



AUGUST 2020

**Bushfire Recovery
Community Newsletter**


Cardinia

COVID-19 update



Stage 4 restrictions in Victoria

Stage 4 restrictions are now in place across metropolitan Melbourne, which includes all of Cardinia Shire.

These Victorian Government restrictions took effect at 6pm on Sunday 2 August.

A State Of Disaster has now been declared for Victoria.

Until Sunday 13 September, all current Stage 3 'stay at home' restrictions remain in place, PLUS:

- A night curfew from 8pm to 5am (except for work, medical care and essential caregiving).
- Exercise is limited to 1 hour per day, within 5 kilometres of your home. You can only exercise with 1 other person regardless of whether you live with them or not. (You can, however, take children who need supervision).
- Shopping for essential items is limited to 1 person per household per day, within 5 kilometres of your home. (You can, however, take children who need supervision). Of course, if your closest supermarket is more than 5 kilometres away, you can still shop there.
- The Night Network will be suspended, and public transport services will be reduced during curfew hours.
- If you are aged 12 and over, wearing a face covering or mask is still compulsory when you leave home.

The 4 reasons that you can leave home

- Shopping for food or other essential items
- To provide care giving, for compassionate reasons or to seek medical treatment
- For exercise (applies to outdoor exercise, and with only one other person or members of your household)
- Work or study, if you cannot work or study from home.

Otherwise, you must stay home.

Council's community and business support

Council has a range of initiatives to help community members and businesses cope with the impacts of COVID-19, in what is a stressful and challenging time for everyone.

Council's support package was delivered in three phases, all of which are now available to community and business.

Phase 1 of the COVID-19 support packages includes:

- COVID-19 Online Help Hub
- Dedicated 'Call Back' support team
- Business Concierge service
- Rent relief options for commercial tenants in Council properties
- More time to pay animal registration renewals
- Faster payments for suppliers and contractors
- Rebates for some business fees and charges

Phase 2 of the support package has a range of rates support such as:

- Extended due dates
- Interest-free periods
- Payment plans
- A rebate for eligible Health Care Card holders

Phase 3 involves:

- Community Relief Provider Support Grants of up to \$5,000 for eligible service providers to assist in the delivery of COVID-19 specific relief for the community.
- Community Connections Grants of up to \$2,000 for eligible community groups to support initiatives that aim to increase community connection, reduce feelings of isolation, and improve social, physical and mental health outcomes for our community.

Residents experiencing financial hardship, seeking relief, or looking for further information are encouraged to contact Council's customer support team on 1300 787 624.

COVID-19 online help hub

Council's COVID-19 Help Hub features a range of useful resources. Here you will find links, fact sheets and videos on topics including:

- information on support available for individuals, households and businesses
- health advice, what to do if you suspect you have the virus, how to protect yourself and others
- family violence support
- tips on ways to look after your mental health

If you or someone you know are having trouble finding the information you need, or understanding the information on the Online Help Hub, please fill in the hub's online form and a Council officer will call you back.

If you can't access the hub online, you can access assistance at 1300 787 624.



www.cardinia.vic.gov.au/coronavirus

COVID-19 update

Daily check-in phone call

If you need it, Red Cross can provide you with a daily telephone call to check on your wellbeing through the Telecross service.

This provides peace of mind if you are at risk of an accident or illness that may go unnoticed, such as falling and being unable to call for help. A volunteer will check to see that you are well and provide a friendly voice to wake up to each morning.

For more information or to access this service, phone 1300 885 698.

Community sport short-term survival package

Community sport and active recreation organisations impacted by the

COVID-19 pandemic may be eligible for funding as part of the Victorian Government's \$40 million Community Sport Sector Short-term Survival Package.

Grants that are still open for application include:

- Up to \$200,000 for smaller state sporting associations; regional sports assemblies
- Up to \$15,000 for associations and leagues
- \$1,000 for individual clubs.

For more information on the program, including eligibility guidelines, search for 'Community Sport Sector Short-term Survival Package'.



www.sport.vic.gov.au

Reusable face masks

As of 11:59pm Wednesday 22 July 2020, new face covering restrictions were applied to Cardinia Shire.

These restrictions are:

- When leaving home for one of the 4 reasons, people 12 years and older must wear a face covering, unless an exemption applies.
- If you are in the car alone or with someone from your household, you do not need to wear a face covering. You should put your face covering on before you leave your car. If you are driving your car for work, such as deliveries, or with people from outside your household then you are required to wear a face covering.
- If you are doing strenuous physical exercise you do not need to wear a face covering but you must carry one with you. Strenuous exercise includes activities like jogging, running or cycling but not walking.

In the wake of this announcement The Department of health and Human Services will be distributing 2.1 million reusable mask to:

- Vulnerable Victorians
- Aboriginal Victorians
- Workers who come into direct client contact and deliver Victorian Government funded health and human services to a range of vulnerable Victorians

Visit www.dhhs.vic.gov.au/reusable-face-masks-covid-19 to see the full information and to see if you meet the requirements for a free reusable mask.

If you meet the requirements and would like a free reusable mask please contact the Recovery Team

Just email recovery@cardinia.vic.gov.au asking for a mask with your name and postal address.

Recovery centre closed for now...

Unfortunately our Bushfire Recovery Centre remains closed due to COVID-19.

In the meantime we encourage the community to use the 'Bushfire Recovery Group - Tonimbuk Hall' Facebook community page to connect and share.

To find the group, search for the name 'Bushfire Recovery Group - Tonimbuk Hall' on Facebook and request to join.

Access recovery advice by phone or email

If you have any recovery-related questions, our Bushfire Recovery team is available by phone or email from Monday to Friday during business hours.

- Recovery Officers - recovery@cardinia.vic.gov.au or 5629 8571
- Planning Recovery Officer - j.bowyer@cardinia.vic.gov.au or 5943 4591
- Economic Recovery Officer - d.brooke@cardinia.vic.gov.au or 0433 948 258



Health and Wellbeing | COVID-19

Emergency food relief

Free essential hampers and personal hygiene items available at Beswick Street Garfield (next to the Garfield Pool).

Next date:

- Monday August 24

For more information or to book call: Nicole on 0481 895 509

Staying physically healthy

As our community remain in COVID-19 restrictions, we must keep active while ensuring basic hygiene and social distancing.

Here are some tips to keep healthy during Stage 4 restrictions:

- Keep eating a balanced diet.
- Get regular exercise and sleep.
- Reduce your alcohol intake.
- If you're a smoker, think about and try quitting. Call the Quitline on 13 78 48.

Many in the community have started to walk more frequently to get out of the house and enjoy the winter sun.

If you have been out and about during a walk and have taken any images or photos of the landscape/area we would love to see them.

Recovery Communications Officer -
T.briggs@cardinia.vic.gov.au

Staying positive

While it might feel like we don't have control of current events, it's important to remember that we can do many things to feel empowered and positive.

We encourage the community to interact and show us how you are remaining positive in these uncertain times. Post in the 'Bushfire Recovery Group - Tonimbuk Hall' Facebook community page or send us an email about what projects you have been working on or how many COVID-19 hobbies you have started. Connecting to your community has never been so important and the Recovery Team would love to share them in the next newsletter.

Recovery officers – 5629 8571
or recovery@cardinia.vic.gov.au

Staying busy

Casey Cardinia Libraries has a free home delivery service that delivers library items anywhere in the Casey Cardinia region.

The free service will deliver books, DVDs and other items available to the community.

There are two options for borrowers, they can either choose their own items or they can ask for a "Binge Bag" and library staff will pick a collection of items on their behalf, based on their interests.

For more information about the Home Delivery Service visit:
www.cclc.vic.gov.au/home-delivery/
or call 1800 577 548

Staying mentally healthy

The recovery process following a major disaster is meant to be a time for healing in the community while also becoming closer and stronger. COVID-19 has caught us all by surprise and has changed the way we live, work and operate. This impact cannot be understated and many may feel anxious, stressed or uncertain about the future.

The recovery team would like to remind the community that they are not alone. Resources are available for those who might need a chat or need to take care of their mental health and wellbeing. Please check out the last page of this newsletter for these resources.

Even though our community is socially distant it doesn't mean we can't communicate and connect with one another. We encourage everyone stay connected with the following ways:

- video chats
- phone calls
- online groups
- chats with neighbours while keeping 1.5 metres apart



Latest News

Asbestos removal work at Tonimbuk Hall

Currently Cardinia Shire council is undertaking asbestos removal works at the Tonimbuk Hall from Monday 4 August to Friday 21 August. Asbestos will be removed from the external cladding and some internal walls. The Hall will be fenced off while the works are being undertaken.

Tree works

In March and April a number of roadside trees were identified as high risk and subsequently the Arborist Team at Cardinia Shire Council were tasked to remove this identified dangerous trees. The Recovery Team are happy to say the works have been complete and we thank the Arborist Team for responding very quickly to the request. Into the future the Arborist Team will be conducting monthly inspections of the roadsides in the area to ensure the safety of the road users.

If any residents have any concern about dangerous trees should contact the Customer Service Team and report the dangerous tree. The Arborist Team usually are able to attend and inspect report trees within 24 hours.

Customer Service Team - 1300 787 624

Deer control – Bunyip State Park

Parks Victoria will be conducting a controlled, safe and humane deer control operation on public land within Bunyip State Park. Parks Victoria will be conducting the program using accredited and authorised contractors with the aim to reduce the impact of deer on the natural regeneration and recovery of the park following the 2019 bushfire.

This operation will commence next week and occur periodically until February 2022.

During periods of control some areas will be closed to the public and signage will be displayed at all official entrances. For further information contact Parks Victoria on 13 19 63



Latest News

Farmers and schools sought for farms2schools program

Port Phillip & Westernport CMA is calling on farmers and schools in the region to express their interest in participating in this new education initiative.

Farms2Schools is an innovative program that will use school incursions and excursions with farms to provide students with an insight into how agricultural products get from the paddock to their plate.

The program will introduce students to farmers and agricultural industry workers from their local area, who will share information about farming through a range of visual and practical activities.

The program aims to deliver 180 incursions and 60 excursions in the next six months across the south east (Western Port and Mornington Peninsula catchments), north (Yarra catchment) and west (Werribee and Maribyrnong catchments) areas of the Port Phillip and Western Port region.

Three Farms2Schools Coordinators will work with schools and farmers to deliver the program.

This project is supported by the Victorian Government.

For more information contact
Karen Thomas
Regional Agriculture Facilitator
karen.thomas@ppwcma.vic.gov.au
0427 480 170

or visit

www.ppwcma.vic.gov.au/farmers-and-schools-sought-for-farms2schools-program/

Weed control grants

The 2020-21 Weed Control Grants are now open.

Weed control grants are available to help landowners and community groups control noxious and environmental weeds on private property, both in agricultural areas and areas of high environmental value.

Funding is available for the following categories of approved weed control works:

- Purchasing herbicide (maximum \$250, or \$500 for community groups).
- Disposing of weed material, i.e. tip passes or skip hire (maximum \$200).
- Hiring of equipment, for example sprayers, mulchers etc (maximum \$250).
- Hiring contractors (maximum \$250) - please refer to conditions below.

Receipts that are submitted for reimbursement must be dated in this current financial year. If your receipts do not meet the criteria no refund will be given.

You will be notified by email of the outcome within 2 weeks of submitting your application. Receipts and progress report/payment request forms must be submitted via SmartyGrants in order to be reimbursed by Council.

We will do a random audit of properties to ensure compliance with the requirements of the grant program.

Please note eligibility criteria does apply.

For more information about how to apply and the criteria visit the Cardinia website.

Tips for removing weeds

- Where possible, choose non-chemical methods of weed control.
- If the weed spreads by seed, consider the most appropriate way to remove the weed without spreading seeds.
- Think about how you will dispose of the weeds. Never dump your garden waste on roadsides or reserves as this can cause weed spread and invasion.
- Make sure you have the right tools and safety equipment

More information about removing weeds and a weed management calendar can be found on Cardinia website.



www.cardinia.vic.gov.au/weeds



www.cardinia.vic.gov.au/weedgrants

Latest News

One-on-one on-farm consultations

Agriculture recovery services are available from Agriculture Victoria including on-farm one-on-one consultations by appointment and information resources on a range of post-fire agricultural recovery issues.

To register your interest in a one-on-one on-farm consultation, please download and send us the following form or complete it online.

Completed forms can be sent to your case manager, emailed to lindsay.hyde@agriculture.vic.gov.au or posted to:

Lindsay Hyde
Agriculture Victoria
4 Archer Drive
Mornington 3931

Free guide to help care for your horse property

A free guide has been developed to help horse property owners care for their land. The guide covers key local problem plants for horse and property health, top tips and contacts for more information.

For horse owners, looking after your property is just as important as looking after your horse. How you manage your property can even affect the health of your horse. A well-managed property results in better pasture for your horses as well as fewer weeds, healthier soils and a great habitat for native animals.

The guide includes a free magnet with an easy to follow weed calendar guide.

It was created by Yarra Valley Equestrian Landcare Group with support from Cardinia Shire Council, Port Phillip and Westernport Catchment Management Authority, and the Victorian Government.

If you would like the guide posted to you, please email recovery@cardinia.vic.gov.au or phone 0436 836 094

Hello from your case managers at Windermere

Windermere recovery support case workers are continuing to work with residents impacted by the 2019 Bunyip Complex Bushfires.

We know it's tough out there right now, with COVID-19 presenting yet another challenge in your recovery journey. We're thinking of you, don't hesitate to reach out

Megan, Steve and Di can still support you with:

- A chat about your needs and what next steps might be appropriate.
- Information and support to connect to local services.
- Assistance with completing applications and paperwork required for grant or financial claim processes with other organisations and government.

Due to COVID-19 restrictions, home visits are limited however we have been able to provide support to many community members through phone calls, emails, and telehealth appointments.

If you and your family need assistance to help navigate the various support services that may be available to you please contact Megan on 0416 029 617.



Bunyip State Park update

Parks Victoria is pleased to advise that funding has been provided through the Department of Environment, Land, Water and Planning (DELWP) Native Vegetation Improvements Program and Melbourne Water's Incentives Grants Program to undertake a number of significant environmental activities within the park over the next 12 months.

This includes:

- The control of fallow and sambar deer in areas of the park where deer are impacting on significant waterways, rare and endangered plants and on private property adjoining the park
- The protection of the green-striped leafy greenhood (*Pterostylis chlorogramma*) from deer and wallaby browsing and illegal motorbike activity

- The expansion of the existing predator control program to target foxes and cats in the fire affected areas of the park
- Botanical surveys to increase the understanding of fire impacts on key vegetation communities in the park.

Park staff have been working with PV's insurers and capital project managers to ensure that the replacement of park assets damaged by the fire occurs this financial year. This includes the replacement of signage, fencing and the Buttongrass Nature Trail boardwalk.

Staff and contractors have been undertaking tree risk works at key visitor sites, and along some of the most popular walking tracks, as well as replacing signage and park furniture. Park areas will continue to be reopened in stages as important works are completed.

For further information contact Parks Victoria on 13 1963.

Agriculture Victoria - FAQs for COVID-19 and agricultural business

These Frequently Asked Questions have been developed by Agriculture Victoria to assist the agricultural sector to ensure its important supply chains can continue to effectively produce and deliver food and other essential goods during the pandemic.

They address a range of issues and have been developed in collaboration with the agriculture sector.

The situation continues to change rapidly and we urge you to regularly check the Department of Health and Human Services website for the latest updates.

The information is correct as of 22 July 2020.



www.agriculture.vic.gov.au

What support is available for businesses and workers in the agriculture and food production sectors?

The \$50 million Agriculture Workforce Plan is supporting regional businesses across Victoria during the COVID-19 pandemic.

Under the plan, Business Adaptation grants are available to help to keep food supply chains safe and secure, while job-matching and funding for worker relocation, transport and training is helping job seekers transition from other industries. New positions with Catchment Management Authorities to implement projects with agriculture benefits have also been supported around the state.

It is part of the Victorian Government's \$500 million Working for Victoria Fund, which helps people who have lost their jobs due to the COVID-19 pandemic find new opportunities. Businesses across the state can register their needs on the platform and access a talent pool of jobseekers.

If you operate a business in the agriculture and food production sectors and are looking for workers, go to agriculture.vic.gov.au/agworkforceplan

The Victorian Government has announced a \$1.7 billion economic and jobs package to help Victorian businesses and workers survive the impacts of COVID-19. You can find out more information and register your interest with Business Victoria.

For advice and support for Victorian businesses, please call Business Victoria's dedicated COVID-19 hotline on 13 22 15.

How should I update my agricultural business plan for managing COVID-19?

COVID-19 represents a risk to the health of workers at a workplace. It is recommended all businesses that are continuing to operate during this period implement a plan for managing the risk of COVID-19, including where business is interrupted due to there being a confirmed case or close contacts.

How agriculture businesses manage the risks of COVID-19 will depend on their individual situation.

Support for individual businesses to develop a business continuity plan is available at the Business Victoria website

Further information on COVID-19 planning is available at the Work Safe Victoria website.

What happens if my employee has a confirmed case of COVID-19?

If a person thinks they might have COVID-19 they should call the Victorian COVID-19 Hotline on 1800 675 398.

Victorian Department of Health and Human Services (DHHS) will contact employers if necessary when an employee is confirmed to have COVID-19 to assist with identifying close contacts and to advise any actions required to prevent further transmission.

If requested, businesses must work with DHHS to assist in rapidly tracing close contacts.

Employers should also contact Work Safe Victoria for specific advice. This includes undertaking a new hazard and risk assessment and putting new control measures in place. It's important to consult with workers at all stages of the process.

Confirmed cases should not cease isolation until they have been advised by the Public Health Officer from the Department of Health and Human Services that they can leave.

An employer that requires confirmation that an employee is no-longer infectious can contact the DHHS on 1300 651 160.



Agriculture Victoria - FAQs for COVID-19 and agricultural business

What happens if my employee has been identified as having close contact with a confirmed case of COVID-19?

A close contact is someone who has been face-to-face for at least 15 minutes or been in the same enclosed space for at least two hours, with someone who has tested positive for COVID-19 when that person was potentially infectious.

Being a close contact means there is a significant risk of becoming infected with COVID-19.

Victorian Department of Health and Human Services will contact close contacts and will ask them to quarantine at home until 14 days after they were last exposed to the infectious person.

Can an employer direct a worker to stay away from the workplace if they believe that person has been exposed to COVID-19?

Employers can require workers to stay away from the workplace if they are unwell and unfit for work.

Any considerations regarding a worker's requirement to quarantine or isolate should be based on health advice from the Department of Health and Human Services.

If my employee has tested negative after having close contact with a confirmed case of COVID-19, is my employee able to go back to work?

No. If a person without symptoms is tested and the result is negative,

it does not mean they have not been exposed, as they might still be incubating the virus.

In other words, a negative test in an asymptomatic person does not rule out COVID-19 infection. This is why those who have been exposed (i.e. close contacts) who do not have symptoms, are required to self-isolate for 14 days.

Can a person enter a farmer's property to assist on day-to-day farm management activities (e.g. controlling pests and weeds and feeding livestock)?

Paid and unpaid work can continue to be done on Victorian farms. Appropriate physical distancing including keeping 1.5 metres and hygiene measures like regular handwashing should be implemented.

For more information about the agriculture sector and COVID-19 visit: www.agriculture.vic.gov.au



www.agriculture.vic.gov.au

Advice for animal owners

You should continue to follow general good hygiene and biosecurity practices before and after handling animals, their food or equipment, or after washing food/water bowls.

Wash hands often with soap and running water, for at least 20 seconds. Dry with paper towel or hand dryer. Try not to touch your eyes, nose or mouth.

Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.

Animal owners have an obligation to ensure that their pets or livestock are properly cared for at all times. Owners must ensure animals are provided with proper and sufficient food, water, shelter, and veterinary treatment when necessary.

Have a plan about how your animals will be cared for if you cannot look after them, and make sure the person you will be trusting with caring for your animals is willing to take on this responsibility.

Ensure you have sufficient food, litter or any medications your animals may need, just in case you need to self-isolate for a few weeks.



Recovery activities

Due to COVID-19 many planned and scheduled activities have been delayed or cancelled. We would like to reassure the community that the Recovery Team are still committed to delivering these activities in the future when it is safe to do so. Below we have prepared a list of activities that we plan to deliver over coming months.

Thank you for your patience and understanding during this unprecedented time and we hope to get active in the community and into the Recovery Centre as soon as possible.

- Feldenkrais Workshops/Classes
- Community Lunch
- Connections during lockdown
- Creative Recovery Project – Consultations with community
- Creative Recovery Project – Community Projects
- Creative Recovery Project - Exhibition of projects
- Wellbeing classes
- Wellbeing course
- Wellbeing workshop with guest speaker
- Guided Hike at Mt Cannibal
- Guided Hike in Bunyip State Park
- Movie Night
- Mens Event
- Womens Event

Economic recovery activities

- Food Industry Planning
- Business Strengthening & Training Programs
- Farmer Cooperative Initiative
- Tourism Industry Planning
- Business Strengthening Training Programs
- Transfer industry initiatives to Progress Association
- Recovery Centre operations
- Community dinners? Council run
- Recovery resources/ street library
- Farm workshops
- Flu Shots
- Shelterbelt research project
- Expo small grazing
- Equine workshop and property visits
- home food production workshops

If you have any questions regarding the activities or any ideas for activities we can run in the community contact:

Recovery officers – 5629 8571 or
recovery@cardinia.vic.gov.au



[www.cardinia.vic.gov.au/
recovery](http://www.cardinia.vic.gov.au/recovery)

Message from the Community Recovery Committee

Dear Community Members,

Your Community Recovery Committee is still working hard on your behalf to access assistance for you as we move through the current COVID-19 situation. With limited but some success we have remained focused on advocating for funding and other assistance to help those of you who are still in need.

At our last meeting we discussed the on-going issue of clean-up and, as a result, we would like to know of anyone who requires help to continue or finish their clean-up. We have some volunteers who have offered their labour from September onwards (COVID-19 dependant) and hence we need to know specifically who needs help and what type of help they are seeking.

If you would like to access these services, could you please respond to our email address with your name, address, contact details and specific needs.

Email: bunyipfirescr@gmail.com

Community growth

Back in June, a lovely lady named Iona McKinnon visited the Recovery Centre. Iona explained that she is friends with some local residents and felt called to use her medium of photography to document the process of the area's recovery, for the purpose of the communities reflection.

She has been quietly capturing images of destruction, regrowth and recovery, with the greatest respect, and feels now might be an appropriate time to share her images with community.

Iona feels strongly that these images are the community's and would like to know how best they could serve your recovery.

Shared below are some of Iona's images and notes taken during my meeting with Iona on her property in Nar Nar Goon.

If you too would like to share your story and your images please let us know. You can email re-covey@cardinia.vic.gov.au

It was such a pleasant day. We'd been aware that there'd been dry lightning. We did worry about the dry forest. We could see the smoke start from here. But we thought our risk was low here, we had the equipment to deal with anything that came our way. We prepared and then we thought, now what do I do.....

I had a thought, perhaps I could help them. I grabbed my camera and took photos, with the idea that I could develop a series of photographs, from this raging hell and its aftermath, to the rebuild and recovery

I knew that those involved would experience a time of great trauma and anguish; maybe a record of their experience could help them come to terms with it. I know it could seem rather ghoulish, but I really thought that they could do with these later on, to look back and see they went through hell, because they really did go through hell, and here's the evidence.



We felt that survivor guilt, the guilt of feeling safe. But we are not strangers to disaster. Or Recovery.

When we first came to this area, it was only a few months before Ash Wednesday. I worked in the recovery centre afterwards. I listened to their experiences as they came down. And of course, we were part of the community as the area recovered. We saw the differences between people as they recovered but also the communities. The contrast between Cockatoo as a community and Upper Beaconsfield were startling.

So, we had a pretty good idea of what they were experiencing through this, and a pretty good idea of what they were likely to experience afterwards.

You don't necessarily have to be directly involved to be traumatised by it. Someone may have "on-ly" lost fencing, but it's not about the fencing! It's about what they experienced before that, as this came down on them.

The feeling of helplessness and lack of control, you can't change it.



Community growth

All the press deserted this area, and all these heavy donations for the Gippsland fires, their feeling of abandonment must have been shocking.

I was quickly asked at Pakenham stores if I'd like to donate an extra dollar to the Gippsland fire. I was horrified! And if I felt like that I can only imagine how this community would feel. The trouble is too, there is very little evidence as people drive along the highway, people can't associate what really happened behind the now regrown tree line.

Nature is resilient. Within three weeks those trees that were not killed showed signs of new life, sprouting fresh foliage, much of which showed beautiful colour, seeming to also exhibit defiance. And, over the ensuing weeks and months, wildlife returned.

Now in isolation, this community don't have access to their neighbours and friends, who could support them through this. I thought it was time to let them know they are seen and they are not forgotten.

I hope the community will come up with suggestions on how to use these images.

I hope that this brings a sense of control back to their lives, if this is something that they can participate in and determine, it might help.

I wanted to depict a bit of the impact on the people that lived at Tonimbuk but I didn't want to in-trude into taking photos of people's houses. I later went back to show them at a stage of recovery and that's why I chose these, it shows how the postie still delivered letters, like, 'hey, come on we're still there'. When they I was so filled with admiration for those who fairly quickly said no, stuff this I'm not going to be beaten, and got out and painted their letterboxes.

They didn't replace them, or leave them burnt. It was kind of like an act of defiance, we are still here and we're not going to be destroyed. I love that red one, I call it defiant red.

I heard this bird before I saw it. The forest had a deathly silence, its more than just quiet, there's something else about it. And suddenly I heard this voice, and this lovely song, and

it was just so happy to be back. And next thing I know is, its's there! And it's looking at me, and I thought you're posing for me! And it is right there just looking straight at me. This was a shared moment.

As selection of Iona's images will now be used in upcoming council programs with this community to aid in reflective activities.

Iona does not want any remuneration for her work and asks that if purchases are requested that the funds go back in to the community.

How would you like to see these images utilised? Please contact recovery@cardinia.vic.gov.au with your ideas.



Creative Recovery Project update

Our local artists have been collecting images and stories from the community to use in the development of a creative recovery project.

Gülсен, Janine and Sue share some of their experiences and learnings:

We have managed to visit the community on several occasions before the second lockdown, mainly in the Tonimbuk and Garfield North areas.

Last time we travelled to these areas, we had a surprise encounter with bird expert Sean Dooley; since then we have noticed that the birds have been a consistent feature of our visits. One rain-misted morning we visited a Garfield North property and were treated with the sound and sight of numerous lyrebirds scratching around the edge of creek vegetation. The calls of the lyrebirds were literally echoing through the valley, creating such an amazing experience. The community have been incredibly generous for offering such opportunities to these artists along with a wealth of knowledge and history about the area.

The other thing we've noticed is the incredible diversity of rock formations and that these rocks each have their own individual character.

Mt Cannibal may have got its name from the word Connabul meaning forehead; these rocks certainly have that appearance.

We have learnt that these boulders are part of the Tynong Batholith; the huge granite deposit that extends beneath the surface of the landscape in this area. This is what creates such a rich environmental haven for flora and fauna in the area and one of the elements that makes it so special. The rocks are like a signature for some of the properties. Gülсен in particular has developed a personal love affair for the rocks and has been exploring numerous different sites:

In order to get a good understanding of the people here, we would like to hear from as many of you as possible; keep an eye out for our last postcard and reply to us online (in2030.questionpro.com) or at our little post box in Bunyip IGA

If you missed out on our other two postcards, or you'd like to share some more thoughts or photos or join our email list to keep updated, you'll find all our surveys and sign-up form here:



creativerecovery.mailchimpsites.com

Gülсен: one of the artists

What a place! We are so grateful to be working in your community; an area so full of beauty and diversity. One constant is the amazing granite outcrops in the landscape. Such rich geological and historical landmarks that reach deep into time. They are so 'of the earth' but also awe inspiring and somehow otherworldly. Standing amongst, on, or alongside them is a joy.

All three of us Creative Recovery Facilitators have relished learning about the 'Tynong Batholith'; the granite rock deep beneath the earth formed by magma, much of which didn't break to the surface millions of years ago. According to geological maps it extends from Shiprock near Gembrook, down to just south of the railway line between Tynong and Garfield and then extends right across to Tonimbuk around the Bunyip River, through Jindivick and on to Mt Baw Baw! So literally the whole area is connected by this.

I grew up just outside the small township of Casterton in the Western district in Victoria. I used to have places in nature that were special to me that I would walk to, to sit and be with my thoughts and maybe I would sing or to dance in my own way in the bush. The land and sky and the river and I were in some kind of conversation. And those long and sometimes short 'chats' with the bush were really fortifying.

Now working professionally as an artist, I continue to make art in nature. I am making a dance film, filming some of the amazing rock sites I have been privileged to visit in your area. In addition to the postcard project which is concluding soon, this video project has been another way for me to connect with your place during COVID-19 restrictions and by extension, in some way I hope, to you the people of this place.



COVID-19 and isolation as emergencies

Emergencies do not always involve great drama but do always involve threat and disruption to our lives.

The Latrobe Health Assembly has released a video featuring Dr Rob Gordon (Clinical Psychologist) who delves into the many emotions we all may have experienced during the pandemic and as we get back to our 'new normal'.

Dr Gordon explains "emergencies do not always involve great drama but do always involve threat and disruption to our lives." The video will be shared on the Recovery Facebook page and can be seen at:



<https://youtu.be/Yilsw7RewXQ>

Thank you to Latrobe Health Assembly and Dr Rob Gordon.

1. Illness:

Which we have little control over. Threat associated with lack of control creates anxiety, which wants us to take the problem away. But we can't with COVID-19, so we feel stressed about an unusual threat. But we do deal with other things we cannot see. We protect ourselves from sewerage bacteria without seeing them by habits of cleanliness done without thinking. We need new habits to manage COVID-19 which will take time to establish.

TIP: Recognise new habits you are forming eg; hygiene. These are helping you take control.

2. Isolation:

We normally take community life for granted. When we lose it, some are alone, some with families; some feel empty, some enjoy solitude, some miss privacy others enjoy the new life.

Isolation can change how we feel about ourselves. Normal interaction gives a sense of ourselves – that we are accepted and valued. We can hold it without contacts, but in time, we may feel less that we were. It is important to remember we are the same person we were with frequent contacts; even if we do not see people as often, it does not change us. If we are uncomfortable, we need confidence to reach out, connect with those we want to keep in touch with.

TIP: Do something that is 'you'. Remember who you are. That person is still there.

TIP: Reach out: There are many ways to do this now. Start small. A little connection can go a long way.

3 Changed routines:

After a bushfire or other disruptive event, life routines are lost. When activities are routine, we don't think about them – that is what a routine is – it frees up mental energy to reflect, plan, digest what happens. We only need small problems to be constantly on the go, working out what we need to do. We feel tired, unproductive, forgetful, self-critical, annoyed with ourselves and inadequate because we feel ineffective, because we must work out the details of our lives. Routines are the framework for our lives and needed to be efficient and effective. They create a more settled feeling about daily life.

TIP: Recognise the role of routines, identify routines you've lost; work to establish routines suited to the current situation; plan to do things at the same time, think out the order, design the day then keep to it.

4. Stress and fatigue:

Stress is a response to demands; being at home is not normally demanding, but with COVID-19, we put a lot of energy into doing ordinary things like the duck paddling madly to stay in one place. We feel tired, tense, and can't think clearly, so we keep trying to meet deadlines and become more unproductive. The stress of home schooling, interruptions of routines and competing demands all build up.

TIP: Listen to the body. Stress overrides the feedback system, so we don't know how tired we are. Take time out and tune in to how you feel.

TIP: Spend time chatting or having fun. Casual talk frees the mind to think more clearly about what's next, like loosening our grip on a heavy object to we can take hold again.

5. Changed demands:

We organise ourselves to respond to everyday demands. Now competing demands cut across each other – teacher, householder, worker. In the background, we judge ourselves by normal expectations from before lockdown. They seem to show we are not keeping up that level without realising how different the situation is. This makes us feel self-critical and unsuccessful.

COVID-19 and isolation as emergencies

We need to remember how different things are. What should we expect? How do we meet the demands? It is important to focus what is most important. Do the children keep enjoying learning and education? If that is preserved, they will catch up the content when back in normal routine; but if we pressured them to get everything done to normal expectations, there are conflict and bad feelings, frustrations, and failure. The same thing applies to work and relations with others.

Keep clear about what is important and put it in the foreground. It is hard to think like that when we are stressed, and our heads are not clear. When it comes to those who are important in our lives, children, partners, friends, family, even neighbours, a guideline is just give them your full attention regularly – whatever you can manage – be with them without an agenda, listen to them, focus on their experience and see what develops.

TIP: Ditch expectation. Things are different right now. Don't expect the same outcomes to an incredibly different situation.

TIP: Focus on what's most important. Keep that in the forefront of your mind. Focus on that.

Things flow when we carve out time and stop it being engulfed in stress.

6. Imposition:

Isolation has been very difficult for some people, for all sorts of reasons. There was no choice, it was imposed. But we can change passive into active; from something I have had to put up with into an opportunity I did not expect to have. What can we do in isolation – whatever our circumstances – that we do not normally have the chance to do? This is a creative opportunity for us and those we share our lives with.

TIP: Identify the positives. No matter how small.

As we move out of isolation, however it has affected us, we are moving out of a condition of stress and tension. When we have been in a state of continuing stress, we adapt. When we come out of it, we are like a diver who comes up too fast and gets the bends. As we come out of this unusual time, we are likely to feel different reactions ranging from relief to disappointment, to loss of confidence. There will be a period of transition with unexpected feelings, anxiety about the virus, reluctance to let kids go, insecure about going out. It shows we have attached our sense of security to isolation and we must re-establish confidence in normal circumstances. This is like a “decompression reaction” and may involve fatigue, restlessness, anxiety, and moodiness.

TIP: Come up slowly. Take your time adjusting to easing restrictions. Manage the transition.

Communicate with others find out what they feel and see how you are normal, remembering normality is a range of reactions. Take it slowly and rebuild another set of routines, they might not be the old ones, because we all might be a bit different after this. But we can learn from it and value what we have.

TIP: Learn for others. See what others are doing that works, offer your ideas too. We need to help each other through this.



<https://youtu.be/Yilsw7RewXQ>



Deb Gribben and her family keeping busy during isolation by replanting tree guards with many thanks to Bunyip Landcare for helping them secure a grant.

Business renewal

Increasing economic recovery services

Council's Economic Recovery Officer, Daryl Brooke, is here to help fire-affected businesses who are now being further impacted by the COVID-19.

We encourage all businesses in the bushfire area to contact Daryl to see how he can help. Contact Daryl by email at d.brooke@cardinia.vic.gov.au or by phoning 0433 948 258.

Short-term assistance

- Dealing with short-term cash flow, equipment or facilities problems
- Business grants and financial aid eligibility and application writing
- Help making urgent business decisions or addressing urgent business issues
- Assessing and valuing financial impacts of fire on the business and owner's income
- Referrals to appropriate professional help
- Longer term assistance
- Help you trade through an ABN or company
- Assessing new business or product ideas
- 2020 and beyond strategic plans, business plans and marketing plans
- Guidance through assessing future business opportunities
- Evaluating new and better business models and methods

Longer term assistance

- Help you trade through an ABN or company
- Assessing new business or product ideas
- 2020 and beyond strategic plans, business plans and marketing plans
- Guidance through assessing future business opportunities
- Evaluating new and better business models and methods

This service is free until October 2020.

Coronavirus help for fire-impacted farms and businesses

The following is a summary of help available as at 25 March 2020.

Businesses who have questions or would like help applying for the assistance below can contact Daryl Brooke, Economic Recovery Officer, at d.brooke@cardinia.vic.gov.au or 0433 948 259."

Commonwealth Government assistance

Support for you as individuals and households

- Payments to assist lower-income Australians, including pensioners, other social security and veteran income support recipients and eligible concession card holders
- **Income support for individuals** – recipients of Jobseeker Payment, Youth Allowance Jobseeker, Parenting Payment, Farm Household Allowance and Special Benefit
- **Payments to support households** – social security, veteran and other income support recipients and eligible concession card holders
- **Temporary early release of superannuation** – retirees
- **Temporarily reducing superannuation minimum drawdown rates** – retirees
- **Reducing social security deeming rates** – income support recipients"

Support for businesses of any kind

- **JobKeeper payment for employers and employees** – Under the JobKeeper Payment, businesses impacted by the coronavirus will be able to access a subsidy from the Government to continue paying their employees. Affected employers will be able to claim a fortnightly payment of \$1,500 per eligible employee from 30 March 2020, for a maximum period of 6 months.

- **Boosting cash flow for employers** – eligible entities will receive anywhere between \$20,000 to \$100,000 in payments equal to 100 per cent of the taxes withheld on salary and wages from the government
- **Temporary relief for financially distressed businesses** – government is proposing several temporary measures to lessen the risk of a surge in insolvencies and allow more businesses to trade through this difficult period. For example, increasing thresholds at which creditors can act
- **Increasing the instant asset write-off** – increase the threshold for the instant asset write off from \$30,000 to \$150,000 and expand access
- **Accelerated depreciation** – eligible taxpayers will receive a deduction of 50 per cent of the cost of the eligible asset on installation
- **Apprentice and trainee wage subsidy** – a wage subsidy of 50 per cent of an apprentice's or trainee's wage from 1 January to 30 September 2020, capped at \$7,000 each quarter per each eligible apprentices or trainees
- **Backing business investment:**
 - SME Guarantee Scheme, whereby it will provide a guarantee to SME lenders of 50 per cent for new unsecured loans to be used for working capital
 - Exempt lenders from the responsible lending obligations for a period of six months in relation to the credit they extend to their existing small business customers
 - Banks will have access to at least \$90 billion in funding from the RBA at a fixed interest rate of 0.25 per cent to encourage lending to businesses
 - Invest up to \$15 billion into the markets used by smaller lenders to support their lending



www.business.gov.au/coronavirus

Business renewal

Australian Taxation Office help

ATO administration measures for business

The ATO has implemented a series of administrative measures to assist Australians experiencing financial difficulty as a result of the COVID-19 outbreak. For example, deferring BAS payments and sooner access to GST refunds.

The ATO doesn't apply these additional relief options automatically, so you need to contact them to discuss it. If you're an individual, sole trader, small or medium business and you need further assistance managing your tax and super obligations, contact the ATO's Emergency Support Infoline on 1800 806 218 or speak with a trusted tax advisor.



www.ato.gov.au/coronavirus

Victorian Government support

- full payroll tax refund for the 2019-20 financial year
- Defer any payroll tax for the first three months of the 2020-21 financial year until 1 January 2021

Business Support Fund

A \$500 million Business Support Fund to assist small to medium businesses in the hospitality, tourism, accommodation, arts and entertainment, and retail sectors. Grants of up to \$10,000 are available for eligible businesses. To register interest in receiving this fund, visit the Business Victoria website.



www.business.vic.gov.au/coronavirus

Hotline for businesses dealing with COVID-19

Business operators can access COVID-19 business information by calling the Business Victoria hotline on 13 22 15

Help from your bank

Defer loan repayments

Australian banks will defer loan repayments for small businesses affected by COVID-19 for six months. Any small business who has not already been contacted by their bank should contact them directly to apply.



www.ausbanking.org.au/campaigns/financial-hardship

Business Support Fund – update

Additional business support announced as of Monday 3 August

To support businesses impacted by these restrictions, one-off grants will be made available to eligible businesses under the Business Support Fund – Expansion program:

\$10,000 for employing businesses in metropolitan Melbourne and Mitchell Shire in recognition of spending longer under restrictions

\$5,000 for employing businesses in regional local government areas (except Mitchell Shire)

Businesses which have already received a Business Support Fund - Expansion grant, or have applied for one, will not need to re-apply. Successful applicants will automatically receive this additional allocation.

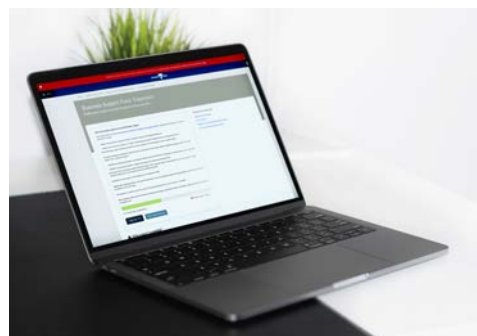
Applications for the program will be extended until 14 September 2020.

For any assistance with the Business Support Fund contact:

Daryl Brooke, Economic Recovery Officer

Ph: 0433 948 258

Email: d.brooke@cardinia.vic.gov.au



www.business.vic.gov.au/support-for-your-business

Planning

Planning Officer here to help

If you are rebuilding in the bushfire area, Julie Bowyer is one of Council's Planning Officers who can help you with your planning applications. No question is too big or small to ask.

If you're thinking about lodging a planning application, talk to Julie as she is now the first point of contact for residents from the bushfire area.

Julie can answer any questions you have and help you understand everything you need to do as part of the application process.

Are you rebuilding a home, agricultural shed or outbuilding in the bushfire area?

Contact Julie Bowyer, Planning Officer, for help through the process, by email at j.bowyer@cardinia.vic.gov.au or phone the recovery centre on 5629 8571.



FREE - Learn to use ZOOM for online communication

Due to ongoing demand, the Outlook Community Centre is pleased to offer another round of Zoom classes.

Zoom, the popular video conferencing app that lets you communicate and interact live with your friends and family around the world, or participate in online meetings with work colleagues.

This hands-on course teaches you via practical participation in online meetings from the comfort of your own home. (Requires a computer or

laptop with webcam, microphone and internet connection. Can also use smartphones, iPads and Tablets)

Written instructions on how to download Zoom will be provided by our tutor by email prior to the class starting, as well as other notes.

7.00pm – 8.00pm - Course: 3 x 1 hour sessions on Wednesday 12 August, Thursday 13 August and Friday 14 August

For online bookings please visit:



[www.outlookvic.org.au/
book-online](http://www.outlookvic.org.au/book-online)



Learn to Zoom

It's easier than you think and it's FREE!

29 July - 1.00PM
or 12 August - 7.00PM
over 3 sessions

Outlook
community centre

Recovery and your health

Tips to help you to eat well

Plan your shopping and meals	Factor in shopping and cooking time into your schedule. Spend a little bit of time each week planning some healthy meals and snacks and then write your shopping list.
Try something new	For some inspiration, visit the local farmers market or food market to buy fresh seasonal produce. Have a look at healthy food magazines or recipe websites for some meal ideas.
Stock up on key ingredients	Keep base ingredients in your cupboard for quick healthy meals.
Double the recipe and freeze	Make extra and freeze a portion for another meal for when you come home late and are tempted to buy take away food.
Frozen and tinned foods can be a lifesaver	Don't be afraid to use frozen vegetables and tinned foods like tuna or salmon when you don't have fresh available, as nutritionally they are a good option.
Take regular breaks	Build in time to take breaks, stretch, eat and drink a glass of water. Try not to eat in front of the computer or standing in the kitchen. Slow down and relax – it's better for digestion and helps you to recharge.
Eat breakfast	Breakfast is the most important meal of the day. If you skip meals it will catch up with you with the 4pm chocolate slump or by overeating in the evenings.
Treats can be healthy	Treat yourself to luscious berries or a mango that will satisfy your sweet tooth, instead of a chocolate bar or muffin.
Keep healthy snacks in sight	Snack on fresh fruit or unsalted nuts and put away the chocolates or biscuits. Don't continually graze; instead, stop and have a definite snack time when you need it.
Ask for smaller and healthier options	Ask for smaller portions and make fruit and vegetables your number one choice in a meal whether eating at home or eating out. Ditch rich sauces, sides of chips and bread.
Download an app to help you plan	Use an app on your smart phone to keep your shopping list and meal planning handy.
Don't shop on an empty stomach	Eat before you shop and you will be less tempted by unhealthy foods.
Use a cooler bag in the warmer months	Invest in a cool bag that you can take in the car or on the train and pack a day's eating in it the night before.
Don't confuse hunger with thirst	Stop using food and coffee to keep going – instead, take a quick break, stretch and drink a glass of water.
Use food labels to identify the healthier options	Compare the products available in the supermarket and aim to choose those with a lower saturated fat, higher fibre, lower sugar and lower sodium content.
Modify your favourite recipes to make them healthier	Try substituting some of the ingredients in your recipes to make them healthier. You may also be able to add in more fibre with some vegetables, legumes or fruit or with some wholegrains.

Source: JeanHailes.org.au

Recovery and your health

Focusing on what is within our control

Sometimes we get very caught up in how we are impacted by decisions or events that are out of our control. We can spend a lot of time attempting to have influence in areas where we have zero power to change the outcome.

We need to put more effort into the areas where we have real influence.

Something might occur that makes us upset, such as an economic downturn resulting in a company closing and everyone losing their job – in this situation you have no input and no decision-making power, the fact you are no longer employed with that company is a given. If we spend too much time trying to influence, bargain, complain and get upset about this event, then we are risking escalating our negative feelings about the situation. Yes, it is expected that you will feel bad, **but you can influence how you are going manage your emotional response moving forward.**

Many things in life can cause us distress. Sometimes we can do something about it, other times there is nothing we can do. In life there are essentially four decision making principles that give us an idea about how much influence we can have in different situations.

The four decision making principles are:

- Given
- Input
- Negotiate
- Self.

A **Given**, is something in life where we have **no decision-making power at all**. With givens, you have no decision-making power and no input into the decision. An example would be the weather; we don't negotiate with the clouds when it will rain or tell the wind to be at our back on every hole at the golf course. The weather is a given, and we just have to take it, good and bad. We need to pay our bills. We have to comply with laws.

Input is where we have some avenue for **input but someone else makes 100% of the decision**. Applying for jobs is a good example. We provide our work history, references, answer questions at interviews and provide a great deal of information, which is input. However, the decision-making power is still 100% with the employer.

Sometimes decisions are made without any considerations of our input; just because we have input opportunities, it doesn't necessarily mean our input will influence the decision maker.



Negotiate is exactly that, each party has **equal input and decision-making power**. In relationships, many things need to be negotiated. Parties can agree to allocate responsibility in line with the strengths of each person. Some areas can then be self-managed without consultation. For example, one party might be good with accounting/bookkeeping, cooking or car maintenance. In those cases, you can negotiate for one party to make all decisions within the area of their portfolio. Other decisions such as where to go on holiday, large purchases, education options for children, will need to be negotiated.

Self is where **you make 100% of the decision**. You may or may not consider input from others. With these decisions you decide what factors to consider and you make the decision. Look at what you're wearing today, most likely you decided what to wear without consulting with others. Every day we make many decisions that fall into this category.

So, when it comes to facing adverse events or making decisions, we need to think about our power to change the outcome. We might want some decision making power or power to change the situation but we need to accept that there are just some aspects of all our lives where things are beyond our control, and we just have to find a way to be with it.

What we can decide, is how we are going to manage our responses to those things outside of our control, and consider seeking help to manage those responses (anger, grief) if needed.

See page 18 for a list of useful contacts.

Adapted from: mensline.org.au/changingforgood/blog/decision-making-principles



Getting a better night's sleep

Here are some practical ideas to help you get a better night's sleep:

- Sort out a routine for the daytime – regular get up times, eating healthy, work or study, chores, and sleeping.
- Get up at the right time. What time do you have to leave for work? Then work backwards, for example, 30 minutes for breakfast, 30 minutes for exercise or a walk, 30 minutes for getting ready, 30 minutes for odds and ends. In this case, you would set your alarm no less than two hours before you need to leave.
- Exercise, particularly earlier in the day, is one of the secret ingredients to a good night's sleep. In the evening try light exercise or a quiet activity.
- Avoid taking naps throughout the day.
- Avoid coffee, tea, and alcohol after dinner.
- Make sure your bedroom is comfortable and dark.
- Have a warm shower and head off to bed when you are sleepy. Avoid watching TV or reading your phone in bed.
- If you wake in the night, give it 30 minutes or so and then quietly listen to gentle music. Otherwise get up, and do something relaxing and distracting.
- Treat it like a job, get into a routine, be strategically and diligently consistent; you may even bore yourself to sleep! Please note that if you are having problems with sleep, it may be worth a trip to the doctor.

Source: [MensLine.org.au](https://www.mensline.org.au)

Online programs

There are online programs to assist with managing anxiety.

- **Beyond Blue** has a site for promoting mental health in the workplace.



headsup.org.au

- **eCentreClinic** (Macquarie University) offers free online treatment courses for people with symptoms of anxiety and other mental health problems.



ecentreclinic.org

- **E-couch** is a self-help interactive program covering depression, generalised anxiety and worry, social anxiety, relationship breakdown, and loss and grief.



ecouch.anu.edu.au

- **MoodGYM** is available for all Australians to prevent and manage anxiety and depression.



moodgym.com.au

- **This Way Up** is a site that offers self-help tools to help manage anxiety and depression, hosted by the Clinical Research Unit for Anxiety and Depression (St Vincent's Hospital and the University of NSW).



thiswayup.org.au

YMCA workouts online

Enjoy a great YMCA workout from the comfort of your home or wherever you are. These instructional videos will walk you through a variety of different workouts from your living room.



ymca360.org



Funding

Energy efficiency grant for dairy farmers

Dairy farmers can now apply for up to \$20,000 funding support to make their farms more energy efficient.

The Energy Efficient Communities Program - Dairy Farming Business Grants is available to help:

- replace existing equipment with higher efficiency equipment
- install or replace a component/s to help an existing system run more efficiently
- carry out on-farm energy audits
- carry out monitoring of energy usage and emissions

Applications close on 17 August 2020. Projects funded by this grant must be completed within 18 months.

For more information visit www.grants.gov.au and search for 'Dairy Farming Business Grants'.

Land revegetation

The Western Port Catchment Landcare Network has two streams of funding available to landholders that have been fire-affected. Small scale revegetation projects, such as for gardens, in-fill for shelterbelts, around farm dams etc, can be funded through a Nectar Feeders project (\$500 limit per property), plants have to be indigenous to the Western Port region and capable of supplying nectar and pollen to birds, butterflies, bees (native & exotic), butterflies and moths.

Larger scale fencing and revegetation projects can be funded through a Cardinia Biodiversity Grant. This grant is subject to a certain number of criteria being met, plus available funding. Both grants require a site visit to be made by a Project Officer from Western Port Catchment Landcare Network.

In addition there is assistance with burnt fence and vegetation along waterways through Melbourne Water's stream frontage management program.

Nectar Feeders Project for the Western Port Catchment

This project aims to address the issue of depleting populations of nectar feeding bees, birds, butterflies and bats by planting a variety of indigenous nectar and pollen producing plants throughout the catchment in urban and rural gardens and along existing wildlife corridors.

Who can apply for this grant?

- Both urban and rural landholders will be able to access this project providing they live in the Port Phillip and Westernport Landcare Network area

Eligibility criteria

- Planting can be in gardens as well as existing, fenced wildlife corridors
- Landholders are encouraged to

plant in concentrated pockets

- Only plants indigenous to the Western Port regions are eligible for funding
- Plants will need to adhere to the Ecological Vegetation Class (EVC) for the site
- The numbers of plants will be capped depending on the size of the site
- Infilling of existing plantings will be eligible
- Existing shelterbelts will need to be fenced

For more information on grants and planting options, contact your local Landcare group or visit the Western Port Catchment Landcare Network and Melbourne Water website or email facilitator@wpcln.org.au

Contacts and websites for further information

Bunyip Landcare

bunyipcpg@gmail.com

Sue Anderson on 5629 5587

Cannibal Creek Catchment Landcare

cannibalcreeklndcare@gmail.com

Gerry and Pam Cunningham on 5629 1103

Western Port Catchment Landcare Network

www.wpcln.org.au/projects

Melbourne Water Stream Frontage Grant

www.melbournewater.com.au (look under community and education/ apply for a grant)

Indigenous nurseries

Westernport Indigenous Nursery

Deep Creek Reserve, Pakenham
Adele Richardson
Ph: 0417 373690

Habitat Creations

Lot 2, Old Sale Road, Moe
Steve Haughton or Gabe Marsden
Ph: 0409 783 866
Ph: 0409 507 792

Koo Wee Rup Trees and Shrubs

10 Bethunes Rd, Koo Wee Rup

John Boekel
Ph: 59 971839

Grand Ridge Propagation

Post Office Road, Seaview
Rob & Kristy Waddell
Ph: 0419 006176

Green Circle Plant Nursery

1 Halford Road, Upper Beaconsfield
Anita Meister
Ph: 0410 619 872

Funding for biodiversity projects

Fire-affected properties may be eligible for Biodiversity Grants to assist with revegetation, protection of remnant native vegetation and weed control on private land.

For more information or to arrange a site visit contact Natalie Mikecz at natalie@wpcln.org.au or 0407 548 765, or Nicole Walsh at facilitator@wpcln.org.au or 0490 955 168.

Contact us

If you have any recovery-related questions, our Bushfire Recovery team is available by phone or email from Monday to Friday during business hours.

- **Recovery Officers** – 5629 8571 or recovery@cardinia.vic.gov.au
- **Planning Recovery Officer** – 5943 4591 or j.bowyer@cardinia.vic.gov.au
- **Economic Recovery Officer** – 0433 948 258 or d.brooke@cardinia.vic.gov.au

Receive this newsletter by post

Would you like to have this newsletter posted to you?

Do you know anyone in the community who doesn't have an internet

connection? On request, we can mail out copies of this newsletter.

Please share this information with your neighbours and local friends so we can ensure everyone has access to recovery information.

To receive our newsletter by post:

- phone or text 0436 836 094
- email recovery@cardinia.vic.gov.au

Subscribe to receive SMS updates

Would you like to receive SMS updates about events and important information from the Bushfire Recovery team?

To subscribe, send a text to 0436 836 094 asking to be added to the SMS notification list, or email your mobile phone number to recovery@cardinia.vic.gov.au

Newsletter accessibility

Do you know of anyone who isn't accessing this newsletter and would like to? If you or someone you know needs this newsletter posted to them or requires it to be made available in a more accessible format, contact the recovery centre on 5629 8571 or email recovery@cardinia.vic.gov.au

Join the Facebook group

Volunteers working from the recovery centre have established a Facebook group for people affected by the Bunyip Complex fires, and for volunteers assisting with the recovery.

To find the group, search for the name 'Bushfire Recovery Group - Tonimbuk Hall' on Facebook or go to www.facebook.com/groups/279666166259256



Local Business Directory

We're here for you, and so are many of our local businesses.
Support your community and shop local!

Please note that trading hours and services listed are accurate at time of going to print and maybe subject to change

Accommodation

Tallawarra Homestead

Tonimbuk
T:0437 197 796 (Andrey Lebkowski)
E:info@tallawarraaccommodation.com.au
W:www.tallawarraaccommodation.com.au
Facebook:Tallawarra Homestead
Luxury Accommodation, Hotel, Bed & Breakfast

Antiques / Collectables

Michael Morris at the Old Motor Garage

3, Carney St, Nar Nar Goon
T:0408 357 669
E:twinlionsm@dcsi.net.au
Facebook:Michael Morris at The Old Garage
Thurs-Mon:1:30pm-6pm

Automotive

Baw Baw Mobile Mechanics

Bunyip-Modella Road, Bunyip
T:0418 142 940 (Mick)
Mechanical Servicing

BMD Automotive

60, A'Beckett Rd, Bunyip
T:5629 5687/0427 295 687 (Robert)

Bunyip Motors

24, Bunyip-Modella Rd, Bunyip
T:5629 5398 (Brendan)

Bunyip Panel Works

(Peter & Gina Dowie)
16, Bunyip-Modella Rd, Bunyip
T:5629 5260/0428 516 599

Bunyip Tilt & Tow

T:0478 708 140 (Shane)

Bunyip Tyre Service

12, Bunyip-Modella Rd, Bunyip
T:5629 6100/0407 879 443 (Graham)
E:info@bunipytyres.com

C & M Motoring

15/3-11 Bate Close, Pakenham
T:5941 6777 (Clint Donne)
W:www.candmmotoring.com.au
Facebook:C & M Motoring
Monday-Friday 8am-5.50pm

Gippsland Mobile Mechanics

T:0428 044 131/0418 393 810 (Carl)
E:gippslandmobilemechanics@bigpond.com
Facebook:Gippsland Mobile Mechanics

LJL Motors

Full Vehicle & Motorcycle Servicing & Repairs
T:5629 6074/0425 833 665 (Luke)
Facebook:LJL Motors

JGD Hydroblasting

19, Richards Rd, Nar Nar Goon
T:0419 201 144
E:justin.g.dore@gmail.com
W:www.jgdhydroblasting.com.au
Facebook:JGD Hydroblasting

Builders & Renovation

Anstis Design & Construction

Builder/Carpenter
Bunyip
T:0411 206 062 (Jason)
E:cheryl.anstis@bigpond.com
Pergolas, decks, kitchens & bathrooms

Bunyip Bathroom & Kitchen Renovations

T:0411 286 566 (Al Hills)
E:allanbevhillz@gmail.com
W:www.floorlinecabinets.com.au

GenYou Builders

10 Browning Rd, Nar Nar Goon
T:0414 791 414 (Anthony Young)
E:info@genyoubuilders.com.au
W:www.genyoubuilders.com.au
New Homes, Renovations & Extensions

Gippsland Building Group Pty Ltd

T:0450 616 409 (Lachlan Morris)
T:0488 002 274 (Todd Pinal)
W:www.GippslandBuildingGroup.com.au
Facebook:Gippsland Building Group
Modular Homes New Homes School and Age Care Facilities Warehouse and Office fit out Rural and Commercial Shed

Kialla Homes

2/22 Embrey Court, Pakenham
T:5941 3996 (Nicole Robbins)
E:sales@kiallahomes.com.au
Facebook:Kialla Homes
W:www.kiallahomes.com.au
New Home Builds, Knock-down, Rebuilds

SJ Sheppard Homes

Bunyip
T:0407 504 582 (Steven & Jess Sheppard)
E:sjsheppardhomes@bigpond.com
Facebook:SJ Sheppard Homes
W:www.sjsheppardhomes.com.au
New Homes, Renovations & Extensions

Butchers & Meat

Beaumont's Meats

5, Carney St, Nar Nar Goon
T:5942 5370
E:mgiesen@bigpond.net.au
Facebook:Beaumont's Meats

Country Style Meats

89, Nar Nar Goon Longwarry Rd, Garfield
T: 5629 2593
Facebook: Country Style Meats
W:www.countrystylemeats.com.au
Mon-Fri:7am-6:30pm Sat: 7:30am-1pm
Home delivery M-F, weekly specials, bulk packs

Spotlight on local business.....

Tallawarra Homestead

Based in Ellis Road, Tonimbuk, Tallawarra Homestead is an accredited Tourism Accommodation Business, rated 5 Stars by Quality Tourism Australia. Operations started in mid-2012. A multi award business, Tallawarra Homestead has been described as a "world class" facility.

Owned and managed by Andrey & Janine Lebkowski, Tallawarra Homestead is situated on what was a dairy farm purchased by Terry and Rene Wakelam in the 60's. The homestead can accommodate 4 couples with all rooms featuring full ensuites.

Guests can relax in Bar 3, enjoy open fires and enjoy views of the distant mountain ranges. In the warmer month's guests can relax in the arbor and at night have a stunning view of the stars! Tallawarra Homestead is the perfect venue for small weddings, and conferences.



Groceries, Fruit & Vegetables

Garfield Fresh Harvest

2895, Princess Hwy, Garfield
T:5629 2027
E:sales@garfieldfreshharvest.com.au
Facebook:Garfield Fresh Harvest
W:www.GarfieldFreshHarvest.com.au
Mon-Sun:9am-5pm
online orders & home delivery available -
seafood van Thurs-Sun:9:30am-5pm

IGA Bunyip

2-6, Main St, Bunyip
T:5629 5788/0467 936 724
E:sd@bunyipiga.com.au
Facebook:Bunyip IGA & Liquor
Mon-Fri:7:30am-8pm, Sat & Sun:8am-8pm
telephone/sms orders & delivery available

Hair & Beauty

Jessie E Makeup & Beauty

Nar Nar Goon
T:0410 411 869 (Jessica)
E:jessie_ebeauty@hotmail.com
Facebook:Jessie E Makeup & Beauty
W:www.jessiee.com.au
Call for bookings

Loretta's Hairdressing

20, Main St, Bunyip
T:5629 5551
Tues-Fri:9am-5pm; Sat:8am-12pm

Miss Franky's

79 Main St, Garfield
T:0438 579 125
Facebook:Miss Franky's

Ultimate Indulgence

Day Spa & Beauty Therapy
1/91, Main Street, Garfield
T:5629 1138/0438 299 372
E:shop@indulgencegarfield.com.au
Facebook:Ultimate Indulgence
W:www.indulgencegarfield.com.au
Refer to FB or website for opening hours
Online purchases 24/7

Vanity Hair

15, Main Street, Nar Nar Goon
T:0408 020 225 (Karen)
Mon - Sat by appointment

Interior Design

Edgley Design

Tonimbuk
T:0421 273 922 (Jane Edgley)
E:jane@edgleydesigns.com.au

Legal

King Legal Group

29, Main St, Bunyip
T:5617 8251 (Stephen)
E:stephen@kinglegallgroup.com.au
Mon-Fri:9am-5pm
by appointment only

Livestock & Property

Nutrien Ag Solutions (Ruralco)

1/1-3, Main St, Bunyip
T:5941 5396/0429 977 313 (Ray)
E:rcullen@ruralco.com.au
W:ruralcoproperty.com.au/bunyip
Mon-Fri:8am-4pm

Native Foods & Products

Peppermint Ridge Farm

Native Foods & Products
540, Tynong North Rd, Tynong North
T:5942 8580
E:prinfo@dcsi.net.au
Facebook:Peppermint Ridge Farm
W:www.peppermintridgefarm.com.au
orders via phone or website, vouchers
available, all products can be posted, ap-
pointment only for all other items.

Optical

Bunyip Optical

Shop 2/2-6, Main St, Bunyip
T:5629 5531
Facebook:Bunyip Optical
W:bunyip-optical.business.site

Painting & Decorating

McDonagh Painting & Decorating

Vervale
T:0456 067 063 (Pat McDonagh)
E:mcdonaghpainting4@gmail.com

Pathology

Bunyip Pathology

11 Abeckett Rd, Bunyip VIC 3815
T:5629 5111
Mon & Fri 8:30am-12:30pm

Photography

Little Field Photography

Iona
T:0407 545 296 (Jennifer Dickson)
E:littlefield@dcsi.net.au
Facebook:Little Field Photography
Family & children

Physiotherapy

Bunyip Physiotherapy

T:5625 4488 (Jamie)
Weds:1pm-5pm

Plumbing

Greg Keyzers Plumbing

780 Tonimbuk Rd, Tonimbuk
T:0404 068 420 (Greg Keyzers)

Podiatry

Bunyip Podiatrist

T:5625 9388
Thurs:9am - 5pm

Post Offices & General Stores

Bunyip Post Office

21 High St, Bunyip
T:5629 5220
Mon - Fri 9am - 5pm; Sat 9am-12pm

Garfield Post Office & Gifts

(Tony & Leanne)
77, Main St, Garfield
T:5629 2552
Mon-Fri:7am-5pm, Sat:9am- 12pm

Maryknoll Store & Post Office

(Raj & Gina)
2, St Joseph's Square, Maryknoll
T:5942 8242 / 0401 311 604
E:admin@maryknoll.com.au
W:www.maryknoll.com.au
Mon-Fri:7:30am-6:30pm, Sat & Sun:9am-6:30pm

Nar Nar Goon Post Office

1 Nar Nar Goon Road, Nar Nar Goon
T:5942 5201 (Singh)
Mon - Fri 9am - 5pm

Tynong General Store

40, Railway Ave, Tynong
T:5629 2442 (Krzysztof)
Mon-Sat:6:30am-8:30pm

Tynong Post Office

40, Railway Ave, Tynong
T:5629 2488 (Pauline)
E:tynonglpo@outlook.com
Mon-Fri:9am-5:30pm(closed 12:30pm-1:30pm), Sat:9am-12:30pm

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Bendigo Bank

Terms, conditions, fees and charges apply. Full details available on application. Lending criteria apply. Bendigo and Adelaide Bank ABN 11 068 049 178 AFSL 237879 acts under its own Australian Financial Services Licence number and under an agreement with a range of insurers. (1465839-1465825) (05/20)



Real Estate

O'Brien Real Estate

T:0406 536 836 (Megan Gordon)
E:megan.gordon@obrienrealestate.com.au
Facebook:O'Brien Real Estate Pakenham
W:www.obrienrealestate.com.au

Unlock Real Estate

(Rachael/Brooklyn)
55, Main St, Garfield
T:0405 156 857/0490 939 212
E:rachael@unlockrealestate.com.au
Facebook:Unlock Real Estate
W:www.unlockrealestate.com.au

Restaurant, Vineyard, Cellar Door

Cannibal Creek Vineyard

260, Tynong North Rd, Tynong North
T:5942 8380/0438 518 506 (Kirsten)
E:wine@cannibalcreek.com.au
Facebook:Cannibal Creek Vineyard
W:www.cannibalcreek.com.au
online purchases 24/7; cellar door sales by appointment only

Restaurants, Pubs & Wine Bars

Bottom Pub Bunyip

14, Main St, Bunyip
T:5629 5202 (Red/Raff)
E:contact@bottompubbunyip.com
Facebook:Bottom Pub
W:www.bottompubbunyip.com.au
See Facebook page for menu & opening hours

Nar Nar Goon Hotel

2, Nar Nar Goon Rd, Nar Nar Goon
T:5942 5221 (Paddy)
Facebook:Nar Nar Goon Hotel
Bottleshop & Takeaway
Bottleshop:1pm - 11pm 7 days, Takeaways
Wed-Sun:5pm - 8:30pm
See FB for menu & opening hours

The Garfield Hotel

95, Main St, Garfield
T:5629 2401 (Brad)
Facebook:Garfield Hotel
W:www.garfieldhotel.com.au
12pm-9pm 7 days
Now open for dine in & take away

Two Hoots

Restaurant & Wine Bar
8, Main St, Bunyip
T:0408 020 621 (Amanda)
Facebook:Two Hoots
W:www.twohootswinebar.com.au
Thurs:5pm-8pm,Fri:5pm-9pm,
Sat 5pm-9pm
Now open for dine in & take away

Opportunity Shops

Bunyip Op Shop

7 High St, Bunyip
T:5629 6117/0407 563 441(Tony)
Mon-Fri 9:30am-4:30pm

Garfield Op Shop

71 Nar Nar Goon - Longwarry Rd,
Garfield
0490 141 918
Mon-Fri 9:30am-4:30pm
Sat 9:30am-12:30pm

Nar Nar Goon Posh Shop

8 Main St, Nar Nar Goon
T:5942 5783
Tues-Fri 12pm-4pm; Sat 10am-2pm

Shelving Solutions

Gippsland Shelving Solutions

48 Mary St, Bunyip
T:0438 513 432 (Amber)
E:info@gippslandshelvingolutions.com.au
W:www.gippslandshelvingolutions.com.au
Facebook: Gippsland Shelving Solutions

Skip Hire & Rubbish Removal

Bunyip Skip Bins

Tele:5629 5398
Brendam & Stacey Sheedy

Warragul Big Bins

Modella Road, Bunyip
T:0400 557 927 (Andrew Edwards)
Facebook:Warragul Big Bins
W:www.bigbinsskips4hire.com.au

Take Away Food

Bunyip Pizza

2, High St, Bunyip
T:5629 5577
W:www.bunyippizza.com.au
Tues-Sun:5pm-9pm

China's Kitchen, Bunyip

9, High St, Bunyip
T:5629 5713
W:www.bunyipchinese.com.au
Mon-Sun:5pm-8pm

Concetta's Kitchen

15, High St, Bunyip
T:5629 6248 (Connie)
Facebook:Concetta's Kitchen
Mon,Tue,Wed:5:30am-2pm,
Tues & Fri:5:30am-7pm

La Benevento

21, Main St, Bunyip
T:5629 6157
W:www.labeneventopizza.com.au
Tues-Thurs & Sun:5pm-9pm,Fri & Sat:5pm-10pm

Nar Nar Goon Takeaway

1, Main St, Nar Nar Goon
Tele:5942 5042 (Paul)
Facebook:Nar Nar Goon Takeaway
Mon&Tues:8am-5pm,Weds:8am-6pm,
Thur:8am-7.45pm,Fri:8am-8:30pm,Sat:
9am-8pm

Tattoo & Piercing

Swordsman Tattoo

2/3 Main St, Nar Nar Goon
T:0405 623 439 (Belinda & Idri)
Facebook:Swordsman Tattoo Victoria
Tues - Sat 10am-8pm; Sun & Mon 10am-6pm

Trailer Hire

Ace Trailer Hire

Tele:0428 943 364/0427 943 271
Chris & Tara Huntingford

Transport/Haulage

Chris Siekman

Tele:0438 328 965

Towns Haulage Australia

42, Nash Rd, Bunyip
T:0427 134 487 (Derek)
E:towns@dsci.net.au
Facebook:Towns Haulage Aust P/L

Veterinary

Bunyip Vet Clinic

1312, Nar Nar Goon Longwarry Rd,
Bunyip
T:5629 5309
Website:bunyipvet.com.au

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Bunyip & District Community Enterprises Ltd is a franchisee of Bendigo & Adelaide Bank and operates the Bunyip & District Community Bank in Bunyip.

We are proud to help support fellow local businesses by producing and distributing this local business directory.

If you would like your business to be included in the next release of the directory, free of charge, and maybe spotlight your business, please contact Nicole Morris on 0439 103 953.

Gippsland Artisan Meats

T:0438 411 495 (Jessica)
E:sales@gippslandartisanmeats.com.au
Facebook:Gippsland Artisan Meats
W:www.gippslandartisanmeats.com.au
all enquiries via website or FB

Cafes & Bakeries

Biddy Martha's

Café
11 Main St, Bunyip
T:0408 724 486 (Gavin)
Facebook:Biddy Marthas Café Bunyip

Brewster's Café & Food Store

81, Main Street, Garfield
T:0407 151 202 (Greg)
Facebook:Brewster's Foodstore & Café
Mon-Wed:6am-6pm, Thurs-Sat:6am-7pm

Bunyip Bakery

19, Main St, Bunyip
T:5629 5793
Facebook:Bunyip Bakery
Mon-Fri:5:30am-3pm Sat:5am-1pm
Bunyip Expresso (formerly Café Ocha)
Shop 1/2-6 Main St, Bunyip
T:5629 5377 (Brendan)
Mon-Fri 5:30am-4pm Sat & Sun 5:30am-1pm

Cannibal Creek Bakehouse & Café

41, Nar Nar Goon-Longwarry Rd, Garfield
T:5617 8286 (Kane)
E:info@cannibalcreekbakehouse.com.au
Facebook:Cannibal Creek Bakehouse
W:cannibalcreekbakehouse.com.au
Wed-Sat:8am-4pm, Sun:8am-2:30pm
phone orders available, limited dine in now available, please call to book.
now available, please call to book.

Garfield Hilltop Café

3814/5 Martin Rd, Garfield
T:5629 1126
Fri to Sun 9am-2pm & 5pm-7pm
Takeaway Only

Little Miss Hangry

103, Nar Nar Goon-Longwarry Rd, Garfield
T:5629 2180 (Sarah)
Facebook:Little Miss Hangry
Wed - Sun 8am-2pm
see FB page for menu; Dine in & take away now available

Magpie & Stump Bakehouse & Coffee Shop

43, Main Street, Garfield
T:5629 2074 (Leanne)
Facebook:Magpie & Stump Bakehouse
Mon-Sun:9am-3pm
Dine in and take away now available

Sherwood Park Orchard

Bakery Café
3165, Old Princess Hwy, Bunyip
T:5629 5139 / 0413 272 111 (Tara)
E:tara@sherwood-park.com.au
Facebook:Sherwood Park Orchard - Bakery
W:www.sherwood-park.com.au
Mon-Fri:6am-5pm, Sat & Sun:7:30am-5pm

The Farmers Market Café

7, Carney St, Nar Nar Goon
T:5942 5335
Facebook: The Farmers Market Café - Nar Nar Goon
Mon-Fri:9:15am-5:30pm

The Goon Eatery

3/7, Main St, Nar Nar Goon
T:5942 5286 (Jill)
Facebook:The Goon Eatery
See Facebook page for menu & opening hours

Chemists & Pharmacies

Bunyip Pharmacy

19, High St, Bunyip
T:5629 5407 (Dinesh)
Mon-Fri: 9am-5:30pm, Sat:9am-12:30pm

Garfield Pharmacy

73, Main St, Garfield
T:5629 2408 (Narai)
E-mail:garfieldpcy@yahoo.com
Mon-Fri:9am-5:30pm, Sat:9am-1pm

Cleaning Services

Doobee Clean

T:0407 562 957/5629 5703 (John)
E:john@doobee-clean.com.au
Facebook:Doobee Clean
W:www.doobee-clean.com.au
Carpet Cleaning

Josie's Cleaning Service

T:0400 296 133 (Josie Bartlett)
E:josiebiafi@hotmail.com
Facebook:Josie's Cleaning Services

Sterling Carpet Care

T:0409 010 106 (Peter Walker)
E:sterlingcc@bigpond.com.au

Confectionery

Clever Cookie (Vanessa)

T:0459 552 482
E:vanessa.clevercookie@gmail.com
Facebook:Clever Cookie
Commercial home kitchen - caters for all things dessert related

Lulu's Lolly Shop (Lucinda)

Ice Cream & Lolly Shop
87, Main Street, Garfield
T:0438 900 475
Facebook:Lulu's Lolly Shop
Tues-Fri:10am-5pm, Sat:10am-3pm

Pastry Chef Aidey

Chef/Chocolate Shop
E:aideyallen2@outlook.com
Facebook:Pastry Chef Aidey
orders via FB or email only

Cranes & Crane Hire

Lynburn Crane Hire

Tynong North
T:0477 515 104 (Jeff Lynch)
E:info@lynburncranehire.com.au
W:www.lynburncranehire.com.au
Cranes for all jobs (small to large) and an all terrain forklift available for hire

Nar Nar Goon Crane Trucks

T:0437 072 535

Dentists

Bunyip Dental Clinic

11, A'beckett Rd, Bunyip
T:5629 5676 / 0415 207 212
Mon & Fri:9am-6pm, Tues:1am-4pm,
Wed:9am-7pm

Doctors / Medical

Bunyip Medical Centre

11 Abeckett Rd, Bunyip 3815
T:5629 5111
E:admin@bunyipmc.com.au
W:www.bunyipmc.com.au
Mon-Fri 8:30am-5pm; Sat by appointment

Spotlight on local business.....

Biddy Martha's Café & Foodstore

Situated at 11, Main Street, Bunyip, Biddy Martha's has been serving delicious wholesome food and specialty coffee since January 2014 to the people of Bunyip & surrounds.

The business is owned and run by the brother & sister team of Gavin Saunders & Michelle Pope. The Café is named after Gavin & Michelle's grandmother "Martha" whose nickname was "Biddy".

Biddy Martha's has remained busy during COVID-19 restrictions due to our convenient takeaway coffee window at the front of the building. Currently we can seat a limited amount of customers and we look forward to the day when we can fill the café again.



Garfield Medical Centre

73, Main St, Garfield
T: 5629 2408 / 0434 748 329 (a/h voicemail)
E-mail: garfieldpmc@hotmail.com
Tues, Wed, Fri: 9:30am-12:30pm

High Street Medical Centre

John O'Donoghue/Jo Colvin
17 High St, Bunyip
T: 5629 5756
E: highstmedical@dsci.net.au
Mon 9am-5pm; Tue & Wed 9am-12:30pm
Thu & Fri 9am-5pm; Sat 9am-12pm

Dog & Cat Grooming

Fur & Purr

Dog & Cat Grooming
T: 0478 960 694 (Tina)
E: kristinaharris@bigpond.com
Facebook: Fur & Purr
call for enquiries/appointments

Drainage

Panorama Ridge

Drainage Contractor
Sewer, Storm Water, Septic Installation
T: 5629 2343/0418 993 441 (Craig)
E: craig2662@hotmail.com

Earthmoving & Machine Hire

Austrim Civil

Tynong North
T: 0431 423 019 (Nick Smith)

Taylor Made Excavations

T: 0404 054 180 (Cameron Taylor)
E: tme@hotmail.com.au

Electrical

By The Bay Electrical

T: 0438 609 149 (Craig)

RPV Electrics

Maryknoll
T: 0409 974 242 (Richard)
E: info@rpvelectrics.com.au

GJ & GM Burrell Electrical

Bunyip
T: 0408 378 518

Engineering & Metal Fabrication

PJ's Fabrications

Garfield
T: 0418 537 857 (Phillip Delosa)
E: pjs.fab@outlook.com
Facebook: PJ's Fabrication
Metal Fabrication

RK Engineering

Garfield
T: 0401 422 084 (Rob)
E: r_k64@hotmail.com
Facebook: RK Engineering
Precision small engine repairs. Specialist in aluminium welding repairs

Equine

MG Equine Therapies

T: 0429 104 446 (Melissa)
E: sbperformancehorses01@gmail.com
Facebook: MG Equine Therapies
Equine Massage Therapy

The Dancing Horse

Horse Saddlery & Riding Wear
69, Main Street, Garfield
T: 5629 1010 (Mary)
E: shop@dancinghorse.com.au
Facebook: The Dancing Horse
W: www.dancinghorse.com.au
online purchases 24/7, instore purchases by appointment

Farm & Rural Supplies

Bunyip Rural Supplies

11-15, Railway Ave, Bunyip
T: 5629 5266
E: info@bunyiprural.com.au
Facebook: Bunyip Rural Supplies
Mon-Fri: 8:30am-5:30pm, Sat: 9am-1pm

Larmax Agribarn

2855, Princess Hwy, Garfield
T: 5629 2650
E: larmaxgarfield@bigpond.com

Fashion

Sohl Store

59, Main St, Garfield
T: 5629 2242 (Brooke)
E: info@sohlstore.com.au
W: www.sohlstore.com.au
Facebook: Sohl Store
Mon-Fri 10am-4pm; Sat 10am-2pm;
Sun 10am-1pm

Fencing Contractors

KnightRigg Rural Fencing

Fence & Gate Contractor
T: 0448 818 503 (Paul)
E: knightriggruralfencing@gmail.com
Facebook: KnightRigg Rural Fencing

Precision Fencing

Bunyip
T: 0428 943 364/0427 943 271
Chris & Tara Huntingford

Financial Services

Alaco White

Accountants
Shop 3, 1-3 Main Street, Bunyip
T: 0418 334 847
E: rebecca@alaco.com.au
Facebook: Alaco White
W: www.alaco.com.au

Beacon Planning Solutions

Shop 3, 1-3 Main Street, Bunyip
T: 1300 526 628 / 0438 570 236
E: kathryn@beaconplanning.com.au
Facebook: Beacon Planning
W: www.beaconplanning.com.au
Specialists in life insurance

Community Bank- Bunyip & District

18, Main St, Bunyip
T: 5629 6091/0439 103 953 (Nicole)
E: bunyipmailbox@bendigoadelaide.com.au
Facebook: Bunyip & District Community Bank
Mon-Fri: 9:30am-5:00pm

Commonwealth Bank

4, High St, Bunyip
T: 5629 5437 (Penni)
E: bunyip.vic@cba.com.au
Mon-Fri: 10:30am-2:30pm

Greenview Accounting

1-5, High St, Bunyip
T: 5629 6133
E: email@greenview.com.au
Facebook: Greenview Accounting Group
W: www.greenview.com.au
Mon-Fri: 9am - 5pm

Target Measure Grow

Your Virtual CFO
Understand your numbers, model or manage your cash flow, improve your profitability
T: 0418 336 770 (Leanne)
E: leanne@targetmeasuregrow.com.au

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Community Bank - Bunyip & District



bendigobank.com.au/business

Firewood

Brendon's Firewood

T:0437 192 402

Fitness & Wellbeing

Sharna Kate Yoga & Meditation

Shop 5, 1-3 Main St, Bunyip
T:0410 461 986
E:sharna@sharnakateyoga.com.au
Facebook:Sharna Kate Yoga
W:www.sharnakateyoga.com.au
online classes only

Florists

Gymea Florals

Nar Nar Goon
T:0474 838 464 (Jaime)
E:gymeaflorals@gmail.com
Facebook:Gymea Florals

Garden / Nurseries

Murphy's Nursery

65, Wimpole Road, Bunyip North
T:0414 345 316 (Amanda & Tyson)
T:0449 981 572
Facebook:Murphy's Nursery

Peppermint Ridge Farm

Native Foods & Products
540, Tynong North Rd, Tynong North
T:5942 8580 (Julie)
E:prinfo@dcsi.net.au
Facebook:Peppermint Ridge Farm
W:www.peppermintridgefarm.com.au
orders via phone or website, vouchers available, all products can be posted, appointment only for all other items.

Garden Maintenance

Bunyip Lawn Loppers

Garden Maintenance
T:0417 115 801 (Ross)
Mowing, weed control, small rubbish removed, small repairs, edging, trimming

Chris The Garden Man

T:0435 491 199
Facebook:Chris The Garden Man
Gardening Services

DJ-GeM Slashing & Cutting

T:0430 568 988 (Darryl)
E:gemgrasstransport@icloud.com
broadacre slashing & cutting & aust wide light vehicle transport

Garden Renovators

Garfield
T:0488 777 821 (Natalie Kara)
Facebook:Garden Renovators
Specialise in retaining walls

Run Around Mowing

T:0459 320 310 (Mike Burns)

West Gippsland Lawn & Garden

T:0411 881 814 (Matt)
W:www.westgippslandlawnandgarden.com.au
Based in Garfield, covering all areas from Pakenham to Warragul

Garden Services & Supplies

AE Contracting

T:0428 148 584 (Gary)
Facebook:SE Contracting
Small tractor work

Bunyip Garden Gear

Gardening materials and supplies
1217, Nar Nar Goon-Longwarry Rd, Bunyip
T:5629 5987 (Glen)
E:sales@bunyipgardengear.com.au
W:www.gardengear.com.au
Mon-Fri:7am-4:30pm, Sat:7am-3:30pm

The Red Shed

Mower & Ride on Specialists
1310, Longwarry Rd, Bunyip
T:5629 5199 (Jarrad)
W:www.theredshed.com.au
Mon-Fri:8am-5pm; Sat:9am-1pm

Gifts & Crafts

AB Creative Ladies

Betty Anstey
Longwarry
T:0449 237 421 (Betty Anstey)
Facebook:Creative Ladies
Scrapbooking & Card Making Classes,
Personalised Products

Bunyip Makers Market

27, Main St, Bunyip
T:0427 540 494 (Di Patten)
Facebook:Bunyip Makers Market
Wed-Fri:9am-2pm, Sat:9am-1pm

Candlebliss

T:0418 371 150 (Michelle Murphy)
E:michelle@candlebliss.net.au
Facebook:Candlebliss
Homemade Soy Wax Candles & Melts

Impodimo Living & Giving

Boutique Lifestyle Gifts
101, Nar Nar Goon-Longwarry Rd, Garfield,
T:5629 2884 (Kristy)
E:info@impodimo.com.au
Facebook:Impodimo Living & Giving
W:www.impodimo.com.au
See Facebook page for opening hours
Online purchases available

Local Elements Gifts

Shop 4, 1-3 Main St, Bunyip
T:0438 566 098 (Miranda)
E:miranda@localelement.com.au
Facebook:Local Elements Gifts
W:www.localelementgifts.com.au
Wed-Fri:11am-3pm, Sat:9:30am-12:00pm

Tiger Cube

Cube & Puzzle Toys (online)
T:0418334847 (Bec)
E:tiger.cube@mail.com
W:shop.cardiniashire.com.au/store/tiger-cube/

Twinspired by Eli & Delilah

Upcycled furniture, recycled t-shirt bags, roller blends, sanitisers, cleaning solutions and more
T:0404 389 659 (Joelene)
Facebook:Twinspired by Eli & Delilah

Glazing

Bunyip Glass

T:0402 373 046 (Brad)
E:bunyipglass@bigpond.com
W:www.bunyipglass.com
Mon-Fri:8am-5pm

Bendigo Bank

Meet me when it suits you

If you're like most people, you barely find time for the essentials on your to-do list, let alone visit the branch to talk banking.

But your financial goals are too important to put off.

I can help you with:

- Buying or investing in a property
- Saving for something special
- Managing your money better

If time is an issue for you, I'll meet you in person, over the phone, or via video call when it suits you.

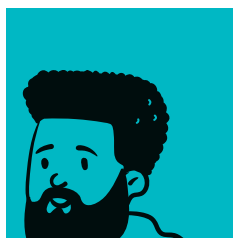
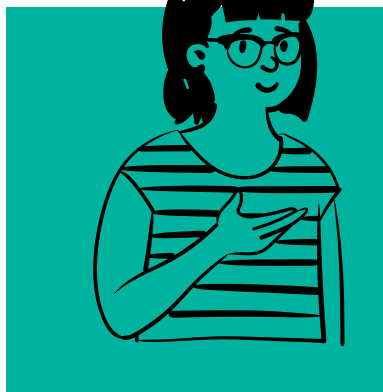
Together, we can talk about your goals and work out how to make them happen.

Get in touch



Joanne Dwyer
Mobile Relationship Manager
Phone: 0429443282
Email: joanne.dwyerbendigoadelaide.com.au

Partners in Wellbeing



For some people, the psychological, social and economic effects of the coronavirus (COVID-19) pandemic, have had a significant impact on their mental health and wellbeing. Many people also feel distressed and overwhelmed by the constant media reports and conflicting information about the situation.

It's natural to feel a range of emotions, such as stress, worry, anxiety or feeling low. These feelings are common during and after distressing events like the COVID-19 pandemic and the restrictions put in place to stop its transmission. Experiencing these feelings does not always mean something is wrong.

However, if you are not coping or have been feeling distressed, anxious or down over several weeks, help is available through *Partners in Wellbeing* service.

The free service offers one-on-one support to help you improve your wellbeing, develop strategies to cope and provide emotional support when and as you need it.



We acknowledge the Traditional Custodians of the land we work on and pay our respects to Elders past, present and emerging.

Support for your mental health and wellbeing during the Coronavirus pandemic and beyond

Work out what is wrong together

Working with a Wellbeing Coach, you explore what is causing your stress or anxiety and help you gain clarity on your thoughts, feelings and experiences. Conversations will be a safe place for you to talk privately about feeling overwhelmed, unsafe or anxious without judgement.

Get things under control

Through coaching and practical advice, your Wellbeing Coach will help you find strategies to manage stress, anxiety and improve your wellbeing and resilience.

Get on with life

We help you to identify people in your life, support services, and other resources to draw on during times of stress. If required, a Wellbeing Coach will assist you to link with other support services in your local community.

Keep Connected

We keep in regular contact with you to provide emotional support, practical assistance and help you use the strategies you have identified to manage your stress, anxiety and improve your wellbeing.

Learn more about COVID-19

As the restrictions and advice in response to COVID can change, your Wellbeing Coach can provide up-to-date and accurate information on COVID 19 and current restrictions within your community.

Additional support for people living with mental health concerns and carers

People living with mental health concerns and their carers may be particularly vulnerable during this time, with additional distress making it harder to cope, stay connected or manage wellbeing.



We celebrate, value and include people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

Eligibility

To be eligible for this service, you need to be 16 or over and:

- experiencing increased life stressors and your usual coping strategies are not working
- noticing signs of anxiety and/or depression that have lasted more than a few weeks, such as:
 - low mood i.e. feeling down
 - feeling overwhelmed and unsafe
 - low energy
 - feelings of hopelessness
 - fear, nervousness or worrying
 - avoidance of social situations
 - thoughts of self-harm or harm to others.
- are not currently using a community mental health psychosocial support service.

Carers may experience these challenges in their own right in addition to providing care to a loved one.

Get started or refer someone you know

Contact the *Partners in Wellbeing* team in your area by calling **1300 375 330** to begin making changes to improve your wellbeing.

If you would like to refer someone you know, you must first discuss this with them and have their consent to make the referral on their behalf.

We encourage referrals from people who identify as LGBTIQ, culturally diverse, Aboriginal or Torres Strait Islander people, veterans and people experiencing homelessness.

About Partners in Wellbeing

Partners in Wellbeing is funded by the Victorian Government and is being delivered by EACH, Neami National and the Australian Community Services Organisation (ACSO) across Victoria.



Contact Partners in Wellbeing

Partners in Wellbeing is delivered by EACH, Neami National and the ACSO across Victoria. For more information or to make a referral, contact the service in your region.

Phone:
1300 375 330

North, West, Inner, South
Neami National

Email:
partnersinwellbeing@neaminational.org.au
www.neaminational.org.au/piw

South-Eastern, East
EACH

Email:
partnersinwellbeing@each.com.au
www.each.com.au/piw

Regional
ACSO

Email:
partnersinwellbeing@acso.org.au
www.acso.org.au/aod-mh-support

Support services

Monash Health: provide specialist counselling for individuals of any age and families, either 1:1 or as a family.

FREE for fire-affected community.

Call: 9796 1500

Windermere: case workers available at the recovery centre or email bushfirerecovery@windermere.org.au or phone 1300 946 337

There are a number of other organisations that offer free counselling and personal support. Many operate 24 hours/7 days a week:

Lifeline:	131 114, 24-hour telephone counselling, information and referral service
BeyondBlue:	1300 224 636 Information on depression and anxiety
Kids Help Line:	1800 551 800 Confidential phone counselling for young people aged 5–25 years.
Headspace:	1800 650 890
ParentLine:	132 289 Counselling and information for families with children up to 18 years old
Men's Line Australia:	1300 789 978, 24-hour counselling
Safe Steps Family Violence Support:	1800 015 188
Family Violence support:	Call 1800 RESPECT (1800 737 732 - confidential) or go to www.vic.gov.au/familyviolence