BBQ lunch and refreshments were enjoyed following the meeting to welcome the newly elected board and the Committee. Those elected were: President: Craig Holland, Vice President: Peter Wickens Secretary: TBA, Treasurer: Jacqui Wilson, Committee: Alan Murrells, Dave

Pope, Steve Price, Neil Walters, Allan (Hack) McIntosh, Lindsay Goold, Peter McMahon & Greg Bottcher.

The Inaugural LSFA
"Club Championship"
Awards Night was held
on Saturday 7th December at the Loch Sport

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Boat Club. Starting with pre-dinner drinks, a fully catered seafood-inspired dinner followed with locally sourced produce and created by Chef Guy Bondoux and Carrie. It was a wonderful night with fine food and wine, friends and fishermen and fun and folly. Before a full house, all the winners of the individual rounds of the club championship were acknowledged and presented with their trophies: the "KG Challenge" – Lee Woods & Adam Gee, the Foodworks "Flathead Frenzy" – Steve Bartlett, the Brennan Contracting "Black Bream Bash" – Jimmy Mullan and the Priority Printing Solutions "President's Cup" - Clint & Judd Styles. Then the climax of the evening—the awarding of the inaugural LSFA Club Championship Shield. Adjudged on the basis of participation in events, quantity of fish caught, quality of fish caught and straight out "having a go", the winner was Lee Woods. Also special recognition awards were made to Steve Barlett for "Excellence in promoting recreational fishing in the Gippsland Lakes", Tom (Flattie) Francis the "2024 LSFA Rising Star" the Moschos family for the "Most outstanding Family Effort" and Judy Harley for her "Outstanding effort in promoting club diversity and inclusiveness". Congratulations to all the winners. Many thanks to Chef Guy & Carrie for a fabulous dinner, the Boat Club for the venue and to everyone who made the night one to remember.

The 2024 CShell Real Estate "Loch Sport Surf Fishing Classic" was held on 28th December at Stockyard Hill on the 90 Mile Beach. This was presented as a day out for the whole family so the competition guidelines were pretty relaxed as the intention was for all to have a fun day on the beach. So thanks to the hundreds of people who came along today and made the day such a success – we hope you all had a fun day. Not a lot of fish caught but there were winners:

Largest fish (any species) - Peter Sammut 115cm gummy shark

Largest gummy shark (other than any species winner) - Ethan Cook 101cm

Largest salmon - Marcus Gee 54.5cm Largest flathead - Wilbert Scholtes 49cm Best family effort - The Moschos family

Meritorious effort - Abigail Brooker - salmon & tai-

lor



Special catch - Angel Simpson 40cm trevally Special draw/raffle winner - King 65litre portable fridge/freezer - Peter Lambe.

Many thanks to CShell Real Estate, BCF Sale and Mad Outdoors Sale for their generous support. And of course, it wouldn't be possible without the LSFA crew. Thank you to all.

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

Craig Holland President

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



2024 Annual General Meeting

Outgoing President Shaun Casley reported on another very successful year for 2024 at the AGM on December 14th, 2024. He thanked all

volunteers, members, and the committee for their hard work over the past year and acknowledged the course has been magnificent and has attracted lots of positive comments from visitors from other clubs, green fee players and from members. Acknowledging the volunteer team who has looked after mowing the fairways, green surrounds and roughs, raking of the greens prior to competition days, and the almost endless cleaning up of tree fall after storms he said this team has made it possible to enjoy our golf. Full memberships have increased to 77 over the past year and there has been a strong growth in sponsorships. Incoming President Dave Garnham thanked Shaun

for his vision and active stewardship of the club throughout his term.

Welcome Back

Members welcomed back Dave Garnham as President for 2024-25. The committee for the coming year includes Gary Paull (VP), Richard Harvey (Captain), Adrian Froggatt (Secretary), Sue Paull (Treasurer), Michelle Robinson and Jeff Young (General Committee members).

2024 Awards Night & Dinner



A massive night of celebration was held on Monday December 16 recognising member achievements during the year. Members, families, friends and sponsors enjoyed a fabulous dinner and night thanks to Marg Harvey and team. With MC's Shaun Casley and Richard Harvey, a great time was had by all. The exciting Bruce Campbell Award (Brownlow type) count was hosted by Adrian Froggatt and Mark Baeffel.



Congratulations newest life member David Garnham.

Major awards and recognitions on the night included David Garnham (Life Membership), Richard Harvey (Bruce Campbell Medal), Rachel Hawkes-Bennett (Captain's Most Improved Player Award), Shaun Casley and team (President v Captain Teams event), Lisa Cassells (Medal of Medallists). Recognitions were also made of sponsors and volunteers plus a host of other annual awards – mostly won by the most consistent player of the year, George Triantifillou.



The 2024 Summer Competition continues to run Monday nights at 4 p.m. through the whole summer daylight-saving period. We play 9 holes each week with a prize for the best score. At the end of the season there is an extra prize for the best overall score. No handicap is required and all players are welcome.

Correction to December-January Link

We reported that Shaun Casley equalled the course record on the first day of the Championships. In fact, Shaun exceeded the former course record by one. Congratulations, and apologies Shaun.

Come and Enjoy our Golf Course

Green fee players are very welcome to our beautiful golf course. At only \$20 per adult, and free for 16 years olds and under for a day's play, we offer a fun day out communing with nature in the lovely

surroundings. Clubs and buggies are available. New members are of course always welcome. To arrange fostering a stronger, more inclusive community clubs or buggies please call Dave at 0419 008 730.

New Members Welcome

We are a progressive club that continues to enjoy a growth in membership. Interested? Come down and see us in our new modern clubhouse from 1:30 on Saturdays and Wednesdays. Completely staffed by volunteers, we are arguably the lowest cost golf club in Victoria offering full Golf Australia membership and handicapping.

We would love to make you welcome. Adrian Froggatt Secretary Loch Sport Golf Club

0400 074 342

lsgcinc@gmail.com.au

Loch Sport Golf Club



Loch Sport BOAT CLUB

Exciting Collaboration Between LSBC and LSFA

We are thrilled to announce the collaboration between the Loch Sport Boat Club (LSBC) and the Loch F Sport Fishing Association (LSFA), as of 1 January 2025, bringing our two clubs together to share and maintain the club's infrastructure during a two-year A trial period. While both clubs will continue to operate independently, this partnership will create a welcoming and open environment for the entire community.

This shared resource aims to bring together a broader group of individuals and families who enjoy the unique offerings of our beautiful lake and beach. By working together, we hope to attract a membership base that the club has not accessed before. The collaboration is a forward-thinking step

toward ensuring the sustainability of the LSBC and

Adapting to Challenging Times

Many clubs, including ours, faced significant challenges recovering from the impacts of COVID-19. With current financial pressures adding to the difficulty for families to participate in sporting clubs and recreational activities, this collaboration represents a vital opportunity. By pooling resources and creating a larger support network, we can ensure that both clubs remain vibrant and accessible to all. The dedication and foresight of the current active LSBC committee members in driving this initiative is truly commendable. Their efforts will allow the club to continue thriving and remain a hub of community activity for years to come.

For more information on upcoming events and how to get involved, visit the Loch Sport Boat Club's website or contact the club directly.

Contact Information: Loch Sport Boat Club Website: www.loch-sport.net Email: lsbc@lochsport.net

Do you own a boat, kayak or just love the water and want to be part of the Loch Sport Boat Club community? New season and social memberships are welcome. Become a member today, whatever floats your boat.

We look forward to seeing you at the club and out on the water soon!

Loch Sport Boat Club Committee

Warm regards, Des Crossley Loch Sport Boat Club

loch-sport.net

Loch Sport Boat Club

instagram.com/lochiethepelican

5146 0004

Charlies St Loch Sport

Club lake weather cam and information: loch-sport.net/weather-cam





What a wonderful summer we are having in Loch Sport! As the town filled with people wanting to celebrate Christmas and the New Year, the weather improved and was, mostly, extremely favourable. At the time of writing, even a day of heavy rain early

January was welcome topping up tanks, watering plants and freshening everything up.

Our foreshore space filled with people enjoying the water of Lake Victoria with boats, jet skis, paddle boards, kayaks and other types of watercraft users adding to the mix. People lined the foreshore to enjoy the fantastic fireworks, fished, walked and rode along the tracks that meander along the lake. Many people came to enjoy the delicious food/drinks at Neirbos Eats at the Seagull boat ramp. The 90 Mile Beach provided another popular spot for beach goers and fisher people. How fortunate are we to be part of this amazing town!



Committee members were proud to walk with others and enjoy the refurbished tracks. It was an invigorating walk from the main ietty to the National Park along a continuous path including the sand renourishment completed by DEECA as protection for the Bluff. The funds for the work completed on Crown Land came from a 'Tiny Towns'

of Jobs, Skills and Regions while the Wellington Council funded their sections - a team effort. There were numerous delays in completing this work as DEECA required a Marine and Coastal Act report and we needed to negotiate with Council when it was discovered that the track goes through both Council and Crown land. We are very grateful to our contractor, Richard from Beenak Earth P/L who stepped in at late notice and did an excellent job when Colin Kent withdrew due to other commitments caused by the delayed start. We are very mindful that there are still parts of the track that have erosion damage. Please be careful in

grant provided by the State Government Department

these areas which are marked by warning signs. We are working on the repair of these parts with DEECA and the Council. This work should be done by mid February. We will keep you updated but hopefully it may even be completed by the time this article is published. Fallen trees and branches are always a problem. If it is easily fixed, feel free to do it, otherwise notify us and we will organise to clear the tracks as soon as possible. Facebook or email is the best way to communicate.

Please be assured that the Committee take expenditure of public money awarded through grants extremely seriously and follow the rules set by DEECA to ensure integrity in quotes and tenders. Our plans and financial records are audited by DEECA annually. While this committee has only been involved in two audits, we can assure you that they are rigorous and we have 'passed' with compliments from the auditor. We are a small, volunteer committee and this work takes quite a deal of time but we are happy to give our time to achieve results for our community.

The erosion problem is a constant worry in our town. Anecdotally we have heard of potential house buyers reluctant to buy due to erosion concerns. We will endeavour to keep this matter in the public eye. The recent Age article was an excellent explanation of our problem and we all know the solution. DEECA have informed us that they have "spent over \$450,000 between providing cofunding to Gippsland Ports for their sand renourishment, and the renourishment project completed at the High Dune bluff site". Groynes are part of the solution being pursued by DEECA for the area east of the Seagull Boat ramp and at the Bluff but funding remains elusive at present. Its a great disappointment that we don't have them to hold the sand being moved. We need to continue to stand together as a community as we are seeing at Inverloch who have a similar problem. The difference being that the geotextile groynes and other groynes we have in place have stood the test of time very well for lake erosion. We know that they are protecting valuable Crown Land. Look for further updates on Facebook!

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



Hello 2025!!

It is and has been a fairly busy time in the garden. As the weather is warming up the garden needs continual watering and being such a sandy soil it can feel like that water is

just running through the soil as quickly as it is watered! Thank goodness for our hard-working volunteers who keep working the compost to improve the soil as much as we can.

We are looking forward to our tomatoes ripening. Nothing tastes like summer than fresh garden ripened tomatoes in a salad. Yum.

We would like to thank the Lion's Club for organizing the January market. It was a resounding success for us selling our everpopular jams and pickles. Unfortu-



nately, there wasn't any of our very much-loved plum sauce available. We are still waiting for the plums to ripen. If anyone in the community has any

spare plums let us know as they will be very much appreciated. Hopefully we will have plum sauce available at the Easter Market. If our tomatoes are successful there might even be some to-



mato chutney (fingers crossed).

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

You can find the garden via no 17 Central Ave, just follow the track to the end and there we are. There is also pedestrian access via the track on Toorak Ave opposite Mary St.

Ph Trish 0456 123 005



Reporting Crime Information

<u>Emergencies</u> Call 000 immediately if the incident is life threatening or needs immediate Police attendance, a crime is happening now, or an offence is (or may be) happening.

Non Emergencies Call 131 444 for non urgent crimes and events.

<u>Crime Stoppers</u> Call 1800 333 000 Victorian Police confidential information about crime, criminals and suspicious activities or visit crimestoppersvic.com.au

How to protect your home when you are away
If you're going on holidays, making your home look
occupied when you are not these is a good way to
put off unwanted intruders. Reduce the chance of
a theft or break in by following these simple tips:

- Lock up-make sure all doors and windows are shut and locked, including sheds and garages.
 Remove any spare keys in the house
- Don't broadcast your holiday, especially on social media
- Make it seem like you are home, install a timer switch for your lights (living areas), radio and TV
- Install motion sensor lights around the entry of your home
- Consider installing a smart camera
- Ask a neighbour to help by parking their car in your driveway, putting your bins out and bringing them in
- Register your absence with your local police department

You can request a free home security check list from admin@NHW.com.au

Our friendly group meet on the 2nd Tuesday of the month starting in February each year. We meet at the Health Centre on National Park Road, commencing at 1.30pm. Everyone is welcome to attend.

For all enquiries please contact

Secretary Helen on 0427649238.



Loch Sport Bowls Club



The Saturday Pennant Competition is under way and our teams are doing well. We are playing at home a lot this year so it would be wonderful if we had an audience to barrack for our teams. We play at home on these dates: 08/02 and 15/02. We hope to see you all there. With the holiday season fast approaching the Club will be open extra days and fun events will be happening. Watch our Facebook page for announcements.

Our Sponsors

Each month we would like to give thanks to our Sponsors. Without them we would find it



so much harder to keep our Club running. Thank you to **CShell Real Estate** who sponsor us every year and we are grateful for their support. We highly recommend their professional services.

Function Venue

Loch Sport Bowls Club is a great venue for your next function, meeting, or social gathering. We offer a fully functional modern kitchen, excellent indoor and outdoor undercover areas and a licensed bar. You can self-cater or we will organise this for you. Music can also be provided or bring your own. We cater for small or large functions. Enquire through our Loch Sport Bowls Club Facebook page.

Recently Guy Bondoux hosted another amazing dinner function at our club. Our Spanish Festival was a huge success. These dinners are always very popular and he has others planned! Keep an eye out on Facebook.

Trivia

Our fabulous trivia afternoons are always popular with lots of fun and laughs thanks Beck, Trivia is held on the fourth Sunday of the month at 3.00pm. \$10.00 entry, BYO snacks.

2025 Dates

March 23rd April 27th May 25th June 22nd

Sept 28th (school November 23rd



There'll be raffles, tea and coffee provided, and the bar will be open. Come along and catch up with friends. Book your table on the Loch Sport Bowls Club Facebook page or Messenger Beck Webb.

Hope to see you there.

Bowls Lessons

On Wednesdays from 12.30pm we hold Learn to Bowl days. Come along and our friendly members will help you learn about the fun game of bowls. The greens fee is \$5, the bar will be open and we also offer some tasty snacks.

Social Bowls

As always, we are open for bowling on Wednesday and Sunday afternoons from 12.30pm. The greens fee is \$5 or just have a drink from our bar, catch up with friends or maybe order something to eat.

Darts nights are at 7pm to 9pm on Mondays. \$5.00 to play. The number of players is growing. A light supper and tea and coffee is provided, and the



bar is open. So, if you would like to play a social game just turn up and join in. Good for a laugh. Darts supplied if you need them.

Stay tuned to our Facebook page. Visitors and new members are always welcome.

Loch Sport Bowls Club For bowls enquiries please call

M: 0403 767 565/51460688 F: Loch Sport Bowls Club



Once again, the New Years Eve fireworks were a wonderful success as recognised by the number of positive comments on social media.

The fireworks have long been an annual event in Loch Sport but like everything else the costs involved have risen over the years. It is only with the generous sponsorship of the Wellington Shire and the local businesses that we are able to put the display on each year.



Please support these local businesses as they generously support this event: Russell Thomas Plumbing and Airconditioning

C-Shell Real Estate

The Marina Hotel

Loch Sport General Store/PO

Sale Greyhound Racing

LS Caravan Park

LS Marina/John Reddig

Loch Sport Lions

Ventura Electrics

Paul & Joanne Kenna Law

LS Pharmacy

Loch Sport Bowls

La Maison/Olivia Speers

Some people query why we only have the family session at 10pm. The answer is simply a matter of cost, we would need to raise a further \$10,000. Recently the LSBTA attempted to install a shed in the Charlie Street Reserve to store the astronomical equipment granted to us from Destination Gippsland, but we received an email from the Secretary of

the reserve committee, stating the Committee had rejected our proposal stating "after a lengthy discussion, we unanimously agreed on our decision, and notifying you of that decision". This is disappointing as it was to be merely for storage as all necessary facilities would be at the venue we would be using on the particular night, namely the RSL, Golf Club or the Bowls Club. The two events we held previously bought a lot of people to town, people who spent money throughout the town on accommodation, food, drink etc. not just at the RSL and the Golf Club. The LSBTA will be holding further events this year so keep an eye on Social Media for dates and if anyone is interested in joining the Loch Sport Astronomical Society please contact the LSBTA secretary via email:

For Further details please contact: Tony Patchell Secretary E: secretary@visitlochsport.com.au



Useful contacts

If you are concerned for your safety or the safety of others, seek immediate assistance by calling Triple Zero (000).

You can also seek support from your doctor or one of these support services (24/7).

Lifeline

131114

lifeline.org.au

MensLine 1300 78 99 78

mensline.org.au

Beyond Blue 1300 224 636 beyondblue.org.au

Suicide Call Back Service

1300 659 467

suicidecallbackservice.org.au



Visit us at ruok.org.au



IMPORTANT REMINDER: What can happen if you feed wildlife?

Feeding wildlife can lead to a number of serious problems for our wildlife, especially our kangaroos.

Human food is not healthy for wild animals, and they do not need food from humans to survive as they are more than capable of foraging for their own food without human intervention and have been doing so for thousands of years.

Wild animals have specialized diets, and they can become malnourished or die if fed the wrong foods.

A moment's pleasure for you may result in future problems for animals and people. Over time they can become very comfortable and familiar with human interactions and can then become aggressive towards humans or alternatively humans may have sinister intentions towards the animal. Bread products especially contain very little nutritional value for wildlife and can cause dental disease, severe gingivitis and abscesses, i.e. lumpy jaw, which can lead to death due to them being unable to eat. Processed seeds, bread and other foods that are not part of an animal's natural diet can make them very sick or kill them.

In fact, they can be full of sugars, sodium and carbohydrates. Sadly, these ingredients can be deadly, especially for kangaroos.

Our wildlife are exactly that, wild. Feeding them can severely inhibit their wild skills and result in starvation and population decline.

Wildlife are natural foragers, and they need to maintain these skills to survive and pass the knowledge onto their young. When people feed the wildlife they become reliant on the free feed and stop foraging. As a consequence their young also don't learn the necessary foraging skills required for their development.

This is a significant long-term issue as they stop performing natural behaviours. When travelling into a wild animal's habitat we must be sure to not hinder that habitat or indeed cause changes to their natural behaviours. Additionally, if wildlife stop foraging, there is a broader impact on their environment and the species around them. Kangaroos are designed to eat grass. Their teeth are specifically positioned to grind the grass when they eat. If they continue to eat non-grass material their teeth are likely to wear down and prevent them from eating properly in the long run.

PLEASE DO NOT FEED OUR WILDLIFE – IT IS BEST TO KEEP OUR WILDLIFE WILD



REMEMBER: Call us if you require assistance. Other contacts:

T 0400 079 337

E t.1962@hotmail.com

F facebook.com/ourhavenwildlifeshelter/

W solo.to/rescueandcare

Loch Sport:-

Karen McKie (and Wayne)

0414 982 611

or via Facebook/Messenger

Golden Beach-

Dale and John Cassidy

0438 288 641

Thank you for your love and support!
Theresa and Tony (Scruff) Matthews

We are authorised by the State of Victoria to care for our wildlife.

Help for Wildlife

Our Haven Wildlife Shelter

0400 079 337

<u>Loch Sport-</u>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/

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

DELWP P: 13 61 86

resources/wildlife-rescue-app

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

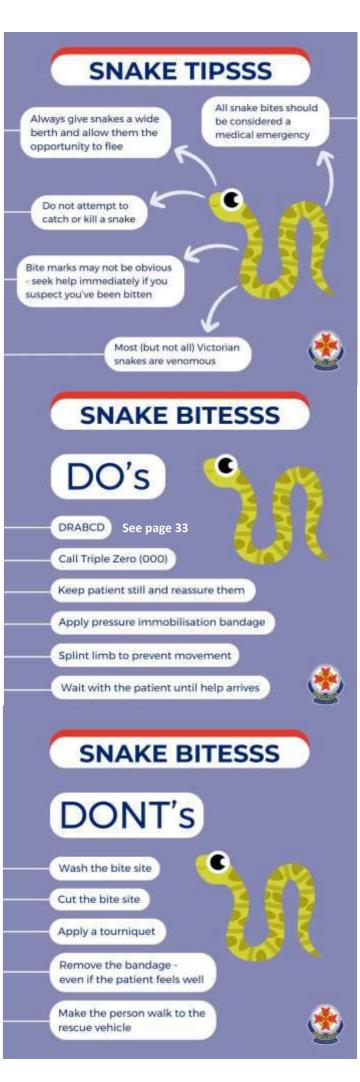
Albert Ford Pest Control

ph: 0433 966 095

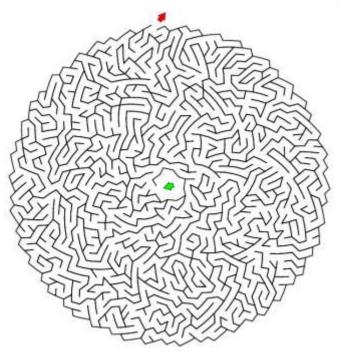
Sale Pest Control ph: 03 5144 4548

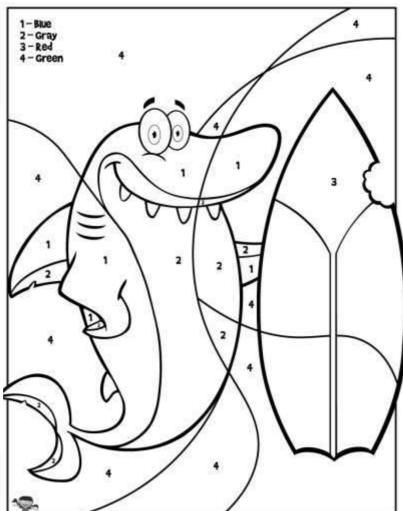
Gippsland Pest Control ph: 13 15 46

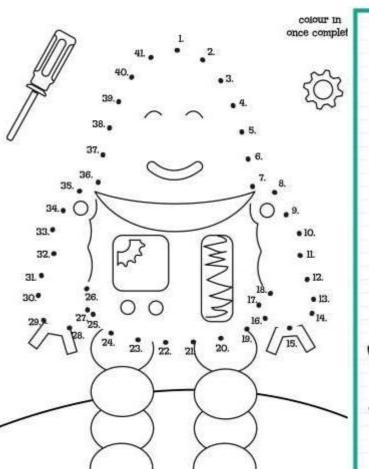


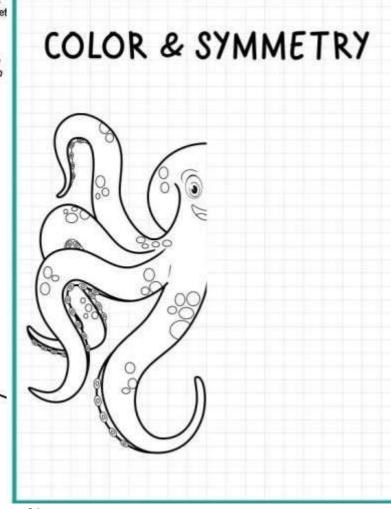


Activities









2025 pull out calendar and community directory

Loch Sport Community Health Centre	5146 0349		
Loch Sport Community House and 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	nbnco.com.au/support/networkstatus	
Open Arms Veterans and 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	132 500	ses.vic.gov.au	
SES Loch Sport	5146 0263	Facebook.com/LochSportSES	
Suicide Call Back Service	1300 659 467	suicidecallbackservice.org.au	
The Men's Shed	0428 460 902		
Vicroads	131 170	vicroads.vic.gov.au	VicTraffic
Wellington Library	5142 3575	portofsale.com.au/spaces/sale-library	
Wellington Shire	1300 366 244	wellington.vic.gov.au	
Wildlife Marine Recrite Emergency	1300 135 017		

27

25

2025 Calendar

PULL OUT 2025 PLANNER AND COMMUNITY DIRECTORY

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January	February	March	April	May	June
1 We New Year's Day	1 Sa	1 Sa	1 Tu	1 Th	1 Su
2 Th SH	2 Su	2 Su	2 We	2 Fr	2 Mo
3 Fr SH	3 Mo	3 Mo	3 Th	3 Sa	3 Tu
4 Sa	4 Tu	4 Tu	4 Fr	4 Su	4 We
5 Su	5 We	5 We	5 Sa	5 Mo	5 Th
6 Mo SH	6 Th	6 Th	ns 9	6 Tu	6 Fr
7 Tu SH	7 Fr	7 Fr	7 Mo SH	7 We	7 Sa
8 We SH	8 Sa	8 Sa	8 Tu SH	8 Th	8 Su
9 Th SH	nS 6	nS 6	9 We SH	9 Fr	9 Mo Kings Birthday
10 Fr SH	10 Mo	10 Mo Labour Day	10 Th SH	10 Sa	10 Tu
11 Sa	11 Tu	11 Tu	11 Fr SH	11 Su	11 We
12 Su	12 We	12 We	12 Sa	12 Mo	12 Th
13 Mo SH	13 Th	13 Th	13 Su	13 Tu	13 Fr
14 Tu SH	14 Fr	14 Fr	14 Mo SH	14 We	14 Sa
15 We SH	15 Sa	15 Sa	15 Tu SH	15 Th	15 Su
16 Th SH	16 Su	16 Su	16 We SH	16 Fr	16 Mo
17 Fr SH	17 Mo	17 Mo	17 Th SH	17 Sa	17 Tu
18 Sa	18 Tu	18 Tu	18 Fr Good Friday	18 Su	18 We
19 Su	19 We	19 We	19 Sa Easter Saturday	19 Mo	19 Th
20 Mo SH	20 Th	20 Th	20 Su Easter Sunday	20 Tu	20 Fr
21 Tu SH	21 Fr	21 Fr	21 Mo Easter Monday	21 We	21 Sa
22 We SH	22 Sa	22 Sa	22 Tu	22 Th	22 Su
23 Th SH	23 Su	23 Su	23 We	23 Fr	23 Mo
24 Fr SH	24 Mo	24 Mo	24 Th	24 Sa	24 Tu
25 Sa	25 Tu	25 Tu	25 Fr ANZAC Day	25 Su	25 We
26 Su	26 We	26 We	26 Sa	26 Mo	26 Th
27 Mo Australia Day	27 Th	27 Th	27 Su	27 Tu	27 Fr
28 Tu	28 Fr	28 Fr	28 Mo	28 We	28 Sa
29 We	SH = SCHOOL HOLIDAYS 29 Sa	29 Sa	29 Tu	29 Th	29 Su
30 Th		30 Su	30 We	30 Fr	30 Mo
31 Fr		31 Mo		31 Sa	

2025 Calendar

July	August	September	October	November	December
1 Tu	1 Fr	1 Mo	1 We SH	1 Sa	1 Mo
2 We	2 Sa	2 Tu	2 Th SH	2 Su	2 Tu
3 Th	3 Su	3 We	3 Fr SH	3 Mo	3 We
4 Fr	4 Mo	4 Th	4 Sa	4 Tu Melbourne Cup Day	/ 4 Th
5 Sa	5 Tu	5 Fr	5 Su	5 We	5 Fr
6 Su	6 We	6 Sa	6 Mo	6 Th	6 Sa
7 Mo SH	7 Th	7 Su	7 Tu	7 Fr	7 Su
8 Tu SH	8 Fr	8 Mo	8 We	8 Sa	8 Mo
9 We SH	9 Sa	9 Tu	9 Th	ns 6	9 Tu
10 Th SH	10 Su	10 We	10 Fr	10 Mo	10 We
11 Fr SH	11 Mo	11 Th	11 Sa	11 Tu	11 Th
12 Sa	12 Tu	12 Fr	12 Su	12 We	12 Fr
13 Su	13 We	13 Sa	13 Mo	13 Th	13 Sa
14 Mo SH	14 Th	14 Su	14 Tu	14 Fr	14 Su
15 Tu SH	15 Fr	15 Mo	15 We	15 Sa	15 Mo
16 We SH	16 Sa	16 Tu	16 Th	16 Su	16 Tu
17 Th SH	17 Su	17 We	17 Fr	17 Mo	17 We
18 Fr SH	18 Mo	18 Th	18 Sa	18 Tu	18 Th
19 Sa	19 Tu	19 Fr	19 Su	19 We	19 Fr
20 Su	20 We	20 Sa	20 Mo	20 Th	20 Sa
21 Mo	21 Th	21 Su	21 Tu	21 Fr	21 Su
22 Tu	22 Fr	22 Mo SH	22 We	22 Sa	22 Mo SH
23 We	23 Sa	23 Tu SH	23 Th	23 Su	23 Tu SH
24 Th	24 Su	24 We SH	24 Fr	24 Mo	24 We SH
25 Fr	25 Mo	25 Th SH	25 Sa	25 Tu	25 Th Christmas Day
26 Sa	26 Tu	26 Fr SH	26 Su	26 We	26 Fr Boxing Day
27 Su	27 We	27 Sa	27 Mo	27 Th	27 Sa
28 Mo	28 Th	28 Su	28 Tu	28 Fr	28 Su
29 Tu	29 Fr	29 Mo SH	29 We	29 Sa	29 Mo SH
30 We	30 Sa	30 Tu SH	30 Th	30 Su	30 Tu SH
31 Th	31 Su		31 Fr		31 We SH

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

Emergency Contacts-always dial 000

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**

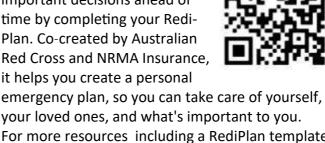




When emergencies happen Red Cross there are lots of decisions to make and a lot to do. With the

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 Redi-Plan. Co-created by Australian Red Cross and NRMA Insurance, it helps you create a personal



your loved ones, and what's important to you. For more resources including a RediPlan template visit www.redcross.org.au/prepare/

Do you have an emergency plan?

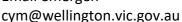
The Emergency Planning Advice Service (EPAS) is designed to support people who have a disability, are older, or have a chronic or acute medical condition. The aim of EPAS is to improve how fire and emergency preparedness plans are developed and

acted on for those who are at higher risk.

Emergency Planning Advice Service (EPAS) is an in home service co-delivered alongside Red Cross and CFA this ensures that participants can get help planning for other emergencies as well as fire.

How do I get involved?

Scan the QR code Call 1300 366 244 ask for Community Preparedness Officer or Email emergen-



Visit https://forms.office.com/r/dHYFSxz1kg

Other Apps to consider do emergency preparedness and planning:





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/
- wellington.vic.gov.au/community/ emergencies
- esv.vic.gov.au/safety-education/emergencies/ power-outage/
- cfa.vic.gov.au/plan-prepare/before-andduring-a-fire/your-bushfire-plan
- ses.vic.gov.au/plan-and-stay-safe/at-home
- bom.gov.au/vic/warnings/
- ambulance.vic.gov.au/goodsam/

Download a PDF copy of Your Guide to Survival at:



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?		ĵ
Does your support team know what your plan is?		ĺ
Have you practised your plan?		
If your plan is to evacuate, does you plan include: Contact numbers for your support team? Where you will go if you evacuate (Your Safer Place)? How you will get there? Eg. Who will transport you? What you need to take with you? Notifying neighbour/friends that you have left your home?		
Do you have an Emergency Bag packed and ready? (See reverse of this sheet)		
Do you need to take equipment/resources if you evacuate? (Wheelchair - manual or electric, Wheelie Walker, Oxygen, Dosette, etc.)		
Do you have a copy of your health information in your bag? Health summary, including current medications/allergies? (Can be obtained from your Doctor) Prescriptions? (These can also be held at your chemist) Medicare card/Private Health Care information?		
Additional equipment you may need? Medications/dressings? Clothing for 3 days, including toiletries Battery charger for your mobile phone, electric wheelchair etc. Additional equipment (Batteries for hearing aids, spare glasses, spare house keys) Important documents (Insurance papers, passport, birth certificate etc.) Personal items (Family photos, items that cannot be replaced)		
If your plan is to remain at home during an emergency (Shelter in Place) do you have: • Enough food and water stored for 7 days? • A radio with spare batteries? • Torches with spare batteries? • Medications/dressings (First Aid Kit) etc. for 7 days?		
Should a prolonged power outage occur would you have: 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)? The ability to access your water supply and cooking facilities? The ability to heat or cool your house? Alternative lighting devices (Torches/solar lights)?		
If you have a pet, do you have a plan for them in an emergency? If you plan to stay: Do you have supplies of dog food for 7 days? Do you have a cage and/or an area inside where they can be kept if needed? If you plan to leave: Do you have an emergency kit for your pet (With pet food, water, bowls, lead (muzzle if needed), vaccination documents etc.)? Is your Safer Place able to cater for your pets?		



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
- Photographs, heirlooms and other irreplaceable items
- Pet supplies food, water, bowls, leash etc.
- Protective clothing and strong shoes for each family member
- Pillows, blankets and sleeping bags

DO YOU KNOW THE DIFFERENCE?

HEAT EXHAUSTION

Headaches

Nausea and vomiting

Fatique, weakness and restlessness

Thirsty

Anxiety

Poor coordination

Weak, rapid pulse

Sweating heavily

WHAT TO DO

Use a cool compress

Take a cool shower or bath

Rest in cool place

Drink water

Raised body temperature



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





Remember to











SLAP





SEEK







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)**





SIT THE PERSON

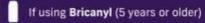
- . Be calm and reassuring
 - Do not leave them alone





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



- 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





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





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











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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

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/

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

health.vic.gov.au/rural-health/victorian-patienttransport-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.

Red Cross Patient Transport

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 2pmsubject to location coverage

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DVA

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Your feedback, proposals and suggestions are appreciated to ensure we provide the best service.

> Ph: Joanna 5146 0873 54A Lake St Loch Sport

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Invoices will be emailed to advertisers after each edition.

> P: 5146 0145 E: lochsportlink@gmail.com

loch sport medical centre

- GP appointments
- Nurse Practitioner appointments-Mon, Wed-Frid
- Pathology appointments Tues, Wed & Frid

Concession card holders bulk billed Call, book online or via Hotdoc

Referrals rescriptions est requests Women's health Chronic conditions imployment medicals Discuss & review results Mental health Social Worker Minor procedures & skin checks Health assessments, EPC & Care plans Vaccinations, immunisations and injections



General Practitioner Iain Nicolson



Nurse Practitioner Rachel Hawkes-Bennett

5144 6899 lochsportmedical.com.au 56 Lake St Loch Sport info@lochsportmedical.com.au





General Practitioners will be available for bookings from February.



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



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



Loch Sport Community Health Centre 200 National Park Rd Mon-Thurs 9am-1pm Loch Sport P 5146 0349 lochsport@cghs.com.au

35

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



LOUISE

HEALTH SOCIAL

WORKER TO BOOK CALL

OR TEXT 0493 549 921

loch sport medical centre ROBERT ACCREDITED MENTAL

LOCH SPORT PHYSIO то воок CALL 5144 6899





Dangers?

Responsive?

Send for help

Open Airway

Normal Breathing?

Start CPR

Attach Defibrillator (AED)

Continue CPR until responsiveness or normal breathing return

LOCH SPORT BUSINESS DIRECTORY

Business	Phone	Email
A & B Septic Cleaning/ Andys Water Cartage	0427 347 655	abseptics@andbron.com.au
Adams On Time Plumbing	0490 841 952	adamsontimeplumbing@gmail.com
Albert Ford Pest Control	0433 966 095	
Barry & Annette Lett Funeral Directors	5143 1232	bja-lett@nex.net.au
Best in the West Plastering & General Maintentance	0411 690 636	bestinwest1981@gmail.com
BLA Fabrications Pty Ltd	0418 360 540	sheds@blafab.com.au
C & Z Concreting	0418 346 128	zara@lochsporthardware.com.au
CLS Naturals	0422 198 546	clsnaturals@gmail.com
C-Shell Real Estate	5146 0946	rachelle@cshellrealestate.com.au
Dans Mowing Service	0475 396 771	
Foodworks	5146 0300	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
Hacks Glass & Security Screens	0407 343 083	hacksglass@gmail.com
Kajak Water Cartage	0419 444 428	kay@kajaktransport.com.au
Lakeview Healing & Wellness	0429 080 172	kazbar08@hotmail.com
Laurie's Driveways	0412 542 140	
Leaps & Hounds Dog Grooming	0432 863 708	dannyfreddy1961@gmail.com
Lineal Homes	0403 287 810	admin@linealhomes.com.au
Loch Sport General Store	5146 0300	lochsportgs@bigpond.com
Loch Sport Hardware & Garden Centre	5146 0513	zara@lochsporthardware.com.au
Loch Sport Hire	0472 798 162	lochsporthire.com.au
Loch Sport Kebabs & BP		foodtruck.pub for online ordering
Loch Sport Medical Centre	5144 6899	info@lochsportmedical.com.au
Loch Sport Pharmacy	5146 0873	lochsportpharmacy08@gmail.com
Loch Sport Physio	5144 6899	
Loch Sport Mental Health Social Worker-Seagulls Healing	0494 549 921	seagullshealing@gmail.com
Loch Sport Plumbing & Air Conditioning	0407 505 567	grazia.thomas@gmail.com
LS Plumbing & Gas	0401 115 253	Lsplumbingandgas@gmail.com
Mick Luke Electrical	0438 460 641	mick.luke@live.com.au
Mini Excavations and Block Slashing	0429 422 403	davedallas1600@gmail.com
Murray Black Roof Plumber	0406 612 230	murrayblack02@gmail.com
Paul Kenna Law	0413 825 479	office@kennalaw.com.au
R & C Water Cartage	0408 514 884	fmorgantransport@bigpond.com
Sayers Repairs-Mechanic n& 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
The Watertank Cleaning Company	0428 594 565	info@watertankcleaning.com.au
Yogi Bear's Mowing & Gardening Service	0404 264 822	gtucker64@live.com



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Kevin Sayers Progress Road Loch Sport 0419 365 423







Enquiries: lpg@platinumpp.com.au



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www.platinumpp.com.au

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(03) 5144 7644 232 York Street Sale §

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F	s and Heights of High and Low Waters MARCH						APRIL									
Time	m		Time	m	1	Time	m		Time	m		Time	m		Time	m
1 0448 1111 SA 1800			0541 1127 1804	0.57 1.02 0.42		0347 1006 1645 2301			0438 1034 1642 2249	0.49 1.00 0.45 1.03	1	0543 1152 1730	0.29 0.98 0.52	16 WE	0450 1042 1452 2218	0.67
2 0016 0551 SU 1150 1842	0.49 1.15	MO	0009 0631 1149 1829	0.61 0.96	SU	0445 1055 1725 2347	0.25	17 MO	0523 1104 1650 2311	0.52 0.95 0.51 1.05	WE	0008 0645 1259 1821	0.91	17 TH	0536 1131 1515 2255	0.72
3 0107 0656 MO 1235 1925	0.50 1.06	TU	0038 0724 1224 1848	0.64	0	0547 1148 1807	0.37 1.07 0.36	18 TU	0609 1144 1651 2339	0.57		1415	1.21 0.34 0.85 0.72	18 FR	0626 1229 1540 2337	0.76
4 0158 0800 TU 1332 2012	0.94	WE	0113 0821 1320 1915	0.82	TU	0035 0651 1248 1852	0.96	19 WE	0659 1232 1706	0.57 0.85 0.63	7 (55)	1818	1.17 0.37 0.84 0.78		0717 1334 1611	
5 0254 0910 WE 1505 0 2100	0.83	TH	0158 0924 1502 2024			0125 0756 1400 1941	0.86		0014 0751 1334 1725	0.80	SA	1906	1.14 0.37 0.88 0.79		0030 0814 1448 1921	0.86
TH 1654	1.07 0.48 0.78 0.59	Z I	0302 1049 1703 2131	0.61	TH	0225 0909 1532 2035	0.79		0057 0846 1452 1745	0.77		1841	1.12 0.37 0.90 0.76	MO		0.89
7 0517 1229 FR 1815 2255	0.78	SA		0.77	FR	0344 1101 1922 2137	0.40	SA		1.03 0.55 0.78 0.77	MO	1145 1806	1.12 0.37 0.91 0.70	TU	0247 1011 1641 2138	0.41
8 0623 1336 SA 1911 2356		SU	0553 1308 1900 2334	0.81	SA	0504 1226 2000 2245	0.82	23	0332 1108 1758 2202	0.81		1822	1.12 0.37 0.95 0.63	23 WE	0348 1100 1722 2245	1.01
9 0717 1425 SU 1956					SU	0608 1321 1912 2353	0.85	24	0456 1211 1830 2308				1.10 0.38 0.99	24 TH	0441 1143 1804 2347	1.07
10 0052 0807 MO 1503 2037	0.20	TU	0028 0726 1415 2008	1.16 0.25		0700 1402 1944			0552 1255 1904				0.57 1.08 0.40 1.02		0533 1222 1850	
11 0144 0852 TU 1534 2116	1.23	WE	0804 1452	1.21	TU	0745	1.16	20	0008 0636 1335 1942	0.25	FR	0726 1338	0.52 1.05 0.43 1.05	20	0045 0630 1300 1937	1.15
12 0231 0933 WE 1603 2155	0.20	TH	0206 0843 1530 2130	0.13	WE	0141 0827 1500 2055	0.27	TH	0103 0716 1413 2022	0.21	SA	1401	0.50 1.01 0.48 1.09	SU	0142 0734 1338 2025	0.41
13 0318 1010 TH 1633 O 2233	0.24	FR	0255 0923 1607 2215	0.13	TH		0.30		0156 0800 1450 2105	0.20	SU	1418	0.49 0.98 0.53 1.11	MO		0.49
4 0405 1042 FR 1705	0.50				FR	0311 0938 1553 2201	0.33	SA	0247 0849 1527 2150	0.24	14 MO	0325 0915 1423	0.49 0.94 0.58 1.14	29		0.27 1.00 0.59
15 0452 1107 SA 1735 2341	0.35				15 SA		0.47 1.04 0.39	30 su	0343 0947 1605 2235	0.32 1.13 0.31	TU	1432	0.50 0.92 0.63 1.16	WE		0.68
								31	0441 1050 1645 2321	0.29 1.06 0.41						





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