THE KOO WEERUP BLACKFISH

OCTOBER 2024

Bandicoots

If you have walked along Moody Street past the primary school recently, you may have noticed the bandicoots on the side of the school's library, close to the school's bandicoot habitat. These mosaic artworks have been created from tiles donated by school families.



Koo Wee Rup Township Committee Meeting

The Township held its AGM and monthly meeting on Wednesday, 4 September at the KWR Community Centre. The next meeting of the Township Committee will be held on Wednesday, 2 October at 7:30 pm at the KWR Community Centre. Everyone is welcome to attend Township Meetings and join in the discussion.

There was discussion regarding the report in the August minutes that businesses had raised concerns regarding the coffee van operating from the Masonic Hall. The proprietor of the van stressed that it was a very small number of businesses in Koo Wee Rup that had raised concerns and that most businesses had been supportive of her operation.

The proprietors had been given permits by council, but these were later found to be incorrectly issued due to the zoning of the Masonic Hall land. The coffee van proprietor ceased operating as soon as requested by council and is now working with council to find a solution.

Council caretaker period for council elections starts on 17 September. This period restricts some of the activities that council officers and councillors can undertake in the lead up to the election.

Community and Capital Grants are open for applications until 3 December 2024

There was lots of damage in the shire from the high winds, council is providing some support to areas still without power. Councillor Kaye Cameron advised that she has been successful in getting a second grader for road maintenance in the Westernport Ward. One will be based in Lang Lang and the other in Tynong.

The gradual drift of McDonalds Drain Road, due to graders avoiding driving under overhanging trees, is being addressed. VicRoads are due to inspect the issues with the carpark and potholes opposite the Bayles General Store.

Noni Bourke, CEO of KRHS, has resigned. Frank Megens has accepted the role of interim CEO.

The hospital's Community Bus is restricted to the use of residents of the Health Service.

A New Health service Plan has changed the catchment area that the Koo Wee Rup Health Service serves.

The all abilities access point to the Koo Wee Rup Swimming Pool has funding to be completed this year.

The Hall Committee has applied for a couple of grants: For a portable data projector for the use of hirers of the hall. For an upgrade to the electrical system within the hall so that the committee can then seek funding for a generator or battery to provide power in emergency situations when the hall may be activated as a refuge.

Township AGM

Committee members elected at the AGM last month were: Caroline Roff (President & Treasurer), Frank Crameri (Vice President), Gavin Brock (Secretary) and general committee members Ellen Brown, Phillip Ferguson, Gus Moore, James Reid, Leonie Smith, Geoff Stokes, Matthew Tatt, Jenny Topperwein, and Trevor Westmore. President's report to the AGM is on page 3.





Community Bank

Koo Wee Rup

What's on in Koo Wee Rup and District

Octo	ber	·		
Wed	2nd	School Holiday Fun (page 3)	Cochrane Park	10am
Wed	2nd	Coffee Club (page 5)	Royal Hotel	10am
Wed	2nd	Lions Club Meeting	Tooradin Sports Club	7pm
Wed	2nd	Township Committee Meeting (front page)	Community Centre	7.30pm
Fri	4th	KRHS Ladies Auxiliary Meeting	Education Room, Hospital	9.30am
Fri	4th	KWR Senior Citizens Lunch & Hoy (members only) (page 21)	Senior Citizens Club	11.30am
Sun	6th	CFA Open Day (page 26)	CFA Station, Moody Street	10am
Mon	7th	KWR Senior Citizens Games Day (members only)	Senior Citizens Club	11am
Mon	7th	Chair Pilates	Eco House, Hospital	5pm
Mon	7th	Mat Pilates	Eco House, Hospital	6pm
Tue	8th	KWR Community Centre Meeting	Community Centre	7.30pm
Tue	8th	RSL Meeting	RSL Clubrooms	7.30pm
Wed	9th	Chair Pilates	Eco House, Hospital	5pm
Wed	9th	Mat Pilates	Eco House, Hospital	6pm
Wed	9th	Koo Wee Rup Swamp Historical Society Meeting (page 31)	Museum, Rossiter Road	7.30pm
Thu	10th	Heart Foundation Walking (page 24)	KWR Clocktowers	7pm
Fri	11th	KWR Senior Citizens Lunch & Hoy (members only)	Senior Citizens Club	11.30am
Sun	13th	Clothing Swap Event (page 20)	Hills Hub	11am
Sun	13th	Koo Wee Rup Swamp Historical Society 50 th Birthday Party (page 25)		2pm
Mon	14th	KWR Senior Citizens Games Day (members only)	Senior Citizens Club	11am
Mon	14th	Chair Pilates	Eco House, Hospital	5pm
Mon	14th	Mat Pilates	Eco House, Hospital	6pm
Wed	16th	Coffee Club	Chandelier Café	10am
Wed	16th	Chair Pilates	Eco House, Hospital	5pm
Wed	16th	Mat Pilates	Eco House, Hospital	6pm
Wed	16th	Lions Club Meeting	Tooradin Sports Club	7pm
Thu	17th	Heart Foundation Walking	KWR Clocktowers	7pm
Fri	18th	KWR Senior Citizens Lunch & Hoy (members only)	Senior Citizens Club	11.30am
Sat	19th	Community GP Run and Market (page 6)	Caldermeade Farm	8am
Sun	20th	Bayles Fauna Park Working Bee (page 23)	Bayles Fauna Park	9am
Sun	20th	Bayles Fauna Park AGM (page 23)	Bayles Fauna Park	1pm
Mon	21st	KWR Senior Citizens Games Day (members only)	Senior Citizens Club	11am
Mon	21st	Chair Pilates	Eco House, Hospital	5pm
Mon	21st	Mat Pilates	Eco House, Hospital	6pm
Wed	23rd	Chair Pilates	Eco House, Hospital	5pm
Wed	23rd	Mat Pilates	Eco House, Hospital	6pm
Thu	24th	Senior Citizens Games and Craft (members only)	Senior Citizens Club	10am
Thu	24th	Heart Foundation Walking	KWR Clocktowers	7pm
Fri	25th	KWR Senior Citizens Lunch & Hoy (members only)	Senior Citizens Club	11.30am
Sun	27th	Santa Sofia Festival (back page)	St John's Church	9am
Mon	28th	KWR Senior Citizens Games Day (members only)	Senior Citizens Club	11am
Mon	28th	Chair Pilates	Eco House, Hospital	5pm
Mon	28th	Mat Pilates	Eco House, Hospital	6pm
Wed	30th	Coffee Club	Degani	10am
Wed	30th	Chair Pilates	Eco House, Hospital	5pm
Wed	30th	Mat Pilates	Eco House, Hospital	6pm
Thu	31st	Heart Foundation Walking	KWR Clocktowers	7pm

JUSTICE OF THE PEACE

For document signing and associated services contact:

Gary King JP - 0438 663 655 Beverley Edwards JP - 0400 584 235

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

President's Report to the 2024 KWR Township Committee AGM

The purpose underlying everything the committee does is to make Koo Wee Rup a better place to live. We advocate to local, state and federal government and other organisations for improvements to the town and on other issues affecting the township. For small things like rubbish removal, footpath improvements, sealing open drains, patching roads, and for larger things like the duplication of the road to Pakenham, which took years of advocacy. We build a sense of community through the production of the Blackfish, through the community awards presented on Australia Day, through our sponsorship of the Christmas Lights competition and through our support of other community groups working towards to the same end.

Koo Wee Rup used to be a small country town largely populated by people who had lived here all their lives. Today we are also a dormitory town where young couples and families move to find a nice 3- or 4-bedroom house with a garden, in a safe and pleasant community. We need to make sure that we keep all relevant demographics in mind when advocating for improvements.

Some notable events of the last year have been:

- The duplication of the Pakenham Road is nearly complete. Two lanes have been constructed in each direction. Three
 roundabouts and a median strip prevent right turns on and off the road, significantly reducing the risk of accidents.
 The top section of the road is a gentle curve replacing the dangerous bends. There is a 3m hard shoulder on both sides
 - of the road for most of its length. A bike and walking track runs the length of the road, and a new bike and walking track is being constructed from the South East Business Park to Pakenham. The top section of the road is open with a speed limit of 100kph. The entire project should be complete by the end of this year.
- The lights on our clocktowers were installed, just in time for Christmas. Excellent work from Gus Moore and Garry Oates in making sure the project didn't disappear into the too hard basket.
- We have received a grant to paint a train mural on the back of the Woolworths building, opposite the old railway station. Hopefully work will start at the end of September.
- The Bowls Clubhouse is under construction, due for completion later this year.
- Saint Sofia Festival celebrated 50 years in October 2023.
- Koo Wee Rup Primary School opened new classroom upgrades and a brand-new gymnasium.
 Welcome additions with the burgeoning population of the school and town.
- Council replaced their old parks and gardens team, and the new contractors seem to be doing a good job.

Continued page 5





President's Report to the 2024 KWR Township Committee AGM

continued from page 3

Some sadder events included:

- The passing of three significant contributors to Koo Wee Rup over many years: Iris 'Tobe' Florence, Leonie McGinley, and Pat Nunn. All past Australia Day award winners.
- The closing of our local CWA branch.
- The removal of the historic rail bridge over the Bunyip River.

There are still many projects we'd like to see actioned, including:

- Connecting the new bike and walking track that runs from Pakenham to Manks Road to the town's footpath network.
- Getting adequate public transport so that people can commute without a car. We see this as increasing the Pakenham bus shuttle service, making sure all services are Myki accessible and making Koo Wee Rup part of Metro Zone 2, so a bus to Pakenham won't add anything to the cost of a train trip to town.
- Continuing to advocate for the new bus stops at the South East Business Park to be opened and incorporated into the KWR-Pakenham bus route.
- Continuing to advocate to Ausnet for a more reliable power network for the area.
- Working with Council and VicRoads to make the intersection of Rossiter Road and Station Street properly wheelchair accessible.

A LADY Jan 2024

Of all the elderly in the town that I could choose whom I neither speak with, nor run into or know one familiar lady, a little shrunken and stooped seen often alone, carrying too many heavy bags.

In passing, or in the very middle of a busy street she will set her sights on you and out of the blue relate a definite reason or purpose in her diligence then her story will trail off, as if last month's news.

She seems to be bearing the weight of the world yet has a purposeful gait, determined and capable always looking as if she wants to be back home to drop her many parcels and kick off her shoes.

Despite hooded tired eyes and a spirit that sags there is a strange persistent wonder about her she still carries with her the unmistakable that trace of once being a lovely little girl.

Warren Breninger

- Including the older parts of Koo Wee Rup in the Council's street tree renewal program.
- Improvements to the streetscape on Station Street. Creating a screen for the vacant land of the old PMP site until it can be developed.

KOO WEE COFFEE CLUB



Catching up with locals to have a coffee and a chat from 10am onwards on the following days:

October	2	Royal Hotel
	16	Chandelier Café
	30	Degani
November	6	Royal Hotel
	20	Chandelier Café
December	4	Royal Hotel
	18	Chandelier Café





Enquiries ph Jo on 0428 557 411

Like

Koo Wee Coffee Club

- Working with council to improve the habitat of the Southern Brown Bandicoot through the Koo Wee Rup area and designating KWR the 'home of the Southern Brown Bandicoot'.
- Updating the clocktowers. Some of the history panels have never been filled and some need additional or revised information.

Thank you to our Ward Councillor, Kaye Cameron, who has been such a positive advocate for our community and such a helpful resource for the committee.

Thank you to our local MP, Jordan Crugnale, for her constant support and willingness to liaise with government departments and instrumentalities on our behalf.

Thank you to the Australia Day subcommittee and all the organisations who helped on Australia Day, contributing to an important celebration of our local volunteers.

Thank you to Gavin Brock for his work as Secretary, a role which encompasses the bulk of the administration of the committee.

Thank you to the volunteers who deliver the Blackfish every month.

To the members of the Township Committee and to others who come along to our meetings; thank you for your support, your interest in the welfare of our community and your regular attendance throughout the year.



Meet your council candidates

Council elections are happening this month. Postal ballots will be sent in the week starting 7 October and needs to be posted, or dropped at an electoral office, by Friday, 25 October.

To help with your decision, I have asked the two candidates for Westernport Ward to tell us a bit about themselves. Their responses are below and on page 9.

Kaye Cameron

Over my current term as Westernport Ward councillor, I have successfully advocated for residents on planning, better road maintenance and drainage issues. I promptly address resident's concerns through phone and email and endeavour to ensure swift resolutions.

Notably, I secured over \$4 million in funding for the Cora Lynn FBC to upgrade their change rooms. I prioritised and secured the sealing of Mt Lyall Road and obtained \$5 million in election promises for Westernport Ward alone. I have also played a key role in reinstating partial funding for the Kooweerup netball courts after initial council withdrawals and facilitated state funding applications for the project.

My advocacy includes ensuring Lang Lang's public art reflects community desires, meeting with state Ministers and MPs to fund the Lang Lang bypass for resident safety and supporting the return of a permanent police presence in Lang Lang. I advocated for the sealing of Oxford Street in Lang Lang, allowing safe access to the Lang Lang Bowls Club.

I work with local people to help them deal with red tape around planning issues. Helping a local whose property had been flooded due to inappropriate development to have remediation works completed. I worked with another local whose secondary access to their property had been impeded by development to find an effective solution.

I have been tireless in keeping on top of the grading of unsealed roads in the ward. With the recent provision of a second grader for the ward, working out of the Tynong depot, we should see continued improvement in the state of our unsealed road network.

Late last year there were moves to pull back on roadside mowing, not allowing any overtime to complete work. I worked successfully to have this decision reversed.

I have been pushing for improvements to the Kooweerup swimming pool for some time. \$250,000 has been allocated for upgrades in this year's budget and I will continue to work towards making the pool a welcoming place for local residents.

After some years of resistance from council staff, I had 'Ray Brown Walk' approved by the shire and signs installed. I continue to work with the Kooweerup RSL to find a suitable location for their museum and clubroom project.

I advocated for the roof at the Cardinia cricket oval to be cleaned and resealed and I push strongly for the appropriate maintenance of shire buildings within the ward.

I actively participate in ward committee meetings, support the Westernport Biosphere, and advocate to protect Westernport Bay, opposing infrastructure detrimental to the bay.



Kaye Cameron and Fletch

I am committed to calling out any injustices affecting our community and will continue to be a strong advocate for the residents of this remarkable ward.

Thank you for your continued support.





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Meet your council candidates - Trudi Paton

Before now I've not really had aspirations to become a Councillor. Conscience and recent events have led me to embark on this campaign. I've held a range of positions to support community arts and sporting groups for the past 30 years, taking on leadership roles when more action was needed from me to effect change.

I spent my first 13 years living on our family beef farm in Catani. It was a great experience for me, even though I didn't know how lucky I was at the time. Life lessons about getting a job done because family and livestock are relying on you; or having to be creative to fix a problem without all the stuff you need for the job were learned of necessity. I also learned that jobs left undone cause more strife and hardship than if you just get on and tackle them as they arise.

At Catani primary school, where I think peak enrolment during my time there was 29 kids is fondly remembered. I thought we were a big school because Yannathan and Modella primary schools were smaller by comparison! School friends felt like cousins, and their parents were like uncles and aunties. Seeing the old school on the corner of Taplin's

Road and the Koo Wee Rup-Longwarry Road disappear after it closed in 1993 was a bit sad, but when I see the site now, with the old shelter-shed in the front yard, memories of play are still vivid. We moved to Garfield during my second year of high school, so my parents could spend more time operating their bus business but my family continued to work the farm from a distance until it was sold a few years ago to market gardeners.

For 10 years I lived close to the city and worked in IT. My husband and I moved our young family back to Cardinia 30 years ago because we wanted a country life for our kids like we'd had. As a full-time Mum taking on casual and part-time work when I could, I threw myself into committees and clubs that our kids



were involved with. Most significant is my ongoing connection with the Melbourne Youth Chorale, formerly Berwick Youth Choir that began in 2000. I was President in 2017 when the committee boldly scrapped fee-based enrolments and transitioned to a fee-free, pay what you can afford financial model. This year, choir enrolments surpassed 100 and offer a broader curriculum and experience for choristers than when it charged fees. I've learned a lot about small organisations that struggle to survive in an environment where competition to attract volunteers and funding is fierce. I look forward to a role as Councillor, where I can assist more associations and clubs with their fundraising and service goals.

A personal achievement of which I am most proud is that I hiked the Camino with my backpack from St Jean Pied de Port in the Basque region of France, over the Pyrenees and across Spain to Santiago de Compostela with my husband David, in 2019. 800kms and 35 days of blisters, absorbing our surrounds at walking pace was such a life changing experience for us that we decided to hike again. In 2022 we walked from Lisbon, Portugal to Santiago, Spain. The routes we followed were ancient pilgrimages. As pilgrims we shared community meals and hostel dormitories. Being part of a walking community of shared experience was fantastic. I'd love to go again. For now, I continue to enjoy local walk especially in the Dandenong ranges and along our beautiful Bass Coast.

Why did I decide to run for Council in Westernport Ward?

It's simple really. Despite not living on the farm for some time, my ongoing contact with local families has given me an understanding of the unique challenges faced by the rural communities of Westernport. Recent Council satisfaction and opinion surveys show a disparity in results across Cardinia, with rural voters in Westernport and Ranges wards being less satisfied than those in the main growth towns along the Princes Highway. This suggests that Westernport ward voters feel like they are overlooked by Council. Planning and funding decisions need to ensure that the needs and opinions of rural communities are given fair consideration. Cardinia's rural communities are too important in the economic, social and cultural landscape of the region to ignore.

I won't bore you with policies and intentions here. Let's just say that cleaning up spending, doing away with unnecessary charges and reporting transparently will be a key focus for me. If you can drive around the shire without being annoyed by potholes, unfinished roadworks, uncollected rubbish or uncontrolled weeds and storm debris then I'll consider that a good start to my term in office.

Feel free to email me: trudipaton@gmail.com or find me on Facebook: Trudi Paton for Westernport Ward, Cardinia I look forward to meeting you on the campaign trail and beyond!



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What was that siren?

September 2024

It was the Koo Wee Rup Fire Brigade back up siren to alert all the volunteers to attend the station for a turn out call. It's also used to let the local community know we are about to be out on a call.

Our calls since the last report were:

27/8/2024 - Tree fire threatening shed - Main Drain Rd Koo Wee Rup

29/8/2024- Scrub fire - Princes Fwy Tynong

30/8/2024 - scrub fire - Hills Rd Nyora

2/9/2024 – Automatic alarm – Bass Hwy Lang Lang

6/9/2024 – Unattended burn off – Koo Wee Rup Rd Pakenham South

7/9/2024 - Burn off spreading - McDonalds Track Lang Lang

10/9/2024 - Hazmat incident - Harkers Rd Caldermeade

14/09/2024 - Structure fire - Princes Fwy Bunyip

15/9/2024 – Car issuing smoke - South Gippsland Hwy Koo Wee Rup

18/9/2024 - Motor Vehicle Collission - South Gippsland Hwy Caldermeade

CFA Open Day

CFA Open Day is a chance for you to meet your local CFA brigade and find out more about what we do.

Who are we kidding??? It's really for the kids to come along and have fun with the hoses, lights and sirens , but we're also happy to talk about what we do and how you can help us with planning and preparing for emergencies.

Ambulance Victoria will also be in attendance showing people how to perform CPR for free, come along and learn some valuable, life changing skills. Kids any age and adults can perform CPR to save a life.

When: 10am - 1pm Sunday 6th October

Where: 10 Moody St Koo Wee Rup

Firefighter Stair Climb

On 7th September, two of our members completed the 28 floor stair climb with 25kg of kit to raise funds to remove stigma and raise awareness of mental health issues like depression, and suicide for those in emergency services and defence.

Combined, the two members raised a massive \$2,380 for this great cause.

Smoke Alarm Installation Program

CFA has a free Smoke Alarm Installation Program happening where suitably trained volunteers will come to your house, do a survey on what smoke alarms you currently have installed, give you a few tips and information on the care of your alarms and then, if needed install new alarms.

As all alarms have a 10-year service life, all alarms should be replaced if they are more than 10-years old, batteries should be replaced regularly and they should be tested monthly.

The new smoke alarms installed by CFA have a lithium 10-year battery in them so they don't need changing but the whole alarm should be replaced after 10 years.

If you are interested in Koo Wee Rup CFA volunteers coming to your residence to look at your smoke alarms and, perhaps install new one, please contact roger.smith7@members.cfa.vic.gov.au

Contact Us

Call Triple Zero in an emergency

You can contact us for non-emergency enquiries via email or facebook

Email: kooweerup.sec@members.cfa.vic.gov.au

Facebook: @KooWeeRupFireBrigade







Icarus Skin Cancer Clinic



Phone: 59 252 000

Address: Suite 4, Ground Floor, Hollander House, 352 Rossiter Road, Koo Wee Rup VIC 3981

Email: reception@icarusskincancerclinic.com.au Website: www.icarusskincancerclinic.com.au

EARLY DETECTION AND TREATMENT OF SKIN CANCERS IS ESSENTIAL

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Our highly skilled skin cancer doctor, Dr Bruce Lim, has a comprehensive understanding of skin cancer and treatment, acquired from years of additional study beyond a medical degree. His experience gives you confidence that he will accurately diagnose and treat skin concerns in a safe medical environment. His breadth of knowledge and treatment of patients, and expertise ensure the highest standards of professionalism and safety.

Bruce has undertaken significant further training in the field of skin cancer medicine and is accredited by the <u>Skin Cancer College of Australasia</u>. He has developed skills in skin cancer surgery including facial surgery, skin flaps (including nose, ears and lower leg repairs) and skin grafting. He is also passionate about promoting sun awareness and <u>skin cancer prevention</u> with his patients

Technology

Using dermatology software powered by artificial intelligence (AI), we can capture high quality digital images of your skin and record exact detail for future comparison monitoring suspicious lesions for any changes, resulting in earlier diagnoses so you can avoid unnecessary procedures.

Need a skin check?

Anyone with changing spots, or spots that look very different to others on their body, should have them assessed by an accredited skin cancer doctor as soon as possible.

Even if you are unsure if your spots have changed, it's worth having a doctor check your skin to ensure nothing is amiss. If you have a history of sunburn, multiple spots, previous skin cancer, or a family history of melanoma, you are at risk of skin cancer. The same is true if your family has light-coloured skin, even if you yourself have darker skin.

Remember that the damage may have been done when you were young, so just because you don't get sunburnt any more doesn't mean you're safe from skin cancer.

Early detection and treatment is essential

Melanoma is the third most common cancer in Australia, and more people are being diagnosed with skin cancer every year.

The good news is that, if detected early, there is approximately a 99% chance of survival as the melanoma can be confined to the skin. Delayed diagnosis, however, may result in the melanoma spreading to other parts of the body. Once this occurs, it becomes a highly aggressive cancer which makes it difficult to treat.

Unfortunately, melanomas don't present symptoms so the only way to find them is to examine your skin.

A full-body skin check by an accredited skin cancer doctor is the best aid in early diagnosis.

To make an appointment call 59 252 000 or book online



1st Koo Wee Rup Scout Group

1 Mickle St, Koo Wee Rup VIC 3981



This month at Koo Wee Rup Scouts has seen our group attend the Cardinia District Scouts 'Discover the Adventure Camp' where a lot of fun, adventure and learning was had.

Joeys continued on their travel around the world. From learning about the cultures of other countries to eating delicious cuisines. The Joeys have had a great time learning about other countries and their culture.

Our cubs planned a hike and then hiked 5.5 km to see Lawson Falls. They completed STEM challenges, had dads join them for a night. Lexie completed her Adventurous Journey hiking for 14km from Greens Bush to Cape Schanck Lighthouse.

Our Scouts and Venturers have been learning first aid and hiking.

Rovers attended the Metropolitan Area Rover Ball and have also been working on their mudbash vehicles.

Massive Congratulations to our own Shane Worthington who recently received the Silver Wattle Award at the Adult Recognition Awards Presentation.



Joey Scouts 5 to 7 year old Tuesday 5:40 - 6:40 Cub Scouts 8 to 11 year old Tuesday 7:00 - 8:30 Scouts 11 to 14 year old Friday 7:00 - 9:00 Venturers 14 to 17 year old Friday 7:00 - 9:00 Rovers 18 to 25 year old Thursday 7:00 - 9:00



A caravan holiday in southwest Western Australia, 1993 by Geoff Stokes

In February 1993 Olive and I were living in Kelmscott WA, so we decided to take a holiday towing the caravan to Esperance in WA's southwest. You may remember in my previous writings in 'Blackfish', we were in Esperance a couple of years before and it was near to Esperance that we met two new friends Phil and Cathy. They introduced me to the delights of snorkelling and then, a couple of years later after many more real scuba dives, I went on to qualify as a Master Scuba Diver. We settled in well at a Big 4 caravan park in Esperance and our site had an ensuite alongside and this made the holiday very comfortable. No long walks to the toilet or to the shower room, very up-market. I recall us enjoying visiting the surrounding area and on one of the days a re-visit to the Stokes National Park.

The Stokes National Park is named after John Lort Stokes (1812-1885), commander of the ship Beagle and friend and companion of Charles Darwin. His grandfather, John Rees, took on the Stokes surname and became John Rees-Stokes because he liked it; Stokes was the surname of his wife's brother and this Joseph Stokes was related to us – yes, really; a bit of a stretch but Joseph (b.1753) was my 4th great Uncle. John Lort entered the navy in the *Prince Regent* in 1824 as a midshipman and was soon transferred to the brig *Beagle*, in which he served for eighteen years. Assigned to the Beagle at just thirteen years' old, he was involved in the vessel's 1826 to 1830 surveying voyage to Peru, Chile and Patagonia; and – along with Charles Darwin – in its expedition to South America, the Pacific and Australia between 1833 and 1836. During his third Beagle voyage, commencing in 1837, Stokes chartered the coasts and waters of areas including the Northern Territory, the Torres Strait, Western Australia and Bass Strait. While in Sydney in 1838, Stokes met Fanny Jane Marlay (1819–1848), whom he married in January 1841. Appointed to the command of the Beagle that year, Stokes continued the survey of the Australian coast before returning to England in 1843. Later, as captain of the Acheron, he conducted the first full hydrographical survey of New Zealand. Fanny died in South Africa while en route to Sydney with Stokes in 1848. Promoted to rear-admiral in 1864, vice-admiral in 1871, and admiral in 1877. John Lort died at his home in Scotchwell, Haverfordwest, South Wales on the 11th of June 1885. It was written that "Stokes was an enterprising and efficient officer; he was a man of genial personality, with considerable ability as a vivacious writer".

On another day we also enjoyed visiting the Cape Le Grand National Park and with it's hills and superb scenery, capped off the day visiting Condingup, a little town at the end of the bitumen, eastwards along the coast. I also booked a dive with the Esperance scuba diving club; in fact, it was to be a double dive. The first dive was in the morning off Renmark Island about an hour off the coast, and the second dive from Seal Rock – off Woody Island – in the afternoon on the way home. I wrote about them in my log. I do recall passing Woody Island on the way out to Renmark Island and seeing lots and lots of seals basking on the rocks. The thought that later in the day we would be diving amongst them gave me a wonderful feeling of really looking forward to a major event. The boat was called 'Divemaster II' and my buddy for the day was a very nice young man called Noel (Kerr), and amongst the other five divers was a doctor, Kevin, with his girlfriend Lisa, who both worked in the emergency department of the Esperance hospital. I noted in my log for the day that this first dive was ... "(An) Absolutely fantastic dive, best visibility and species yet". This dive over we pulled into shore and enjoyed a very nice barbecue meal for lunch. We couldn't eat or drink too much because we had another dive to do in the afternoon, however, we all got to know each other very well during that hour or so we spent over lunch, and afterwards before the next dive. It was a good half hour journey back to Seal Rock and when we arrived there, we couldn't believe what we saw. There were now no seals to be seen on the rocks and none in the water; where had they all gone, we asked each other? In the water there were hardly any fish either but, I recall from my log, we did see a grouper and some tuna. I wrote ... "We saw them [seals] on the way out but once in the water we didn't see any! Many caves and swim-throughs

and walls with heavy surges. It was my first time in surge, but I coped very well after instruction from Peter Hudson the Divemaster..." This was a great day that I still remember vividly.

However, I can't remember what we did the next day, but I do remember two things about it. The first was that I was getting strange feelings and pains in my gut and back. Not intense at all but enough to make me wince now and again. The other was a visit to the caravan park office. The manager there said that he had been thinking of me yesterday — he was the fellow who had recommended to me to scuba dive with the Esperance diving club. He told me that the local news that evening was that a wounded Great White Shark had been caught off Seal Rock that day at the same time as we were



diving there! No wonder all the seals and fish had disappeared; they had swum away real fast when the shark had arrived.

A caravan holiday in southwest Western Australia, 1993 from previous page

My luck was in but not for long. The pains in my back had been getting worse overnight and now, next morning, they were severe to say the least. We both realised that it was a repeat episode of a kidney stone moving down on its way through my urethra giving me that familiar exquisite and violent pain I had had before. Olive wasn't happy with me rolling around on the floor of the caravan, so she insisted on taking me to the emergency department at Esperance hospital. They were very nice to me and gave me the tests that showed blood in my urine, and I remember rushing to the toilet to vomit and have bouts of violent projectile diarrhoea. The emergency doctor was called and who should it be but Kevin, my fellow diver of yesterday! He immediately thought I had diver's "bends" because of our rushed two dives of yesterday, but I managed to convince him that I had had this problem before and it was a kidney stone: in his language, a renal calculus. Tests, ultrasounds and X-Rays proved me right and the stone eventually moved into my bladder to once again to pop out with my urine some three weeks later. I had three days in the hospital and dear Olive was by herself, in the caravan, with all the worry this stone in my tubes had caused. As usual she was very brave and came along, all calm and collected, to pick me up and take me back to the caravan to reflect on a very complicated holiday! The outcome of this adventure was, as I said above, that just three weeks later, back home, the stone popped out with a resounding clang into the toilet basin at Berala Court, Kelmscott! Further tests showed that the stone was composed of calcium oxalate, so I was advised to drink more (water!) and to avoid strawberries, prawns and lobsters – yeah right!

A few days later after this and we were now on our way home to Kelmscott and we decided to go the long way around the coast. Off we went in the car early one morning heading for the southwest of Western Australia. Our first stop would be Albany and, for my readers, here is a brief history of the town. Albany is a port city in the Great Southern region of Western Australia, 418 km SE of Perth, the state capital, and 390km SW from Esperance. Albany is the oldest permanently settled town in Western Australia, predating Perth and Fremantle by over two years. I do remember driving that day because Olive and I were just flabbergasted that in all that time and distance we only saw about a dozen vehicles going in the other direction. Albany was founded on 26 December 1826 as a military outpost of New South Wales as part of a plan to forestall French ambitions in the region. To that end, on 21 January 1827 the commander of the outpost, Major Edmund Lockyer, formally took possession of the western third of the continent for the British Crown. The area was initially named Frederick Town in honour of Prince Frederick, Duke of York and Albany and, in 1831, the settlement was transferred to the control of the Swan River Colony and renamed Albany by Lieutenant-Governor James Stirling. During the last decade of the 19th century the town served as a gateway to the Eastern Goldfields. For many years, it was the colony's only deepwater port, having a place of eminence on shipping services between Britain and its Australian colonies. The opening of the Fremantle Inner Harbour in 1897, however, saw its importance as a port decline, after which the town's industries turned primarily to agriculture, timber and later, whaling. The town has an important role in the ANZAC legend, being the last port of call for troopships departing Australia in the First World War. Ships carrying the Australian Imperial Force and the New Zealand Expeditionary Force (later known collectively as ANZACs) to Egypt to join World War1, gathered at Albany in late October 1914. The first detachment departed in convoy on 1 November 1914, with a second detachment departing in late December 1914. Albany was the last place in Australia that these ANZACs saw. The Albany Anzac Peace Park and the Pier of Remembrance were finally dedicated in 2000, as a precursor to the war centenary commemorations

planned for state registry and heritage in 2003.

Standing on the cliff top looking out to sea where those warships would have been ancho red, gave one a strange surreal feeling and it was easy, yet sad, to imagine all those enthusiastic young Aussies boarding their ships on their way to fight a war that they all thought would be over in a few weeks. Whilst we were in Albany and, I should add, that Albany is a beautiful place to holiday in, we visited the war museum and also the whaling station. This whaling factory was shut down not all that long ago and we had a very interesting, guided tour through the place that also included visiting two whaling vessels now tied to the wharf - forever.





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Koo Wee Rup RSL Report

Rodney Edwards (President)

It's been a fairly quiet month for the Koo Wee Rub & District RSL, we're starting to ramp up our activities though. We continue to have our great Friday night get together once a month. Once a month we get together with some of the members from the Nar Nar Goon RSL in our newly refurbished lounge and bar area in our clubrooms for dinner together, each month we have a different theme – August was Baked Potato night with baked potatoes of course, plus a heap of great fillings. September was Footy Food night with Four 'n' Twenty Meat pies, hot dogs, dim sims and chips—all the food we love at the footy, oh of course don't forget a coldie to wash it all down and as usual some delicious homemade desserts were on offer too. These are great nights that our veterans and members look forward to, remember if you're a veteran or family of a veteran and are looking to make some new friends or just join in with people you already know why not come along to one of our monthly meetings and find out more about our Friday night get together. Our meetings are the second Tuesday of the month at 7.30pm at the RSL clubrooms, 13-15 Station Street, Koo Wee Rup (opposite the post office). For more information contact kooweerup.rsl@gmail.com .

The next big thing on our calendar is Remembrance Day (11th November). In the lead up to Remembrance Day we will be selling poppies at Woolworths Koo Wee Rup as we have done for many years now, for collectors of Remembrance Day badges we have some great new ones available. So, when you see one of our volunteers selling poppies please say Hi and consider purchasing a poppy or badge. We will of course be having our usual Remembrance Day Commemoration Service at 11.00 am on Monday 11th November at the Cenotaph outside the Koo Wee Rup Community Centre – check out our Facebook page.

Once we've got Remembrance Day "done and dusted" our next big event is the Koo Wee Rup RSL Christmas & Craft Fair. This year it's being held on Saturday 23rd November at the RSL, 13-15 Station Street, Koo Wee Rup. We've got Santa lined

up ready and happy to pose for photos with your children and of course your well behaved "fur babies". We already have a few stallholders, but we need more, so if you make something crafty and would like an opportunity to sell your items please contact Kooweerup.rsl@gmail.com or Bev Edwards (Secretary) on 0400 584 235 and she will be happy to organise a stall space for you.

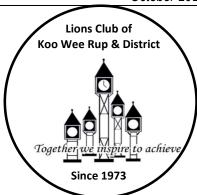
In addition to the craft stalls there will be the usual colouring competition for primary school aged students and our craft and cooking competition for locals of all ages to enter. There are prize cards to Third Place. Entry forms for the competition will be available in local shops and Kooweerup.rsl@gmail.com from early October – it's a bit of fun and free to enter so why not join in the fun by putting something in the showcase. For one of our cooking sections - The Best Decorated Lions Club Cake a \$100.00 cash prize has been generously offered by the Koo Wee Rup Lions Club, that's certainly an incentive to have a go – the only stipulation is that you must purchase a Lions Club cake (which will be available soon) and attach a portion of the packing to your entry as proof of it being a Lions Club Cake. More information regarding the Christmas Fair will be around town in the coming weeks, so we hope to see many of the locals at the fair supporting the RSL and local stallholders.

Anyway that's all from the RSL this month.









Our local schools once again competed against each other in this year's Lions Junior Public Speaking (JPS) 2024 finals at Tooradin Sports Bar.

A fantastic crowd of parents, family, teachers, friends & Lions Club members were in attendance showing support to students.

The standard was high from all the students a credit to their teachers & of course their families for listening to the speeches be practiced repetitively.

Chairperson of Koo Wee Rup JPS PDG Ian Gration followed the journey of all the students who entered the Junior Public speaking. He thoroughly enjoyed being part of the progression of each child throughout the competition & saying that the standard was high leading up to the finals.



Winners of the Years 3 -4 was Lilly Fitzpatrick from Bayles Regional Primary School & Winner from Years 5-6 was Hugh Quinn from St John the Baptist.

Congratulations to you both for your outstanding achievement so far in the Junior Public Speaking. Good Luck to you both on your journey at your next level of JPS being held on 9th October at Tooradin Sports Bar. Thank you to all the students who participated in this year's Junior Public Speaking.

To all those who helped on the night a big Thank you too.



Lions Junior Public Speaking Club competition from previous page



About the Lions Junior Public Speaking competition...

- This program has been running successfully since 2007.
- It is a Category B Multiple District Program and more clubs & schools get involved across Australia each year. Students really enjoy the program and reap the benefits for years to come.
- Teachers are enjoying the program and are making it part of their class curriculum.
- This competition is run for primary students in Grades 3 to 6, to give students in Primary schools the chance to develop their public speaking skills in a supportive environment.
- Great opportunity to build a relationship with your local schools & wider community, which could lead to new members. What skills do Student Develop through this Program?
- Public Speaking can in improving academic performance.
- It helps in improving their listening skills.
- It helps students develop the ability to voice opinions and influence others.
- It empowers kids to overcome fear in a supportive environment.
- It prepares the child for a better future.
- It allows them to research information through several platforms – books, internet, family, friends & community members. How does the program work? Prepared Speeches
 - Students are given a topic for their prepared speech, chosen by Lions, and this topic remains the same throughout the competition.
- Years 3 & 4 students are asked to prepare a 3-minute speech. Years 5 & 6 students are asked to prepare a 4-minute speech. Short Preparation Speech
- For students in year 5-6 only. At the club, zone/region & district level, they are given a topic and 10 minutes to prepare a 1-minute response to this topic. This has been included as an added challenge for students who have already shown that they are skilful at preparing and delivering a prepared speech.

Shirelle Lean, President Lions Club of Koo Wee Rup





KOO WEE RUP & DISTRICT LIONS CLUB Inc.

WE NEED YOUR FEEDBACK ON YOUR COMMUNITY



Otherwise, please drop us an email (https://kooweeruplions73@gmail.com), or contact President Shirelle (0411 248 123), Secretary Belinda (0417 721 333) or Service Co-ordinator Jack (0418 729 912).

Get excited for the Clothing Swap event!

Community members can refresh their wardrobes for FREE at the upcoming Clothing Swap event.

Cardinia Shire Council has partnered with The Clothing Exchange, to provide an environmentally friendly way to 'shop' during Buy Nothing New Month this October.

Participants simply bring up to 6 good-quality pre-washed items of clothing and/or accessories to the event.

These items are then traded in for tokens to use as 'currency' for clothing and accessories on the day.

There will also be a range of other activities and stalls on the day, including a mending workshop to learn how to repair and revive your clothes.

Event details

• Date: Sunday 13 October

• **Time:** 11am – 1pm

• Location: Hills Hub (400A Belgrave-Gembrook Rd, Emerald)

This event is for people 18+. Participants must register for this event.

Cardinia Shire's General Manager Infrastructure and Environment, Peter Benazic, encourages the community to get involved.

"Australians buy more clothes per person than any other country. This event provides a fun way to get a fresh new look whilst saving money and minimising your environmental impact."

"It is exciting to know your preloved and good quality clothes and accessories will be enjoyed by others."

To book your ticket and for more information, go to www.cardinia.vic.gov.au/wasteworkshops





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Koo Wee Rup Senior Citizens Club

Icke Road, Koo Wee Rup

We are celebrating Seniors Week in October at Tooradin Sports Club with Morning Melodies and lunch. This is complementary to our members.

Last week a fashion parade was held at the club. This was a fund raiser by the Ladies Auxiliary to raise funds for our local hospital.

We invite new members at an annual fee of \$10. Come and give us a try; you can participate in our outings.

All enquiries: Dianne 0419 405 404 Leonie 0477 249 000

Regular Activities

Monday	Games	11-3pm	free
Friday	Lunch	11.45-1pm	\$10
Friday	Hoy	1pm-3pm	\$3
4 th Thursday of the month	Games and Craft	10-2pm	free

News from the Ladies Auxiliary

The Ladies Auxiliary would like to thank the "Friends of Harewood" and the "Tooradin Tractor Pull" committee for their very generous donations towards the purchase of five beds for the hospital.

The photography for our 2025 calendar has been completed. Our very patient photographer is now putting it all together for printing. This is a real fun calendar to celebrate the 70th anniversary of the ladies Auxiliary in 2025, The purchase price is \$25, and envelopes are available if required. To order your calendars please contact May Ridgway on 0408 530 641. The previous calendar for 2022 sold out very quickly, so please don't leave it too late.

We are now preparing for the RSL Christmas Fair to be held on Saturday, November —23rd. The Ladies Auxiliary will again have scones, jam and cream which are very popular. Also, there will be a trade table with jams, pickles etc. and a Christmas raffle. Do come along and support your community. There will be many stalls from which to purchase Christmas gifts and lots of other interesting items for adults and children. Look for the information posters around the town and see all the competitions you can enter.

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Nominations now open for Cardinia Shire's 2025 Australia Day Awards

Cardinia Shire Council is excited to announce that nominations are now open for the 2025 Australia Day Awards.

This is your chance to recognise and celebrate the outstanding contributions of individuals and community events that

have made a significant impact on our community.

Award Categories:

- · Citizen of the Year
- Senior Citizen of the Year
- Young Citizen of the Year
- Community Event of the Year

The Australia Day Awards honour the exceptional efforts of citizens and community events that have enriched the Cardinia Shire community.

All community members are encouraged to consider nominating a deserving local volunteer and outstanding community events.

Nominees must be Australian citizens who live, work, or study in Cardinia Shire and have made a noteworthy contribution during 2024.

Additional eligibility considerations:

- Young Citizen of the Year: Nominees must be aged 25 or under on 26 January 2025.
- Senior Citizen of the Year: Nominees must be aged 70 years or over on 26 January 2025.
- Community Events: Must have been held between November 2023 and November 2024 at a physical location in Cardinia Shire or hosted online by a not-for-profit org anization based in Cardinia Shire.
- Previous award winners are not eligible to win in the same category for at least 5 years.

For more information and to submit a

nomination, visit www.cardinia.vic.gov.au/AustraliaDay

Nominations close at midnight on Monday 4 November 2024.

SAVE THIS DATE!

Saturday November 16th

For The Annual

Tooradin Craft, Quilts, Gifts & Homewares Bazaar

Tooradin Public Hall Station Road, Tooradin 9am – 3 pm

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Facebook: Tooradin Craft Bazaar Enquiries: dalebell1948@gmail.com Free Activities For Children Free Greeting Card With Envelope With Every Purchase





Koo Wee Rup Bowls Club

Finally, with the Pennant season approaching we have a report for the public to read. Main item is that the completion date for the Club house/Community hub is now mid-November so consequently all Pennant games & practice matches will be played at away venues until completion of the building. We thank the MPBR for their co-operation with the draw for these competitions otherwise it would have been doubtful if we were fielding teams etc. We commenced our Friday Triples competition on 20th September at Garfield and thanks to both Lang Lang & Garfield clubs in allowing us to conduct this competition until we can start using our facilities again. With 14 teams & players from Berwick, Garfield, Korumburra, KooWeeRup, Lang Lang, Longwarry, Narre Warren & Pakenham playing in blustery conditions but mainly dry. The results for the day had Peter Bott, Paul Currie & Ashley Graham [Pakenham] winning the day with 38 pts. The Runner up team

was Luke Monckton, Joe Barlow [Garfield] & Charles Poulsen [KWR] on 33 pts. The best 1st game winners were Trevor Kitchin, Colin Cousins [Longwarry] & Charles Harris [Pakenham with 16 pts. & best 2nd game was won by Jim Jenkins, Helen Ralph [KWR] & Pauline Gray [Lang Lang] with 20 pts. Another collect for Jim Jenkins [KWR] was the most touches with 8 for the day. New recruit John Harrower played his 1st game ever in Joy Jenkins team and enjoyed the experience.

We have entered 2 teams in Saturday Pennant (Div. 6 & 8) and 1 Midweek team (Div. 4). We desperately require Ladies to join the Club either exmembers or new players wishing to try the game to play in the mixed c ompetitions. Contact the Club or Sec. Rex on our website for further information. A thank you to Brian Harlow & the Men's shed for allowing our management team to conduct our monthly meetings in their rooms. It

is very much appreciated.

We kicked off practice matches with a game against Blue Hills and introduced two our new Stemembers, ven Plumridge & Tracey Hill, to playing with our Club. Both fitted well and showed they will be assets to our Club. In windy conditions we had game against Cranbourne RSL on a green that only a couple of us had played before. 4 rinks did battle in shortened game due to weather conditions and a 2-2 result was a good outcome.

Bayles Fauna Park Working Bee

Sunday, 20 October, 9am start followed by a BBQ lunch

Please bring own bottled water, wear long pants, and closed in shoes.

AGM

Sunday, 20 October at 1pm *All welcome*

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introduced another new recruit, Adrian Wheelan from Pakenham, and he also showed he will be an asset for us.

Pilates at Koo Wee Rup Regional Health Service

Chair and Mat Pilates did not stop over the school holidays so we've continued Mondays with Chair at 5 pm and Mat at 6 pm then repeating the sessions on Wednesdays also with Chair at 5 pm and Mat at 6pm. Bothe classes run in the community room from the Rossiter Rd entrance to the health service next to the community garden, with chair beign a 30 minute class for \$5 and mat a 50 minute class for \$10 ,pay as you go. The First session is a FREE taster class so why not give it a try.

Pilates works on core strength, balance and resistance training, allowing each participant to work at their own level each session. We all have times when we have aches and pains and Pilates is great at allowing you to still have a work out but caring for our bodies by working at our own pace.

Enquiries to Marlene on 0429 814410

Heart Foundation Walking Evening Group recommences

The FREE Thursday evening walking group will recommence with daylight saving, so here we go tramping the streets at 7 pm every Thursday night for the next six months. This evening group is now in it's 14th year and still going strong, with an average of 8 to 10 walkers each

Pilates Term 4 of 2024 First Class FREE Pilates is suitable for all ages & abilities. It focusing on core, strength, balance and flexibility. Exercise at your level. When: Chair based class 5.00 pm Mon and Wed. Mat @ 6.00pm Monday and Wednesday Where: Hewitt Eco House, Koo Wee Rup Regional Health Service, 215 Rossiter Road Koo Wee Rup. Cost: \$5 (chair class 1/2 hr) and \$10 for mat (50mins) **Enquiries to Marlene** 0429 814 410 Term 4 starts: Mon 21st Sept. No Classes from Mon 21st Oct resuming Mon 18th Nov.

week. It's social, a way to meet other people whilst hearing of the history and issues locally, as we pass interesting spots in the community. So for your fitness sake (use it or lose it) plus socialisation, why not give it a go. We start on Thursday 10th October from the Koo Wee Rup bus interchange and clock towers in Rossiter Rd. The first few weeks until it stays light a bit longer we will average 30 to 40 minutes and then once it is lighter we walk about an hour. There are always those who walk slower and those who are faster, so we never leave anyone behind.

Enquiries to Marlene (Walk Leader) on 0429 814410



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There's a fun, free and easy way to feel happy and healthy. It's walking! Come along to our regular walks to meet new friends and boost your health.

Join your free local walking group at the date and time below:

Group	Koo Wee Rup Evening Walkers	
	Daylight saving period	
When	Thursdays @ 7 pm	
Where	Koo Wee Rup Clock Towers	
	Rossiter Rd Koo Wee Rup	
Organiser	Marlene 0429814410	

This group walks every Thursday evening during daylight saving. We start on Thursday the 10th October 2024 and will go through until early April 2025.







This month's news from the Community Advisory Committee

Moving on from the report in last month's "Blackfish", the Community Advisory Committee (CAC) members have continued to explore the details of the new partnering in health care communication, local health services networks, effective communication and enhancement by, and of, mutual coordination. The plan will also be an important continuing subject for the Koo-Wee-Rup Regional Health Services (KRHS) Board of Directors at their forthcoming meetings.

Life is full of changes and currently we are at a pivotal moment in the KRHS journey with important changes taking place. After just over three years of dedicated leadership, CEO Noni Burke has moved on to pursue new opportunities. Noni played an instrumental role in shaping the KRHS organisation's success and we are grateful for her contributions. Under Noni's leadership the organisation achieved many milestones and laid a strong foundation for the future. The KRHS has been fortunate to welcome back their former CEO as their interim CEO, Frank Megans, who brings a wealth of experience, and his knowledge of our health service makes him a valuable asset. The CAC members wish him every success.

Now, if you are new to the township, I am sure you will be saying to yourself, "What is the CAC; what's it all about?" Well, the Committee looks at problems that may have arisen between the Koo-Wee-Rup and District Regional Health Services (KRHS) and any of its users. These users could be for instance, patients in the hospital, residents in the hospital, carers of residents or patients, nurses in the hospital, members of the family of a resident or patient and any resident of Koo-Wee-Rup and District. The single aim of our Community Advisory Committee is to provide the KRHS Board of Management with feedback and advice from users to improve and strengthen the KRHS services, provide information, forward planning, and future policy development of the KHRS; not necessarily complaints of individual bad service because

there is already a system in place to handle sudden instances of mismanagement. At the same time, we will have a guest speaker to talk to us about relevant problems or highlights of the KRHS system and the wider world of the South Gippsland area system.

To our friends and neighbours in Koo-Wee-Rup and District, remember, any of our Committee members will be available to help you if you want to communicate with the Koo-Wee-Rup Regional Health Service Board of Management about problems that could be upsetting you, as a patient, a resident or a carer, and also, maybe, as an individual Koo-Wee-Rup resident. Any Community Advisory Committee member will listen to you closely and acknowledge your concerns, so that any problem you may have is understood and seriously considered. We are your best advocates always. Further to that please have a serious thought about you, joining us as a committee member; your thoughts and opinions of these subjects would help us a lot so do have a go Also, if you as a consumer/customer, have a suggestion or some nagging thoughts about your difficulties, or your dependant's comforts or problems with any aspect of the KHRS, then get in touch with the KHRS CAC. Simply phone KRHS on 5997 9679 or Geoffrey Stokes on 0435085002. Or you can email: geoffreystokes@geoffstokes.com. email will certainly be acknowledged.

Geoff Stokes

Koo Wee Rup Swamp Historical Society is turning

50

and you are invited to an informal afternoon tea to celebrate.

When - Sunday, October 13, 2024 - 2.00pm to 4.00pm.

Birthday cake and afternoon tea served at 3.00pm.

Where - Mallow House, 325 Rossiter Road, Koo Wee Rup.

No need to RSVP, just turn up and join in the party.

All Welcome

More information- Heather Arnold - 0407 521 637 harnold@dcsi.net.au

Cardinia Shire Seniors Festival is back in October 2024!

Seniors in Cardinia Shire can stay active, explore new activities, and make new friends at the upcoming Seniors Festival. Happening across the state throughout October, the Victorian Seniors Festival engages, connects and celebrates seniors in our community.

This year's theme is 'Explore. Engage. Evolve.' and what better way to stay curious and connected than by taking part in free and low-cost events and activities hosted and/or supported by Cardinia Shire Council.

During Seniors Festival our local seniors can get involved in and enjoy:

Live show and Devonshire tea, hosted by Cardinia Cultural Centre

When: 10am-12pm, Wednesday 16 October

Where: Cardinia Cultural Centre, 40 Lakeside Blvd, Pakenham

Cost: \$15 per person

Bookings essential: 1300 887 624 (*Visitors with mobility aids / wheelchairs must call to book tickets)

Web: www.cardiniaculturalcentre.com.au

Cultural Day with Cardinia Senior Citizens Group

When: 11am-2pm, Saturday 19 October

Where: Beaconsfield Neighbourhood Centre, 8

O'Neil Road Beaconsfield

Cost: Free

More information: Jagtar, 0404 014 499, Health and Wellbeing with Officer Gurdwara

When: 2.30-7pm, Saturday 26 October

Where: Officer Gurdwara 'Siri Guru Nanak Darbar',

33 Officer Rd, Officer

Cost: Free

More information: Harpreet, info@sgnd.com.au or

0447 028 688

Seniors Sports Day, hosted by Cardinia Life

When: 10am–2.30pm, Wednesday 30 October Where: Cardinia Life, 4-6 Olympic Way, Pakenham

Cost: Free

Registrations encouraged:

bit.ly/SeniorsSportsFestival2024

Enquiries: 5945 2888

For more information about local Seniors Festival events, visit www.whatsoncardinia.com.au or call Council's Ageing Well Team on 1300 787 624.

Eight days of FREE public transport across Victoria

As part of the Victorian Seniors Festival, Victorian Seniors Card and Seniors Business Discount Card holders can enjoy eight days of free public transport

Victoria-wide from 6-13 October 2024! This includes travel across all metropolitan services, V/Line train and coach services, and selected regional bus services outside of the myki-enabled area.

To make a group booking for up to 19 travelling on a V/Line train service or 12+ travelling on a V/Line coach service, visit your nearest station. Larger groups can submit a group booking request from 10am, on Tuesday 10 September at www.vline.com.au/grouptravel.

Celebration Day at Federation Square!

Local seniors can take advantage of this free travel to attend the official launch of the Victorian Seniors Festival 2024 at the Celebration Day at Federation Square on Sunday, 6 October.

The entire precinct will be activated from 12noon to 7pm and festivalgoers will be treated to live performances across the day at the Mainstage, Edge Theatre, and on the River Terrace, and can explore various stalls along River Terrace Festival Alley.

More information on statewide events available at www.seniorsonline.vic.gov.au/festival-calendar.

For more information visit www.cardinia.vic.gov.au/seniorsfestival or www.seniorsonline.vic.gov.au/victorian-seniors-festival





CFA Open Day is a chance for you to meet your local CFA brigade and find out more about what we do.

When: 10am - 1pm Sunday 6th October

Where: 10 Moody St Koo Wee Rup

What:

- Sausage sizzle
- Information on fire preparedness
- Demonstrations on Breathing Apparatus
- · Having fun with the hoses, lights and sirens



KOOWEERUP REGIONAL HEALTH SERVICE

235 Rossiter Rd. Koo Wee Rup. Vic. 3981 Phone: 5997 9679
Email: info@krhs.net.au Website: www.kooweeruphospital.net.au

October 2024

Find us on



Call out for volunteers in Cardinia Shire

Are you looking for a volunteering opportunity where you can promote safe driving in Cardinia Shire?

Become a L2P mentor and help young learner drivers be safer on our roads!

The TAC L2P Program assists learners under 21 years of age, who do not have access to a supervising driver or vehicle, to gain the 120 hours driving experience required to apply for a probationary licence.

The TAC L2P Program improves road safety and safe driving practices and, for many young learners, it leads to education, employment, and the sense of achievement and independence that comes with a drivers licence.

The Cardinia Shire TAC L2P program is calling for more volunteers into the program who can work with young people aged 16 to 21 to achieve 120 hours of driving experience, in preparation for taking their license test.

Since Kooweerup Regional Health Service began the TAC L2P Program in 2010, over 90 young people have been assisted or gained their 'P' plates and it is important that we keep the momentum going for this crucial community program.

To learn more about the program visit www.vicroads.vic.gov.au/tacl2p

The TAC L2P Program is funded by TAC and managed by the Department of Transport.

For more information contact:

Kooweerup Regional Health Service. Brian Harlow

Ph: 5997 9687

Email harlowb@krhs.net.au





Dementia Connections

Joanne and Bachelor of Nursing student Helen attended an event called Casey Dementia Connections to promote the Forget-Me-Not Café. The event was held as part of Dementia Awareness Week and was hosted by Care Connect. KRHS partners with them to support older people, who need assistance to access aged care and services. KRHS, along with other organisations including Dementia Services Australia, Alfred Carers, Encara, Australian Multicultural Community Services and Services Australia were on hand to provide information to members of the community about services available for people living with dementia.



The next Café is on Tuesday 26th November 2024

Call Joanne on 5997 9655 or email info@KRHS.net.au for more information



We provide a range of centre and community based services: Acute Care, Early Parenting Unit, Transitional Care Program, Respite and Residential Aged Care, Community Health, District Nurses, Home Care, Pathology and Allied Health for example: Physiotherapy, Occupational Therapy and Social work. There is also Specialist Medical Services such as Podiatry and Diabetes Clinic. KRHS is a member of the 'International Health Promoting Hospitals Network' and 'Global Green and Healthy Hospitals'.



Join us in Term 4 at Outlook Community Centre. We have lots of courses for you to get involved with, including NEW ones we have not offered before. You are welcome to visit the centre Monday – Friday between 9.00am – 4.00pm. Call in to take a look an inclusive society for all around or book a course, our friendly team is here to help. To view our complete

Term 4 Program Guide visit www.outlookaust.org.au/book-online, drop in for a booklet or scan the QR code below. If you need some assistance, please don't hesitate to give us a call.

HOW TO ENROL IN A PROGRAM:

In Person: 24 Toomuc Valley Road, Pakenham, Online: www.outlookaust.org.au/book-online, Telephone: 5940 4728, **Email: communitycentre@outlookaust.org.au**, **Payment:** Credit Card - online, over the phone or in person, Cash, cheque or EFTPOS

Indian Cooking with Neda for Get Online Week - NEW!

Savour the unforgettable flavours of Kashmir Learn to make Chicken Korma Masala in this hands-on class. Discover how technology can assist when making culinary delights. Learn to access recipes online, QR codes, online shopping.

Enjoy what you have made with the group afterwards.



Receive a complimentary show bag.

Wednesday 16 October, 11.30am - 2.30pm. Cost: FREE

Prenatal Nutrition - NEW!

It is important for a woman

to focus on eating well during preconception, throughout pregnancy, and postpartum.

Hormonal changes are happening and the body is nurturing a growing baby which is why being informed about how to support your pregnancy journey and your growing baby's health with nutrition is essential. Join accredited practising dietitian Joanna Aaron as she guides you through a checklist of essential tips and practical advice on food and nutrition during pregnancy.

Tuesday 29 October 10am - 11am. Cost: \$30 OR

Monday 11 November 6pm - 7pm. Cost: \$30 (Handouts supplied)

Bulk Buying 101 - NEW!

Bulk buying, if done properly, can save you money, reduce your waste and increase your emergency preparedness



There are pitfalls though; it can be easy to spend too much or waste food due to poor storage and planning. You will get some tips and tricks for how to keep track of it all, take advantage of good prices, and how to store food.

Wednesday 30 October, 10.30am - 12pm. Cost: FREE

Microsoft Office - Beginners

Learn the basics of Microsoft Office to aid in your work and personal life

The digital age is upon us, so now is the time to embrace it and gain an understanding of Word, Excel, PowerPoint, Outlook, Publisher, One Drive and more. BYO USB.

Mondays commencing 21 October for 8 sessions, (No session 4 November) 9.30am - 12.30pm. Cost: \$50 (Includes course notes)

Midweek Mingle – NEW!

This group enjoys inhouse activities, lunches and visiting local places

Everybody is welcome to join and attend.

Wednesdays commencing 9 October for 11 sessions Includes: Meetings at Outlook: 10am - 11.30am.

Cost: \$5 per session

AND Offsite outings (cost, dates and times vary)

Carer's Morning Tea

Have a morning tea of indulgence and fun Do you help look after an elderly family member, friend, child or parent with an illness, addiction, disability or

mental health condition? Join us for a high tea and entertainment.

Bring your loved ones if you wish.

Tuesday 15 October, 10am - 12.30pm. Cost: FREE

Carer's Group

Supporting those that support others Offering carers of people with a disability, mental illness or elderly people a chance to get together



Carers VIC

and learn more about news, services and support available to them whilst having a cuppa and a chat.

1st Thursday of the month - 3 October, 7 November, 5 December, 10am - 12pm. Cost: FREE

Resistance Training - NEW!

Full body workout with weights and resistance band etc. Burn fat, increase muscle mass and lose weight. All ages and level of fitness welcome. BYO mat and weights.

Mondays commencing 7 October for 7 sessions (No session 28 October or 4 November)

5.30pm - 6.30pm. Cost: \$77



EVERY THURSDAY!

Community Hall, Nar Nar Goon (opposite the primary school)

Heated / Cooled venue. Canteen. EFTPOS available. 1st Session - books sales from 6:30pm (\$2 games), or 2nd/3rd Sessions - book sales from 8:00pm (\$4 games) 2 Bingo flyers plus Rays Raffle (win \$50 cash or \$50 meat tray from The Butcher with The Chef, NNG) \$1,000 in the final Jackpot (if sufficient books sold)

EYES DOWN at 7.30pm

For more information call Sharon ph: 0417 446 840

The Better Farming Train

By Heather Arnold, Koo Wee Rup Swamp Historical Society

The Better Farming Train was established in 1924 by the Victorian Railways and the Department of Agriculture. The train travelled around Victoria, stopping for a day or so at various country railway stations, and provided lectures and demonstrations to farmers to improve farming techniques and therefore raise agricultural production. If agricultural production was raised then the Railways would also benefit as nearly all produce was moved by rail. The train made 39 tours of country Victoria between 1924 and 1935 and stopped at over 390 towns. Over 250,000 people attended these lectures. Most of the trips were made before 1930, and due to the Depression, only one trip per annum was made after that. During World War Two the carriages were converted to recruiting trains.

The train initially consisted of fifteen carriages and three extra carriages were later added; it was very distinctive as it was painted a bright orange-yellow colour. Once the train arrived at the Station the various displays were set up. Each carriage contained information and exhibits about different areas of agriculture such as potatoes, dairy, bee keeping, poultry. The train actually carried livestock, cattle and pigs, enabling a hands-on approach to the subject. There was also a pasture carriage, which had various plant varieties growing. The train had expert lecturers from the Department of Agriculture and the Education Department to provide information on various topics and demonstrate new techniques.

Carriages were also provided for lectures and demonstration to women on cookery, needlework, child welfare and home nursing. Between April 1925 and November 1929 the women's section of the Better Farming Train operated separately. To maximise the audience these carriages were attached to regular trains, either passenger or goods, and taken to a town where they might stay for a day or two and then be moved on by another train to the next location. An additional carriage, the Public Health Car, was later added and this was staffed by members of the Public Health Department. The Mothercraft and Child Welfare carriage could seat 80 people and the 'Domestic economy' car, could accommodate 60 people.

The inaugural stop was at Bunyip, where the train arrived at 9.20am on Monday, October 13, 1924. It was met by the Berwick Shire President, Cr J. Dore and other members of the Council. Also present was the Prime Minister, Mr Stanley Melbourne Bruce, and the Railways Commissioner, Mr Harold Clapp. The Prime Minister said I have taken the opportunity of inspecting the train at its first stopping place. I cannot speak too highly of the manner in which the train has been made up nor of the immense value of the work it will do.

Over 800 people inspected the train and listened to various lectures including - Horse Breeding Act, Examination of stallions; Jersey and Red poll cattle; Friesian and Ayrshire cattle; Grading cows; Pigs; Herd testing; Milk grading; Grasses and top dressing; Feeding cattle; Bees and honey; Feeding pigs and Potatoes. For the women, there were demonstrations in needlework and lectures on mothercraft and child welfare. In the evening, Amalgamated Wireless Limited had a set attached to the train and district residents had the opportunity of hearing Dame Nellie Melba in Grand Opera.

The Better Farming Train was at Koo Wee Rup on November 14, 1927. This was reported in *The Argus* newspaper. The

main topics of agriculture discussed were potato growing and dairying. As the article pointed out, the Koo Wee Rup region produced one fifth of Victoria's total potato production with Carmen being the principal variety grown with yields of five tons to the acre. The potato lectures covered seed selection, storage, cultivation, manure application and disease control. The other focus of the visit was dairying and *The Argus* reported that 600 cans of milk were sent daily from Koo Wee Rup.

At Koo Wee Rup, over 100 women attended the Better Farming Train demonstration on cookery and needlework, clothing design and an infant welfare nurse was also available to examine babies. The Women's Section of the train had also visited Koo Wee Rup on February 8, 1926.

The Koo Wee Rup Sun of November 17, 1927 also reported on the visit of the Better Farming Train -

Better Farming Train Visits Kooweerup



Photo from State Library of Victoria collection

Thousands of farmers have not had the privilege of attending agricultural colleges or experimental farms, with the object of securing the latest scientific results of research work, therefore, the ideals of the Agricultural department in collaboration with the Railways department in sending expert lecturers and demonstrators to the country is a highly commended action. This is performed per medium as what is known as the Better Farming Train. Every centre visited by this train attracts large attendances, which amply demonstrates that the rural population appreciates the short course of training.

Continued next page

Weekly Times (Melbourne, Vic.: 1869 - 1954), Saturday 19 November 1927, page 41



National Library of Australia

http://nla.gov.au/nla.news-article224378200

I. Women residents of Koo-Wee-Rup outside Cookery and Needlework Cars, waiting for lectures to begin. 2. Station street Koo-Wee-Rup 3. A family arriving. 4. Mr R. J. de C. Talbot and Mr and Mrs Chase and family. 5. Koo-Wee-Rup farmers admiring "Dinkum of Banyule," Jersey bull, exhibited on train. 6. A group of residents at the train. 7. Mr Gill and Mr Pederick (officers on "Better Farming Train") talking to Yallock settlers. 8. Rossiter street, Koo-Wee-Rup. 9. Mr R.J. de C. Talbot (officer in charge of train) replying to welcome. 10. General view in stationyard.

The Better Farming Train from previous page

By Heather Arnold, Koo Wee Rup Swamp Historical Society

On Monday the train, composed of 17 cars and trucks, equipped with wonderful exhibits and accompanied by trained demonstrators, visited Kooweerup, and a large number of farmers and their families displayed keen interest and delight in the lectures and exhibits. The lectures were delivered in a tent pitched on the reserve. The first lecture was delivered on "Stock Feeding" by Mr J.M. Kerr, senior dairy supervisor. He pointed out the merits of the composition of various produce and their action in production of flesh and milk. Mr W.J. Yuill, senior dairy supervisor, next dealt with "Herd Improvement," and emphasized the value of breeding from the purest stock, also the benefits derived by having herd testing associations in dairying districts.

At 1.30p.m., a stock demonstration was held, and the splendid animals exhibited were greatly admired. Mr J.T. Ramsay, potato expert, gave an address on "Potato Culture," and showed the wonderful improvements effected by following upto-date scientific methods. He stressed the value of proper seed selection, correct storage, treatment for the prevention of disease, grading for market, etc. The value of top dressing was next demonstrated by Mr Ryan, followed by an edifying lecture in "Pig Breeding" by Mr R.T. Archer, senior dairy supervisor.

For the womenfolk very educational addresses were delivered as follows — Sister Peck, "Mothercraft" and "Home Nursing," Miss N. Cader, "Cooking."

In the evening Mr Pederick had a large audience for a discourse on "Poultry," and he showed many defects which are committed by poultry keepers. He also by means of lantern slides copiously illustrated his points and strongly urged careful selection and packing in sending birds to the market. Afterward the exhibits in the cars were examined and admired by many persons who were unable to attend during the day.

Other visits to the Koo Wee Rup Swamp area included Lang Lang on November 10 1924 on way to South Gippsland and Cranbourne on Saturday November 15, 1924 on the return journey.

It went to Berwick on Friday July 3 1930, where 1,000 people inspected the train including students from the local State Schools and Dandenong High School. The train stopped at Clyde on Tuesday July 21, 1930 and the next day at Yannathan and then continued on



Photo from State Library of Victoria collection

to South Gippsland. *The Argus* reported that over 700 people attended the visit of the Better Farming Train at Clyde. They came from Cardinia, Dalmore, Tooradin, Devon Meadows, Lyndhurst and Cranbourne.

The Koo Wee Rup Sun of July 31, 1930 had a short report on the Yannathan visit -

The Better Farming Train was on view at Yannathan on Tuesday, the 22nd inst., and attracted a very large crowd. The officials on the train were welcomed by Mr Thwaites, owing to the unavoidable absence of Mr Bennett, M.L.A. Later in the day Mr Bennett arrived and apologized for not being able to attend earlier, but thanked Mr Thwaites for acting in his stead. He congratulated the Yannathan people in being fortunate enough to have a visit of the train. With the able lecturers and interesting addresses he felt sure that the visit would prove of great value. Mr J. de C. Talbot responded on behalf of the staff, and Mr Mullany on behalf of the railways.

Lectures and demonstrations on top-dressing and dairying were largely attended. Mr Yuille emphasized the need of herd testing. Valuable information on pig breeding was given by an expert, who urged farmers to keep pigs as a profitable investment. The women's lectures on dressmaking and needlework by Miss McAlister were interesting and of valuable assistance. A cookery lecture by Miss Killeen was also good and intently listened to. Sister Peck gave lectures on homenursing and mothercraft. The school children were keenly interested in the exhibits and demonstrations. Visitors were present from all the surrounding districts.

This is an interesting aspect of our history and reflects the importance of the railway in people's life at a time when most people didn't have a car and, until the 1960s, nearly all the farming produce, milk, potatoes other vegetables and cattle from the area was dispatched by train to market, and it all began at Bunyip 100 years ago.

The original of this article with references and footnotes can be read here

https://kooweerupswamphistory.blogspot.com/2022/01/better-farming-train.html

The Koo Wee Rup Swamp Historical Society meets on the second Wednesday of each month at Mallow house, 325 Rossiter Road, corner of Henry Street. The next meeting is on October 9, 2024 at 7.30pm. New members welcome. The Museum is generally open on the 2nd and 4th Sundays of the month, however on Sunday October 13 we will be celebrating our 50th anniversary. We will be open from 2.00pm that day, with afternoon tea and birthday cake served at 3.00pm.

Heather Arnold 20407 521 637 or harnold@dcsi.net.au

Santa Sofia Festival

Sunday 27 October'24

St John's the Baptist Catholic Church; KooWeeRup 9.00am Rosary: 9.30am Mass

Celebrated by Bishop Greg Bennet
St John's Choir
Followed by a procession with the Saint

11.30am Lunch

BBQ Picnic Lunch

Arancini : Sausage Sizzle : Pizza

Gelato: Popcorn Van

Complimentary tea/coffee/biscuits

12.00pm Johnny Vegas with Elvis



1.00pm Auction

2 - 3.30pm Johnny Vegas with Elvis

3.45pm Major raffle

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4.00pm Close