THE KOO WEE RUP BLACKFISH

OCTOBER 2020

Spoonville(s) Koo Wee Rup

Over the last few weeks a number of Spoonvilles have popped up around town. I've noticed villages in the park at Tesoro, outside Koo Wee Rup Primary and St John's Primary and, most recently, in the park on Townley Road and even inside Bendigo Bank.

The idea of Spoonvilles is to ensure that children (and everyone else) still feel they are part of a community despite being unable to see their friends and neighbours in person.

Spoonvilles love new residents; it doesn't matter how old you are, your spoony person will be welcomed.

Caroline Roff, Editor

Koo Wee Rup Township Committee Meeting

The Township held its monthly meeting on Wednesday, 2 September via Zoom. Township Meetings are open to anyone who would like to attend. The next meeting will be held on Wednesday, 7 October at 7:30 pm again via zoom. If you would like to attend, please email the township secretary at kooweeruptc@gmail.com and he will send you a Zoom link.

Koo Wee Rup Township Committee is now an Incorporated Association, has an ABN and is registered for GST. A new Bank account has been set up. We have purchased Quickbooks to aid financial reporting and reporting of GST. Payment of accounts by internet banking has been set up. Funds from the old Section 86 Koo Wee Rup Township committee will be transferred to the new Koo Wee Rup Township Committee Inc.

The President acknowledged the enormous contribution that June Wright had made to Koo Wee Rup over her lifetime and extended on behalf of the committee our condolences to her family.

Continued Page 3

Items printed in this publication do not necessarily reflect the thoughts or beliefs of the Editor. The Editor reserves the right to edit any items, where necessary. All work associated with the production of The Koo Wee Rup Blackfish is done on a voluntary basis. Edited by C Roff email: blackfish@live.com.au
PO Box 64, Koo Wee Rup 3981, Tel 5997 2333
Printed by KWR Township Committee

Proudly supporting the Koo Wee Rup Blackfish

Community Bank Koo Wee Rup
Bendigo Bank

Proudly supported by
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KWR Cafés and Restaurants

Most of our food shops are operating a takeaway service. To help keep everyone safe, call first if you are ordering a meal or, if you want to order in person, take a walk after you've ordered, unless it's just a coffee, rather than wait inside. If you can pay by card, rather than cash, that would be appreciated.

Opening Hours and Phone Numbers

Abz Pizza & Fish & Chips	Phone: 5997 2373	Wed, Thu, Sun, Mon 4pm - 9pm Fri, Sat 12noon to 10pm	Delivery available
Aravi Restaurant	Phone: 5997 2520	Tues to Sun 11am - 10pm	
Chandelier Café	Phone: 5997 2322	Drinks and limited menu Mon to Fri 7am -2.30pm, closed Sat & Sun	
Degani Café	Phone: 5997 2555	Full take away menu Mon to Sun 8am - 4pm	Or download the Degani app
KWR Bakery	Phone: 5997 1884	Mon to Sun	
KWR Charcoal Chicken & Souvlaki	Phone: 5997 2354	Tue, Wed, Sun 11am - 7pm Thu to Sat 11am - 8pm	
KWR Fish & Chips	Phone: 5997 1244	Mon to Sun 11am - 8pm	
Lynny's Take Away	Phone: 5905 4760	Closed until further notice	
Ray's Pizza and Pasta	Phone: 5997 1038	Wed to Sun 3pm - 10pm	Delivery available
Royal Hotel	Phone: 5997 1414	Limited menu Wed to Sat 5pm - 8.30pm	Drive through pick up
Simon's Noodles	Phone: 5997 1878	Mon to Sun 11.30 am - 8pm	
Tandoori Recipes	Phone: 5997 1484	Weds to Sun 4.30pm-9pm	Menulog available

What's on in Koo Wee Rup?

Township Committee Meetings Meeting via Zoom. Next meeting 7 October.

Bowls Contact club for details

Lang Lang Soccer Club Check our facebook page for activities to do at home.

Lions Lions are meeting online.

Coffee Club Will not be meeting until cafés reopen.

Koo Wee Rup Senior Citizens Club Closed until further notice. All enquiries to: Dianne D - 0419 405 404 Diane K - 0408 663 655

Heart Foundation Walking Groups Will resume at 7pm every Thursday once restrictions ease.

Historical Society Our meetings have been cancelled until further notice due to the restrictions put in place by the Government to combat the Corona virus outbreak. Our Museum is also closed until further notice.

Bayles Fauna Park Public working bees and meetings cancelled until further notice. Any maintenance work will be carried out by committee members, as needed.

CWA All meetings and activities cancelled until further notice. CWA members are working on craft and other projects during isolation.

Scouts All face to face activities cancelled until further notice. Online Scouting programs are available.

Mens' Shed Closed. For personal assistance during the closure please contact Brian Harlow on 5997 9687.

Mat Pilates classes at Koo Wee Rup Regional Health Service Cancelled until further notice.

JUSTICE OF THE PEACE

For document signing and associated services contact:

GARY KING JP

0438 663 655

"JP duties are a free community service"

HAVE YOU GOT SOMETHING TO SAY?

Have you got some news, a photo, or an opinion you want to share with your community? Why not say it in the Blackfish? Just drop me a line at blackfish@live.com.au post to PO Box 64, KWR or phone 5997 2333

Caroline Roff, Editor

Heart Foundation Walking Evening Group

This group usually walks the six months of daylight saving and was due to start again every Thursday night at 7 pm from Thu 8th October from the clock towers in Rossiter Rd Koo Wee Rup, but we are waiting for restrictions to ease.

The Heart Foundation has reinstated non Melbourne programs with a COVID Safe Plan. We will follow suit as soon as we can. The requirements involve small groups no more than 10 people. If you have more you need to split the group. Social distancing must be adhered to and face masks are mandated. So none of this is new and will probably apply for quite some time during our COVID recovery.

So we will keep our fingers crossed that we can restart on Thursday 8th October. If you are interested please check with me the day or so before hand. The Heart Foundation has been really good during this period and we will be kept informed of how we are impacted.

My contact details for questions is Marlene on 0429 814 410.

There's a fun, FREE and easy way to feel happy and healthy. It's walking – and everyone is welcome to take part.

Come along to our regular walks to meet new friends and boost your health.

What: Thursday Evening Walkers

When: 7.00 pm every Thursday from 8th October 2020

Depending on COVID recovery allowing 10 walkers Social distancing and face masks are required.

Where: Koo Wee Rup Clock Towers Rossiter Rd KWR

FREE daylight saving group. Ring Marlene 0429 814410

Visit walking.heartfoundation.org.au for more information

Proudly supported by

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Queensland Government

Pilates mat classes at Koo Wee Rup Regional Health Service

No news as at the end of September regarding indoor exercise groups but KRHS has its COVID Safe plan which we need to comply with. I have been advised that we can accommodate 7 participants in the community room and comply with social distancing requirements.

I will post on Facebook and around town when we have further details. Marlene 0429 814 410.

Koo Wee Rup Township Committee Meeting *(from Page 1)*

Koo Wee Rup Regional Health Service has reported once case of COVID-19. Staff and residents were tested 4 times since the Health Service was notified and no further cases were found.

The Proposed Boarding House was discussed briefly. Information from council is that it appears to comply with the planning scheme and will likely be approved subject to any objections.

This lead to a general discussion of the Cardinia Planning Scheme and its application in Koo Wee Rup and the use by council of the Koo Wee Rup Township Strategy.

Advice was given that if you are going to object to a planning application that you also notify your local councillor so that they can review the application and raise it at council planning meetings if necessary.

The council election will held in October 2020. A restructure of Cardinia Shire means that there are now 9 wards represented by a single councillor, Koo Wee Rup is in Westernport Ward.

The election as in past years is a postal ballot and votes must be returned by 23 October 2020.

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Council Elections

Council elections will be held this month with ballot papers to be posted to voters between 6 and 8 October. Ballots need to be posted by Friday, 23 October. Vote counting will commence on Saturday, 24 October. This year Cardinia Shire has been divided into 9 single councillor wards. Koo Wee Rup is in Westernport ward. I have asked the three candidates who have nominated for the ward to provide some information about themselves. Their responses are printed on this page and pages 7 & 9, in reverse ballot paper order.

Meet the Candidates - Kaye Cameron

It's time for a new Council and new Councillors. Cardinia Council needs to get back to basics, time to identify and eliminate waste and red tape and Clean up Cardinia.

I'm seeking your vote and will be your strong voice on council, council needs to focus on the simple things we expect and deliver. I am a proud member of the Liberal Party and believe that hard work delivers. I will focus on roads, rates, rubbish small business, jobs, sporting and community groups. I will be a strong advocate on council lobbying the State Government for better road funding. Roads and road safely in the Westernport ward needs massive investment to provide the ratepayers better road infrastructure and safety they desperately needed. I am passionate about the area in which I live, and want to see it thrive under a proactive council.

For too long we have allowed the bureaucrats run the agenda, unchecked and never challenged, and at the same time dismissing and ignoring the ratepayers. This attitude must change. Ratepayers need to be heard and not ignored

I have been a member of the Victorian Police Force, and was the first female member to be stationed in the Cardinia Shire. I am currently a Nurse, working in the operating theatre of a private hospital and working with a prominent Plastic/Reconstructive Surgeon as his Practice Nurse. I was born at Koo Wee Rup, and my family has lived in the Cardinia Shire, in the Westernport Ward for over 100 years.

I will be your strong voice on council for the Westernport Ward, We need to get back to basics addressing ratepayers concerns and let their voices be heard not ignored. It's time Clean up Cardinia and have a Council that cares about you.

Authorised by Kaye Cameron PO BOX 139 Koo Wee Rup

News from the CWA

The CWA have been working away behind the scenes this month. We have been working on our social calendar for the next year and are planning some public craft events for anyone wanting to learn a new skill. We have welcomed five new members and are excited for them to be a part of our future fundraising and social events.

Our next fundraising event falls on Saturday 17th of October as we are unable to attend the Melbourne Show this year we are having a Victoria wide "BREAK THE SCONE RECORD" day. We will be offering two dessert options. These will be pre-ordered then delivered to you on the day (Lang Lang, Koo Wee Rup, Bayles).

The first will consist of 12 x famous CWA scones and some jam at $15.00 and the second will be jam packed with all the sweet favourites including lemon slice, chocolate brownies, yoyos and more at $25.00! Scones will also be available individually at $1.50 each.

We are very excited about this event and are hoping the community will help us to reach out scone goal! More information about how to order will be available very soon so keep an eye out around town and on our Facebook page. Profits from our CWA favourites box will go straight back into our community. There will be a live tally of scones sold on the CWA Facebook page https://www.facebook.com/cwaofvic/

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- Business financial statements and tax Returns.

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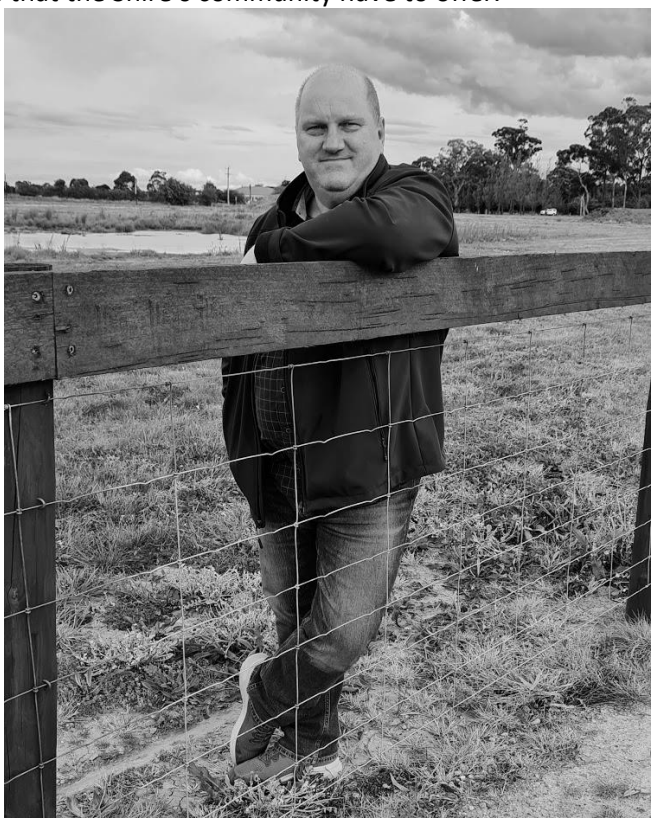
Meet the Candidates - Siegfried Rehburg

I guess you'd call me a newbie to the area. Whilst I'm not able to say I've lived in Cardinia Shire for the past 40 years or I come from six generations of families from the area, what I can say however is that since my wife and I moved to Cardinia a little over a year ago, I immediately fell in love with the region. I'm very much looking forward to when restrictions ease and we can re-visit the beautiful and diverse areas that the Shire's community have to offer.



Late in 2019 I accepted the position of President of the Kaduna Park Residents Group. Since then, I've come to understand some of the issues that not only face this area, but are also touch-points for the wider Cardinia community.

Issues such as safety & security; safe pedestrian walkways; eco-friendly spaces; parks and reserves that people want to go and take their kids to; embracing diversity in culture and demographics; waste and recycling that works; roads and infrastructure that are both safe and well-maintained; where at-risk members of the community are recognised and cared for; where disaffected youth have real opportunities; where most of us can find sustainable and enriching work in the area without trudging into the city; where public transport runs close to where we live and takes us where we actually want to go; where travellers make Cardinia a destination spot rather than a drive-by on the way to Lakes Entrance; where sporting and the arts are promoted and encouraged; where business owners are supported and encouraged to grow without red-tape; and finally where town planning balances the needs of the community, businesses and the environment.

I believe this Council needs representation that is enthusiastic, visionary, open to new ideas, accountable and collaborative. If elected, I will bring 30+ years of leadership skills to the table.

Born in Melbourne, I moved to New Zealand as a pre-teen. Most of my formative career was spent in the security and related industries, working my way from the ground up to senior leadership roles including general management and Managing Director for Australia and New Zealand for one of the largest security organisations in the world. I know a thing or two about leadership, governance, accountability, collaboration and what makes an enterprise successful.

I came back to Australia in 2016, where we spent a few years in Melbourne getting oriented before discovering Cardinia Shire and buying our own property last year here at Kaduna Park.

I am happily married for 33 years with 2 grown up daughters, both now living in Australia.

I'm passionate about the area, about the people, and about the opportunities. I feel we can do better for the people of the Shire. I've been frustrated by Council's lack of response to such issues as building a safe footpath along Cardinia Road so kids can walk to school across the Cardinia Road overbridge.

I am independent, not aligned to any political party or group, I am not a 'single-issue candidate, I am not related to any other running candidate, nor am I engaged in any activities to get a 'block' of candidates into council.

I am nominating myself because I believe we can do better. I bring a whole range of skills to the table; and I make a pledge that I will always be available to listen to all sides; I will be responsive and engaging; and I will always fight hard for what is the right thing to do.

Siegfried (Siggy) Rehburg
Candidate for Westernport Ward
Cardinia Shire elections 2020

Authorised by Siegfried Rehburg, candidate for Westernport Ward, Cardinia Shire Council (2020)
46 Leeson Street, Officer South 3809 VIC

Bayside Gas Appliances

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Meet the Candidates - Ray Brown

My name is Ray Brown, I am a long term resident Kooweerup and Cardinia Shire.

I am one of two Councillors that have represented PORT Ward as a two Councillor Ward over the past 4 years.

I am nominating for re-election to the Cardinia Shire Council as representing you in the new single Councillor WESTERNPORT WARD.

I will continue to ensure that council decisions are based on sound financial, economic and social principals and provide value for money.

Achievements representing Port Ward over the past 4 years that I am proud of include;

Four new Tennis courts in Cochrane Park.

Refurbished Tennis Clubrooms including change rooms and toilets.

New female friendly football/cricket change rooms at the Kooweerup Recreation Reserve and new Netball Pavilion.

Included is a Power upgrade and connection to town sewerage and Natural gas network.

Successful in including Boundary Drain Rd, Main Drain Rd, part Denhams Rd and Lyall Rd Lang Lang in the sealed roads project.

Town connection footpath connecting Catani Ave to Charles St along Rossiter Rd,

In partnership with the Education Department refurbished the Secondary College oval, including change rooms.

I ensured that maintenance of parks, playgrounds and unsealed roads were of the highest standard and I intervened if necessary.

I always made myself available to clubs, groups and residents to address and resolve any concerns or assist them in any Council related matters.

WHY AM I STANDING FOR RE ELECTION

WESTERNPORT is considered rural competing with the heavily populated urban areas of Pakenham, Officer, Beaconsfield for Council and Government funding, a strong voice in Council is vital in this regard.

I can and have proven that I can provide that voice for WESTERNPORT.

Over the next 4 years as your Councillor my goals are;

Advocate the expansion of the current bus timetable service as a commuter service, Lang Lang to Pakenham via Kooweerup.

Upgrade the skatepark to include a skatebowl and other interesting elements.

Extend the Community Centre to include a stage area with lighting and sound.

Advocate to pipe the open drains within the Town bo undaries.

To facilitate the RSL museum occupying the existing Bowling Clubrooms, advocate for a new Community Bowling Club facility to be built.

Continue to assure maintenance of parks, footpaths, drains and unsealed roads.

I am an independent with no Political affiliations, the Community will be my Master.

Authorised by Ray Brown, 9 William St Kooweerup 3981

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Nutrien Harcourts

If anyone had told us this time last year that we'd be:

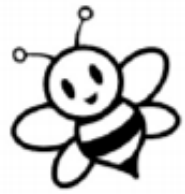
- in the midst of a global pandemic
- closing our borders to international and interstate visitors
- wearing face masks wherever we go
- playing the AFL Grand Final at night in Queensland **(WHAT!)** and
- in lockdown for 3+ months,

there's not a chance we would have believed them.

Yet, here we are.

The world is a crazy place and COVID-19 has changed it immeasurably, and possibly forever. It has definitely changed the way we work and live and everything around us has had to evolve and adapt to this new 'normal'.

At **Nutrien Harcourts**, our office lights are off and our doors are locked - however, that does not mean we are missing in action. In fact, we are a hive of activity. We are busy little bees, working behind the scenes to make sure we are doing our best for our clients.



Sure, the way we do business has changed, but…

Now is the time to take action and set yourself up for the opportunities that will present themselves as the property market moves on.

Just because we will be locked down for most of the spring season does not mean the real estate market is in hibernation.

Contact our Sales Agents at Nutrien Harcourts today.

They will advise you on how to best position yourself for when the property industry begins to open up again. There is a lot you can do to get ready!

Nutrien Harcourts **5997 2425**

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Wow, what a month we have had at Koo Wee Rup Scout Group. All our sections have been busy running programs on Zoom and watching the daily numbers hoping to get out of this lockdown so we can see each other again.

Cub Scouts baking scones for the last night of term 3 that were enjoyed by all.

Thank you Dakodah for leading this activity and Jordan for your assistance.

Joeys have been busy creating magpies, jellyfish, and rockets to fly to the moon. They even hosted Jelly Baby Olympics and build grandstands for their spectators.

Cub scouts have been busy investing 2 new members and 4 joeys into our pack. We learnt some things in a trivia night played some games on zoom. However, the highlight was baking scones and getting to enjoy them with our families.

Scouts have been jumping online and even had a night where they brought their pets with them, had a game of Dungeons and Dragons, and had a Netflix watch party.

Venturers saw one of theirs attend the first online Environment course. This course was filled with many amazing activities that you can take back to any section nights. There were about 90 kids within this course and a decent number of rovers and leaders. We have made jar terrariums, toilet paper roll art, bee houses, picked up litter and recorded what we found, done river sampling among other activities. These were completed with many group discussions and social time. The organisers did an amazing job through this tough time.

Rovers have been having social nights, playing online games, Netflix Watch parties and even baked a rainbow cake to celebrate one of our Rovers birthdays.

Odonata Rover Squadron made rainbow cakes in celebration of Kaines birthday.

The most worth-while thing is to try to put happiness into the lives of others.

Robert Baden-Powell

Do you have a child that would like to try scouting? Or have you thought about joining as a leader to assist the local youth? Do you have some time once a month to join our committee to help our group grow? To help families through these tough times we are not charging any fees until March next year. This is for new members as well as those already in scouting. No Joining fee and No term fees so it is the perfect time to try scouting.

Contact our Group Leader Shane Worthington
0427 770 781 or email 1stkwrscouts@gmail.com

Joey Scouts | Cub Scouts | Scouts | Venturer Scouts | Rover Scouts

Stockdale & Leggo

We see more than property

Koo Wee Rup | Hastings | Phillip Island

We are all experiencing a difficult time with COVID19 yet we have seen great results so lets all do what we can to see it to the end.

Stay home | Support Local | Help the community | We are all in this together

Spring is here and there has been some warmer days so it is the time for change and new beginnings.
If you are looking to sell now is the time to talk to us about making the most from the spring/summer market this year.

If you are looking to Invest there are still plenty of opportunities to get your new home or an investment property.
We have some great offerings for investors who are looking for someone to manage their properties.

This year we are adding a new offering to the area. With many businesses struggling and some owners looking to sell we have someone who can help Business Brokerage and Business Success planning.

Call us today if this would help with the future plans of your business.

FOR SALE **CONTACT AGENT**
7 x Units - 5 Lock Rd, Rhyll

FOR SALE **$250,000 - $275,000**
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FOR SALE **$359,500**
Unit 2, 3 Mickle Street Koo Wee Rup

COM LAND **$210,000 - $220,000**
7 Paul Street GRANTVILLE

FOR SALE **$750,000 - $820,000**
3 Foxwood Place Somerville

SOLD **$467,000**
47 Sybella Avenue Koo Wee Rup

SOLD **CONTACT AGENT**
U1, 14 Gardner Street Koo Wee Rup

SOLD **$365,000**
U3, 3 Mickle Street Koo Wee Rup

SOLD **$270,000**
31 Cornishs Road Nyora

SOLD **$390,000**
66 Waterloo Road Yarragon

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EVR Holidays

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Stockdale & Leggo Koo Wee Rup
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Stockdale & Leggo Hastings
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P 5979 4177 W stockdaleleggo.com.au/hastings

Stockdale & Leggo Phillip Island
45 Thompson Ave, Cowes VIC 3922
P 5922 9300 W stockdaleleggo.com.au/phillipisland

Koo Wee Rup & District Lions Inc

Our first meeting in September had us dressing in pink or blue. Our tail twister, Shirelle Lean had us sending her photos of when we were babies and toddlers. Then we had to guess who belonged to each photo. Much discussion and completely wrong guesses occurred. Sheryl and Ian got the best scores with 11 out of 20 each (smarty pants). It was a fun end to the meeting.

We had a guest speaker, Past International Director Tony Benbow. Tony gave a talk about the Australian Lions Foundation (ALF) structure, grants and awards.

The Australian Lions Foundation is part of Lions Clubs International in Australia. The Foundation is supported by the 1400 Lions Clubs within Australia.

It provides direct financial assistance to individuals and organisations through the Lions Clubs in the local areas of need including:

Emergency and Disaster relief (Fires, Floods, Cyclone and Drought).

Compassionate Grants for people in need.

Funds are distributed in partnership with our local Lion Clubs, who work with the beneficiaries to manage projects, ensuring that every cent is used in the way that it should be. The Foundation is committed to using the funds quickly and efficiently to help those people in their time of need.

$3m has been distributed through the Australian Lions Clubs network in recent years.

The Australian Lions Foundation does not charge any administration costs and your total donation will be used to support the relief that you have nominated or may be used in cases of humanitarian or compassionate need.

Continued page 15

News of the Month from the Men's Shed.

This Corona-19 virus is still with us but, as I write, the situation for the future with the number of cases reducing daily looks very positive. The Men's Shed committee are being very supportive of the Aged Care department at KRHS offering help to the facility in any practical way they can.. Amongst all this, the 'Shed door is still open for men who have problems, physical or mental. Indeed two of our members who live alone and have no other social contacts whatsoever, come along to talk to anyone who's about (social distancing plus masks of course) and to potter around in the community garden. This does wonders for their well-being during this stressful time. Having said all that, the 'Shed will always remain open for anyone with any sort of problem; loneliness, sadness, a physical problem or whatever. There is always someone who will listen to you and give advice. Just contact our secretary, Brian Harlow on 59979687.

With the Covid-19 virus restrictions, our weekly computer classes for seniors are still off limits for now. However during this inoperative time, we are hoping to upgrade our computers to the latest desk top designs and to an all Windows 10 operating system. We shall certainly celebrate that day when we re-commence our lessons because with nil social distancing necessary for learning computer skills, it means we will all be back to normal. And ... we will get back to normal – mark my words - we certainly will. There is a story in the latest edition of Cardinia Shire's "Ageing Well" magazine about computer lessons at the KWR Men's Shed. You must read it. The magazine can be picked up free at the KWR post office or Woolworths Koo-Wee-Rup.

Despite the current situation, the Koo-Wee-Rup Men's Shed continues to grow in stature and it is now recognized as one of the very best in the State if not in Australia. This amazing achievement has been won by the untiring work of the president, the committee, and of course the steadfast work of all the members and our esteemed retired members. If you live in Koo-Wee-Rup and District, take note that all of our very friendly members will give you a real warm welcome as you come through the door. You don't have to be old either; we have a membership spanning all ages from youth to - well you know – somewhat older. Indeed, when life eventually gets back to normal there is always a genuine open invitation to come along, meet us and enjoy the company of some real good mates and maybe get a boost to your own health and well-being at the same time. Don't forget then, when the you can and the time is ripe, call in, try us.

Here is a comment that our KRHS artists' group will enjoy.

Van Gogh became a painter because he had no ear for music.

Geoff Stokes.

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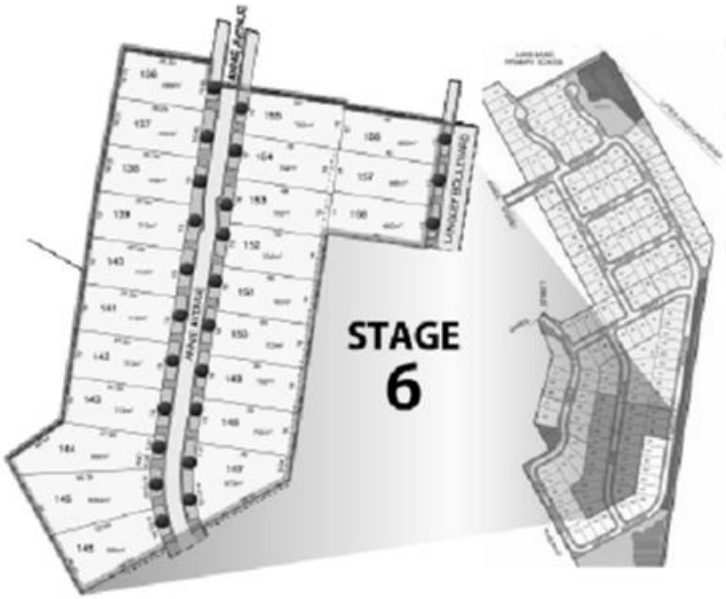

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Koo Wee Rup & District Lions Inc *from page 13*

Underwear no one wants to wear

To follow up on last month's Blackfish article on the Cranbourne Lions initiative to buy underwear, tracksuits and toiletries for people who have been raped, I would like to thank those who have made donations towards this fantastic cause.

Every cent goes towards the purchase of for gear, nothing goes towards admin.

Lions Christmas

Lions Christmas Cakes and Puddings are an important fundraising project of Lions Clubs in Australia. Funds raised are donated to projects that benefit the community.

Lions Christmas Cake 1.5kg $17.00

Lions Christmas Cake 1kg $13.00

Lions Christmas Pudding 900gm $13.00

Lions cakes and puddings are available closer to Christmas at the Bendigo Bank and Op Shop (when it reopens)

Become a Lion

As a Lions Club member, you'll join a local group of service-minded men and women who volunteer to support your community every day.

Joining a Lions Club is by invitation, but applications are encouraged from all members of the community.

From supporting the leaders of tomorrow through our youth programs, to rallying together in times of natural disaster, Lions (and their sausage sizzles) are making a huge difference in our communities.

The benefits of becoming a member of a Lions Club include fellowship, good times, meeting people, building lasting friendships, service to the community, learning new skills, leadership and personal development.

Membership is open to men and women over the age of 18 years and of good moral character and reputation.

If you are interested in becoming a Lion, please contact Ron Payne on 0429 042 911

On Being a Lion

I sit alone in silent contemplation
No caring words of love or reassurance soothe my straining ears,
Bearing Life's assaults in isolation
No tender touch or shared embrace to ease my overwhelming fears.

Yet who am I to feel downcast by Life
When others have such grievous pain, far greater challenges to bear?
For I am blest with health and steadfast friends,
A Mission now in Life to give a friendly helping hand, to care.

A chance to make a difference 'ere Life ends -
I've found a whole new Family of like-minded kindred souls,
We serve together, striving to improve the common good,
With unity we work towards achieving many altruistic goals.

'Tis said to give, is better than receive -
That inner peace, euphoric sense of selfless satisfaction
Brings lightness, joy in Life, an inner glow;
To be a Lion transcends mundane, engenders social dedication.

Suzanne de Pelsenaire (c) 05/12/2019

Nominations are open for Cardinia Shire's 2021 Australia Day Awards

Do you know a citizen, young citizen or senior citizen who makes a big contribution to our community? Or maybe you know of a fantastic local event that deserves recognition?

This is your chance to nominate someone who makes an important contribution to our local community or a community group who held an outstanding event onsite or virtually between 1st November 2019 and 1st November 2020 that deserves recognition.

Show your appreciation by nominating the person or event for an Australia Day Award!

Nominate now at www.cardinia.vic.gov.au/australiaday

Nominations are open until 5pm 13th November 2020.

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- Stop smoking plans
- Pharmacotherapy

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To ensure you receive the very highest level of care in the delivery of our services, we maintain excellent facilities and equipment.

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CONTACT

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Dr Dinushka Perera

Koo Wee Rup Medical Centre provides 'on site' Pathology, Podiatry, Audiology, a Mental Health Social Worker & inpatient services at the Koo Wee Rup Hospital & Aged Care.

Phone: 5997 1222 303 Rossiter Road
www.kwrmc.com.au

Hey All,

We hope you are all travelling well in what we hope we can say are our last weeks of Stage 4 State Government Restrictions in Victoria.

This year has certainly been a remarkably challenging one.

Lang Lang United are in the beginning of the planning process for 2021 and now; more than ever before we are in serious need of volunteers for our club.

The Club like many other sporting associations in 2020; have struggled to stay running in any capacity with the financial and social challenges that have impacted us.

As Lang Lang United are a young club of five years in age, we will be facing some tough challenges within the next eighteen to twenty-four months to stay viable.

Now more than ever before the Club needs its members to jump in and help us stay afloat. We need volunteers for canteen, grounds maintenance, fundraising barbecues, raffle days and other tasks that may arise during the year.

Our Annual General Meeting will be held towards the end of the year.

Positions that will be open for nomination within the Committee include:

1. Vice President
2. Events Coordinator
3. Grants Officer
4. Junior Coordinator
5. Technical Director
6. Sponsorship Sub-Committee
7. Canteen Coordinator
8. Fundraising Coordinator
9. Social Media Coordinator
10. First Aid Officer
11. Grounds Maintenance
12. COVID Officer
13. Child Protection Officer
14. GSL Representative
15. Merchandise Officer
16. Section 86 Committee Representative
17. Club Historians
18. General Committee Members

Before you think that you do not have what it takes to be a committee member please think again.

All committee members and volunteers are integral to sharing their thoughts and ideas towards improving and maintaining our Club.

ONCE UNITED, ALWAYS UNITED! ⚽🦅⚽

Keith Halden - President

0448 887 348

or email: info@langlangunited.com.au

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WHO CAN WE HELP?

HOW CAN YOU HELP US?

INFO: see: FACEBOOK and/or WEBSITE:

EMAIL: rckooweeruplanglang@gmail.com PHONE: 0499 101 953

Hello, Koo Wee Rup Community

We hope that you are all doing well through these times and if you are not, please reach out to us for support. We have teams of people available whether it be food relief, somebody to talk to, social connection, prayer, or support in any other way; we want you to know that we are here.

Koo Wee Rup Connect is a food relief service that provides food & grocery items to the community. We are open every Friday from 10.30am -2.30pm. We have a delivery service available and must be booked by Thursday for a Friday delivery. We are located at 116 Denhams Road, Koo Wee Rup 3981.

We have online programs for all age groups using a free app called ZOOM. We meet via video and each program works a little differently. You can connect and have fun all from your own home. Our online programs will not be running over the school holidays, but we will be back for Term 4, the week beginning 5th October 2020.

KOO WEE 4 KIDS – Our primary school aged program runs bible-based activities, games and more in a fun and interactive way for our younger kids. Friday | 5PM

KWR YOUTH – Our high school aged program teaches our YOUTH key bible-based truths and principles and they also have a lot of fun with different games and activities online. Friday | 6.30PM

YOUNG ADULTS – This program is a relaxed conversation and a great time of sharing for those who are 17+. Each week we have had new people join us even from interstate to share and connect with people that are the same age. Saturday | 7.30PM

CONNECT GROUPS – Our connect groups are a bible-based discussion based on the previous Sunday Sermon. We delve into scripture and share what that scripture means to us and learn how we can apply it in our daily lives. Thursday & Friday | 7.30PM

"KNOW YOUR BIBLE" – This is a very relaxed bible study session led by Pastor Tony and a great time to catch up, chat & connect with others.

OUR KIDS CHURCH AND MAIN CHURCH WILL STILL BE RUNNING OVER THE SCHOOL HOLIDAYS.

Kids Church Service – Our Kids Church Service is still running online via YOUTUBE at 9.30am every Sunday morning. It includes worship for kids, a bible story, and a fun lesson. Each week we have a different family presenting the service, so you never know what to expect!

Sunday Service – Our main Sunday Service is online via FACEBOOK and YOUTUBE at 10.30am every Sunday morning. We would love for you to join us and chat with us in the comments.

Our church office is open for phone calls only at this stage and we will reopen in line with government restrictions as they ease. All changes will be communicated on our Facebook page /turningpointkwr and on our website www.turningpointkooweerup.org.au.

CONTACT US:	**Phone**	**03 5997 2217**
	Facebook	**/turningpointkwr**
	Website	**www.turningpointkooweerup.org.au**
	Email	**kooweerup@turningpoint.asn.au**

Koo Wee Rup RSL Sub Branch Report

No, we don't live in the past, the past lives on, in each of us. Having had to think about the end of WW2 during the month of August, I could not help reflecting a little more and dig a little deeper, all the while being full of admiration for those who were here before us. Such dogmatic and 'over my dead body' type of attitude and nothing is too difficult to bear because we still have hope and our will - not losing sight of a Christlike approach to anyone coming our way.

Like many of my vintage, I happily declare that I was among the youngest and perhaps littlest of Sir Winston Churchill's loyal supporters. Before I learned who and what he was, I sided with him and he was certainly my hero, which led to many heated disagreements in my early teens with some of my co-workers including my team boss who labelled Mr Churchill a warmonger (it is said that a little knowledge is dangerous). So imagine what the world would be like today if Mr Churchill had not stopped Hitler.

Since then I have learned that everyone has an opinion - an open door to bicker with each other over any number of concerns until we destroy ourselves. It seems peacemaking and wise compromise call for team effort. "Let your gentleness be evident to all" (Philippians 4:5). It may seem a little too late but ...

I would like to write a little of how I feel about an amazing people and our political leaders of that time in history.

Sun Rise in Europe

Victory in Europe - the long hoped for VE comes at long last. There is neither dramatic suddenness nor delirious joy about it. As the free world has watched the piecemeal collapse of Nazi Germany it has foreseen the manner, if not the exact time, of the last act. Anticipation has been balanced by an ever-increasing knowledge of the price that civilisation has paid for the defeat of Nazism. But now that the last act has unfolded, all hearts have been stirred and uplifted.

It is just five years since the period of 'twilight war' in Western Europe darkened suddenly into night, with the breakthrough that engulfed Poland, Holland, Denmark, Norway, Belgium, France, Luxemburg, Yugoslavia, Greece and some of the Channel Islands. The skies began to lighten slowly in 1943. It is only now that we can be assured that the Allied sacrifice in Europe has ended. Liberty comes again to millions. The truce with V-bomb terror becomes peace for the British family. Australian air crews and other service men and women and our prisoners of war can hope for an early return home. These are great thoughts and it is right that they should be expressed in happy gratitude in every Australian home.

To the brave and courageous people of Poland who suffered immensely under the boots of the Nazi occupation and those of the Soviet Union, this did not diminish nor deter their fighting spirit. Britain entered the war in going to the aid of Poland, but by the end of the war the Polish people were out in the cold and alone. From my perspective, this was undesirable but also unavoidable, with the sole purpose of not upsetting Joseph Stalin. My feelings are that the Polish people got a raw deal. Sadly and regrettably, especially when as many men as was possible escaped Poland to join the British military forces and of those who survived the war, were not permitted to take part in the Victory march - all to appease Mr Stalin. A trivial matter one might say, but it must have hurt those men. Some returned to Poland to be reunited with their loved ones, only to be persecuted by the communist regime.

Following great examples - it is a matter of following in our citizenship and statesmanship the great examples laid down for democracy by those who prepared the way to victory. To the community of the gallant dead we owe a special pledge. The towering ruggedness of Churchill's tenacity is perhaps democracy's greatest single inspiration to courage and honest dealing in the future. The figure of Churchill summarises too what we owe to the plain people of Britain, whose patient endurance did as much as any nation to win Victory in Europe. The Russian achievement is enshrined in the stories of Stalingrad and Leningrad, the cities that conquered death by magnificent bravery and loyalty. The shade of President Roosevelt is over the scene, both in Europe and the Pacific. No man did more, both before and after the United States entered the war, to save civilisation in Europe. His fine idealism and his practical friendliness heartened Australia in the dark days of our campaigns against Japan.

Let us remember the great living and the great dead, let our gratitude to them find expression in the highest resolves for the tasks ahead of us, ever mindful that the heavy lifting has already been done. Technology has advanced at an alarming pace but human nature has not changed throughout man's history. Men, not weapons, make war. The strong will always take what they can and the weak give what they must. The question of morality or justices arises only when pressures/strength are equal.

I am not suggesting that I have the solutions to the problems of the world and like to think that I can see both sides of any issue and we all know the horror of nuclear weapons, some have seen it firsthand albeit several years after what took place in Hiroshima and Nagasaki; but since then the world has learned to live with the threat of nuclear war and only the balance of power has kept the peace in Europe for the last 75 years.

So again, let us remember the great living and the great dead with gratitude.

We Will Remember Them, Lest we Forget

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Jordan Crugnale MP

STATE MEMBER FOR BASS

We're here to help.

If you have any questions about State Government or community matters, my team and I are here to help you.

For the latest Covid-19 updates: www.dhhs.vic.gov.au 1800 675 398

T 03 5672 4755

E jordan.crugnale@parliament.vic.gov.au

jordancrugnaleMP

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Looking back on a slice of time from the 1950s

Living in the UK, it was enforced National Service for me in November 1952. On Boxing Day of the same year I married my beautiful beloved Olive but, after only four days of a wonderful honeymoon, I was sent off to the Orient (by sea of course) as a Battery Surveyor to join 176 (Abu Klea) Battery Royal Artillery in Hong Kong which was then at the centre of the China border conflict. After 10 months of on and off action we were sent on to Singapore for the Malayan conflict. In total 14 months away from Olive with no telephones or social media, just loving letters to each other that took three weeks to arrive. My R.A. Battery was eventually sent back to the UK and I had two weeks leave to be with Olive and my family then it was off to Germany for the remainder of my National Service, a total of 2 years 23 days and 5 hours! I had by then reached the rank of lance-bombardier. And in that time … just 18 days of wedded bliss.

Whilst in Germany we went on a very big exercise to Berlin. I wrote all about this in my memoirs some years ago now and I have reproduced it for you to see the escapade I got myself into with the occupying Russians.

" .....Our next foray in October, was a trip to Berlin to carry out a show of force exercise with the resident infantry battalion there. Berlin at that time was a partitioned city and was, of course, the former capital of Germany, within the German Democratic Republic (East Germany). The city, in 1954, comprised of East Berlin, the capital of German Democratic Republic, and West Berlin, an enclave of the Federal Republic of Germany (West Germany). At the end of the World War II the entire city was placed under the joint control of the Big Four Powers (the United States, Great Britain, France and the Soviet Union), each of which occupied a sector. It was to the British sector of Berlin that we would travel. To get to Berlin we would have to enter the Soviet Zone of East Germany and travel along the autobahn (freeway) about 190 kilometres through Russian controlled territory before reaching the British sector of Berlin. We camped on the border overnight ready for the dash through to Berlin the next day.

Because the Western Powers wouldn't recognise the Russian claim to the autobahn (it was considered by the allies to be an international highway; as they did also with the air corridor above, our intentions were not sent to the Russian military and the first thing that they knew was, that a convoy of British Military vehicles was moving at a very fast rate towards Berlin. I think in hindsight, we were a bit paranoid about all this because the Russian guards just waved us through with lots of smiles and shouts of, "Hello Johnny"! Another thing I remember about this trip is that we were not allowed to show our small arms; all weapons had to be hidden from sight. We did not take our 25 pounder field guns with us, and during the exercise in Berlin we would have to imagine that the guns were there and we gave orders to the command post who repeated them to these imaginary guns! Finally we arrived in West Berlin and we made our way to our allotted barracks. The infantry battalion that we were to partner was none other than the Grenadier Guards, and it was with them that we were billeted. Did we know it? We couldn't move but there was something wrong with our dress, our vehicles, our manners and our kit. The Guards Regimental Sergeant-Major came down on us like a ton of bricks. We all thanked the Lord that we hadn't been drafted into this lot. Soon we were off doing what we knew best; setting up an operational Artillery command post and an observation post. Guess where? Well, it was the largest available piece of land in Berlin at the time; the sewerage farm. At that time it was real big, quite a lot of square kilometres! Most of the land, and it really did seem to stretch for kilometres, was dried up evaporation ponds and it was amongst these that we camped, moved and set up camp again to begin the exercise.

Again, this messing about was Boy's Own stuff, and was really fun but, for me it suddenly became much more serious indeed. Before we started this exercise we had to sign forms to say that we would not, under any circumstances, enter the Russian Zone. Doing so, for whatever reason would mean an instant court martial. About the third day I was given the job to take a battery for a radio to the command post. The battery was put into the pannier of my motorbike and I remember very well how the weight of this pulled me over to one side whilst I was riding around and among the muddy ditches of the evaporation ponds. Suddenly a Russian soldier stepped out into the dirt track with a weapon pointing at me and ordered me to stop. He didn't speak English and I certainly didn't speak Russian so I didn't understand all the shouting he was doing. I got off my bike and tried to tell him who I was but he pushed me up against a small wire fence and ordered me, with a flourish of his gun, to sit down with my hands behind my head. He then went to his vehicle and spoke into a microphone for a while. We waited in silence and I have to say the atmosphere was electric. I didn't think that I had strayed into the Russian Zone but obviously he thought that I had. I wasn't frightened at all; I only hoped that he wouldn't get so nervous as to fire his weapon at me.

Continued page 25

Outlook community centre

Outlook Community Centre is adapting the program we offer in Term 4 in line with COVID-19 restrictions. To join our sessions and courses you use interactive Zoom. All you need is a computer, tablet, or smart phone with an internet connection. We send you the Zoom link with instructions on how to join prior to commencement. We have many FREE and low-cost courses to keep you engaged and learning until we return to face-to-face learning at the Community Centre. Like you, we want to be out and about, and to be together again. Why not make the most of your time at home by attending some of our free community sessions, get yourself job ready, join a friendly group or do some computer training? We also offer Easy Exercise and Meditation courses and some professional training certificate sessions on our website that are ready to book. Get yourself a cup of tea or coffee and browse our complete Term 4 Program at www.outlookvic.org.au/community-centre Keep well, stay safe and we hope to see you 'Zooming' soon!

HOW TO ENROL IN A PROGRAMME

Online: www.outlookvic.org.au/community-centre, **Telephone**: 0427 911 935 (while Centre closed due to COVID-19 restrictions) 5940 4728 (when Centre reopens due to easing of restrictions),
Email: communitycentre@outlookvic.org.au, **Payment**: PayPal with Credit Card or PayPal account online, Credit Card over the phone, Bank Transfer (initiate by phone)

COMPUTER MAINTENANCE AND INTERNET SAFETY
Home-based course using Zoom.
We rely more and more on technology in everyday life, therefore gaining an understanding of computer maintenance and tools is paramount. Learn how to protect yourself, your computer and privacy on the internet and discuss some security concerns when using your computer.
Thursday 22 and Friday 23 October, 10.00am - 12.30pm. Cost $10

ARMCHAIR TRAVEL OF THE OUTBACK
Home-based sessions using Zoom.
Have you ever wanted to go to or learn more about the Outback of Australia? In these relaxed sessions you will not only learn about interesting places to visit, but also get an understanding of the geology, flora and aboriginal history. There will also be the opportunity to ask questions.
Monday 26 and Tuesday 27 October, 11.15am - 12.15pm. Cost FREE

MUSIC DISCUSSION GROUP
Home-based sessions using interactive Zoom.
Do you love music? This group brings people together to discuss music at various levels. Whether the discussion centres around music styles, artists, bands, instruments – the choice is yours. This is a group for everyone with the aim of broadening people's minds to the different and diverse styles of music. Join us and check it out, you will be glad you did.
Tuesdays fortnightly commencing 13 October, 11.00am - 12.00pm. Cost FREE

HAVE YOU EVER WANTED TO LEARN MORE ABOUT OUR ENVIRONMENT?
Home-based session using interactive Zoom.
Join Michael Schilling from the Australian Greens to learn about issues affecting our local community: Recycling, climate change, general environment, questions and answers.
Saturday 17 October, 2.00pm - 3.00pm. Cost FREE

GETTING JOB READY
Home-based session using interactive Zoom.
In this course, you will learn how to secure that dream position by gaining an understanding of:

- Where to find that perfect job?
- Tips for resume writing
- How to prepare for an interview
- Interview techniques
- Communication Skills
- What employers are looking for
- How to build resilience in this ever-changing world of uncertainty.

Tuesdays 13, 20, 27 October, 10 November AND Fridays 16, 23, 30 October, 6 November. 10.00am - 12.30pm. Cost $20

HEALTH AND NUTRITION INFORMATION SESSION
Home-based session using interactive Zoom.
Now more than ever it is important to look at how we can manage and sustain a healthy diet. In this session you will learn about the different food groups, what food and drink labels mean, what are the good and bad fats and how much sugar should be consumed. This session will be presented by Joanna, a qualified Dietician.

I on Nutrition
choose wisely

Tuesday 20 October, 1.30pm – 3.00p. Cost FREE (Limited places)

Australian Government

Be Connected
Every Australian online.

More courses on page 26

Looking back on a slice of time from the 1950s *from page 23*

After what seemed an eternity another vehicle approached from his side and an officer got out and came over and spoke to the Russian soldier. Suddenly their voices became louder and a small argument was obviously taking place; you didn't have to understand the language to realise that! Soon the officer came over and gestured to me to be on my way. All he could say was, "My soldier make mistake. Go". I jumped on my motor bike and prayed that it would start first time from my kick, it did and off I went breaking the speed limit many times over as I hurtled towards our command post. When I arrived I was already reported as missing and a small hue and cry was underway, however I do recall that everyone made an effort to come in to speak to me and all expressed the pleasure at seeing me safe again. I had been overdue for three hours but to me it seemed like three days.

Our 'post mortem' of the event concluded that the overzealous Russian soldier thought I had crossed 'the line'. I hadn't, I really knew that and, fortunately, so did his officer. I can tell you my mates made the most of that one!"

This year Olive and I celebrate 68 years of a happy and wonderful marriage and always thinking of those first two years apart.

Geoff Stokes

Weird Things You Would Never Know

(and might not ever care to know!)

- Butterflies taste with their feet.
- A duck's quack doesn't echo and no one knows why or can prove that it does.
- In 10 minutes a cyclone releases more energy than all of the world's nuclear weapons combined.
- On average, 100 people choke to death on ball point pens every year.
- On average more people fear spiders than they do death.
- Thirty five per cent of the people who use dating sites are already married.
- Elephants are the only animals that can't jump.
- Only one person in two billion will live to be 116 or older.
- It's possible to lead a cow upstairs but not downstairs.
- Women blink nearly twice as much as men.
- It's physically impossible to lick your elbow.
- A snail can sleep for three years.
- No word in the English language rhymes with the word "MONTH".
- Our eyes are always the same size from birth, but our nose and ears never stop growing.
- The electric chair was invented by a dentist.
- All polar bears are left handed.
- In Ancient Egypt, priests plucked EVERY hair from their bodies, including their eyebrows and eyelashes,
- An ostrich's eye is larger than it's brain.
- TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.
- "Go" is the shortest complete sentence in the English language.
- If Barbie were life size, her measurements would be 39-23-33. She would stand upright at 2.13 metres.
- A crocodile cannot stick his tongue out.
- The cigarette lighter was invented before the match.
- Australians on average eat almost one hectare of pizza every day.
- **Marie Curie's** notebooks have to be stored in a lead box, as they are still radioactive (and will be for another 1,500 years!).
- South Koreans are four centimetres taller than North Koreans.
- Beloved children's book author Roald Dahl was a spy in World War II.
- The cracking sound your joints make is the sound of gases being released.
- The Eiffel Tower was inaugurated the same year Nintendo was founded.
- England is hit with more tornadoes per square mile than any other country in the world.
- When high-heel shoes first came into fashion in the 10th century, they were intended for men. It wasn't until the 18th century that more women wore high heels than men.
- Almost everyone who reads this compilation will try to lick their elbow! *(Editor's Note: My 14yo daughter tried this and she can lick her elbow.)*

Geoff Stokes

Outlook community centre

Outlook course enrolment details on page 24

A Community Ambassador from the nbn Community and Stakeholder Engagement team in Victoria will be running the following information sessions.

Home-based sessions using interactive Zoom.

Cost FREE

nbn '101'

Australian Government | Be Connected Every Australian online.

- What is nbn and the status of the rollout
- What it means for the members and how to connect
- How the nbn affects your existing landline phone and medical alarms
- Power outages
- Scams to be wary of

Thursday 15 October, 1.30pm - 3.00pm

nbn Optimisation

- How to select the best plan for your household (speed choices)
- How working from home can affect your internet requirements (talk bandwidth)
- Simple steps that can improve your connection inside your house / apartment / office building (talk modems, Wi-Fi boosters)

Monday 19 October, 10.30am - 12.00pm

nbn Scams Awareness

- How to protect yourself and identify different types of nbn-related scams
- What common scams sound like and relevant examples
- What to do and who to contact if you think you have been involved in a scam

Thursday 22 October, 1.30pm - 3.00pm

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The latest Community Advisory Committee news

The next meeting of the Community Advisory Committee will be held as soon as the COVID–19 virus restrictions are eased, allowing the members to get together even if it is at a social distance. As at the time of writing the Covid-19 situation is improving by the day. However, if you do have any personal problems or fears about the lock-down situation and its effects on you or your family then please ring either of the telephone numbers shown below. You will get all the understanding and help you need. All of the members of the Committee have been informed about the lock-down circumstances and rules within KRHS. One thing is very clear; if you personally show any of the symptoms of the Covid-19 virus then the advice from everywhere and it is also a strong Public Health message, is to contact your doctor, ***Get Tested*** and isolate yourself immediately. A test can be done very quickly at the pop-up testing site at the Community Centre in Koo-Wee-Rup. The open hours are from 12:30 pm to 2:30pm Monday, Wednesday and Friday. The facility will be manned by nurses from the Koo Wee Rup Regional Health Service.

For those of you who are not quite sure, or maybe you are a newcomer to the town, the aim of the Community Advisory Committee is to provide the KRHS with feedback and advice to improve and strengthen their services, their information, their forward planning, and the future policy development of the KHRS. The Committee will give advice to the KRHS Board of Management about problems that could be upsetting a Patient, a Resident or a Carer, and also, maybe, from an individual Koo-Wee-Rup resident or, indeed, from the whole Community's point of view.

The Community Advisory Committee will listen closely to these community members and acknowledge their concerns and aspirations so that these alternatives that they offer are consistently understood and seriously considered. This advice, and the recommendations developed, will be broadened into balanced information to assist the complete understanding of a particular topic by the KRHS Board of Management.

If you have a suggestion or some nagging thoughts about your difficulties, or your dependants comforts or problems with any aspect of the KHRS, then get in touch with the CAC Committee. Simply phone 5997 9679 or Geoff Stokes on 0435 085 002. Or you can email: *geoffreystokes@geoffstokes.com* Your email will be acknowledged.

Geoff Stokes

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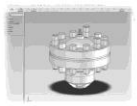

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1300 764 773 or info@conveyancingresolutions.com.au

Potatoes

By Heather Arnold, Koo Wee Rup Swamp Historical Society

I grew up on a potato farm at Cora Lynn, so I naturally have a fondness for the vegetable. Potatoes are grown worldwide, they are nutritious, relatively quick to grow and an effective use of land as 85 per cent of the potato plant is edible. Potatoes have been grown in the Andes for over 8,000 years and came to Europe via the Spaniards in the 16th century and then spread throughout the world.

There used to be many potato farms on the Koo Wee Rup Swamp. In the early days potatoes were despatched by rail from local stations, such as Garfield and Bunyip; Catani and Bayles and Koo Wee Rup. In 1912 it was reported that 35 tons of potatoes were trucked from Bunyip Station on one day – that's not even a B-double load these days, but that's a lot of bags of potatoes to all be handled manually.

The Great Southern Advocate of July 1, 1926 had this interesting report, head-lined *Koo Wee Rup Potatoes will return £500,000* and then a report of the tonnage sent from local railway stations, which indicates the importance of the vegetable to the Swamp.

The potato crop in the Koo-wee-rup district was estimated to reach £500,000. This, according to railway trucks will be very nearly realised. The output of 29,404 tons was distributed: Kooweerup 6952 tons, Garfield 6451, Bayles 5591, Dalmore 3346, Tynong 2580, Bunyip 2057, Nar Nar Goon 1814, Lang Lang 443, Warragul 169. This would realise £294,030 at £10 a ton.

From December 1925 to April 30, 498 trucks (6945 tons) left Garfield and 600 tons during April. From January 1 to May 30, 156,929 bags of potatoes left Kooweerup station and there are still many thousand bags still in storage.

The importance of the potato to the area was celebrated each year in the Potato Festival, held from 1973 until 2000 at Koo Wee Rup.

I thought we would have a light-hearted look at the health and beauty aspect of potatoes as reported in the newspapers.

September 1909 - *Few women know how essential certain vegetable and fruit acids are to the general health and the retention of a good complexion. For this purpose, the most valuable are potatoes, cabbage, cauliflowers, grapes, oranges and limes.*

March 1916 - *potatoes and lettuces, especially the latter, are excellent for those who suffer from scurvy skins.* Scurvy, a Vitamin C deficiency, causes skin to bruise, bleed and a delay in the healing of wounds. 40 years later in March 1954 there was a potato shortage in Victoria which as a result *an outbreak of scurvy could develop among Melbourne's young children unless the present potato shortage ended, Miss M. Honey, chief dietitian at Queen Victoria Hospital, warned last night. She said that potatoes were essential to young children to promote growth and to prevent scurvy.*

In January 1918 an article said that *It has been demonstrated that a butter and potato diet, together with fresh fruit, soon clears uric acid out of the system*. Uric acid is a cause of gout, so possibly a diet of scalloped potato may well be the answer.

In May 1936 the League of Nations (a similar organisation to the United Nations) Health Commission Diet Committee released a report *to the effect that the use of milled white flour should be decreased and its place partially taken by lightly milled cereals and by potatoes….Potatoes, according to the committee's report, contain more iron, calcium, and phosphorus than milled cereals, and also more of vitamins B and C.*

Continued next page

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Potatoes *from previous page*

By Heather Arnold, Koo Wee Rup Swamp Historical Society

The photographs in this article show potatoes at the KWR Railway Station - or in the queue for the railway station

October 1936 - *A course of potato-water drinking for the sake of the complexion may cause you to open wide your eyes with astonishment. But if you suspect acid in the system, which usually affects skin as well as the general health, try this: Select old potatoes and scrub them thoroughly. Peel them about an inch thick and throw this peel into a saucepan. Allow two cupfuls of water to each potato. Boil for forty to forty-five minutes. Strain off the liquid and drink it warm or cold an hour or so before meals. Dietitians say that a course of this potato-liquid will not only banish acid from the system but will whiten and beautify the skin. Try it!*

In January 1937 potatoes were recommended as a cure for sunburn - *Sea bathing on a hot day tends to make the complexion rough and red looking. The action of the salt and the sun make one feel like a lobster. At night, before retiring, sponge your face in warm water, no soap, please. Peel a raw potato, then gently massage the skin with it for three minutes. Use a gentle massage movement always moving in a circular motion. Allow the juice to dry into the skin and remain on until the morning. In the morning add a few drops of witch hazel to the water and wash the face. This will soon whiten and clear the skin.*

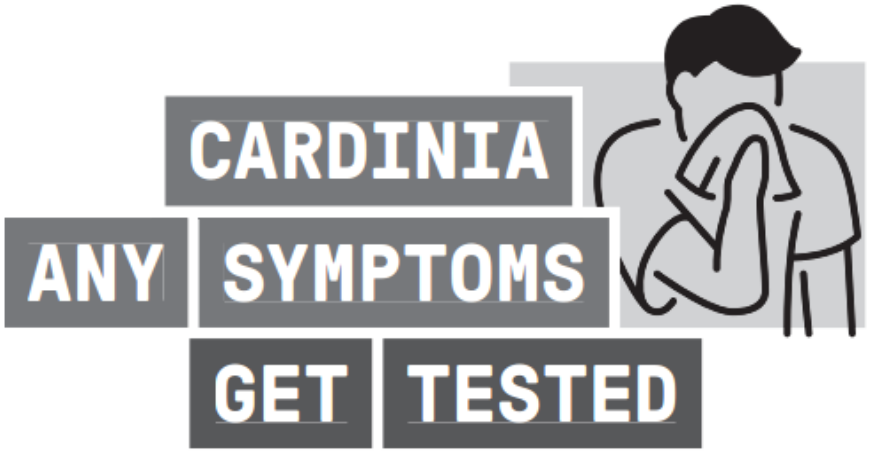
In August 1937 it was suggested that if you want *a complexion like a rose* then you should *eat a lot of onions; they are particularly good for your complexion. For people who don't like onions, it is a good idea to mix them with mashed potatoes; the onions hardly taste that way.*

This beauty tip comes from January 1943 - *Grated potato makes an excellent eye-pack for relieving tired or strained eyes. Wrap in a thin cotton pad, place over eyes, and lie down a while.*

We will finish off with this beauty tip from September 1950 - the article shows a photo of a model, with her face covered in fruit and vegetables, with this caption. *The cucumber on our model's forehead acts as an astringent and soothes her brow as well as smoothing out a few lines. The pears on her temples and in front of her ears nourish the skin.*

The banana on her eyes takes away that tired look. You can actually feel it coaxing out the tiredness. The potato on her nose makes it whiter. The peaches on her cheeks, above her mouth and on her chin, feed and revive the dry skin and help to give peaches and cream complexion. The carrots around her mouth take away the lines.

The Koo Wee Rup Swamp Historical Society meets on the second Wednesday of each month. We are currently closed due to Covid 19. Heather Arnold harnold@dcsi.net.au 0407 521 637.



It's important to get tested for coronavirus at the first sign of any symptom and stay home until you get your result.

- Koo Wee Rup Regional Health Service

  By appointment only

  Please call 5997 9679

  Mon, Wed, Fri: 12.30pm - 2.30pm

- Monash Health - Pakenham

  IYU Recreation Reserve

  Daily: 9.00am - 4.00pm

- Emerald - EACH

  Weekdays: 9.00am – 12.45pm

  1.15pm – 3.00pm

Bookings are required at some testing locations.

Opening hours subject to change.

Getting tested means you keep yourself, your friends, family, workplace and your community safe. It's not over yet.

STAYING APART KEEPS US TOGETHER

For more details visit vic.gov.au/CORONAVIRUS

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