



THE BRIDGE

Bi-monthly community magazine for Balnarring, Bittern, Crib Point, Flinders, French Island, Main Ridge, Merricks, Pt. Leo, Red Hill, Shoreham, Somers and Tuerong

Issue 61 June – July 2020

www.bridgemag.com.au

Balnarring PS students – WOW! Stunning mandalas all round!!



Above: Mandala by Millie, Grade 6



Above: Mandala by Angus, Grade 6



– BALNARRING –
DentalCentre

Ph 5983 5348
www.balnarringdentist.com.au

Above: Balnarring Primary School students recently completed a Mandala project at home, while the school was closed due to COVID-19. The results are stunning! See more inside this second digital-only edition of The Bridge.

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Huge Thanks to our wonderful HERO SPONSORS!!

Hello Everyone!

We would like to start by acknowledging the passing of one of our wonderful Bridge volunteers, Chris Chandler. Chris was a reliable and friendly volunteer for The Bridge. He was passionate about uniting the Westernport community through communication. For The Bridge he was instrumental in keeping French Island connected with the main land community. Chris was a fountain of knowledge about the local environment, and was always volunteering his time to help the health of our environment. In the following pages, there are tributes to Chris.

We're sure Chris would be pleased to learn that this is our biggest edition yet. Thanks to everyone who has contributed. We are digital only at the moment, however are discussing when to return to print versions. Hopefully sooner rather than later... We'd love to find a way to keep local business ads free – will keep you posted.

Thanks to everyone for such a great edition during the pandemic. Let's keep it up for the next one. Deadline is July 10. Details on the back page.

Please pass this on to anyone you think might like a copy. We're happy to add emails to our list if anyone would like to receive copies regularly – details page 2.

Ali and Jenny x

ACKNOWLEDGEMENT

We would like to acknowledge the traditional owners of this land, the Boon Wurrung and Bunurong language groups of the Kulin Nation. We would like to pay our respects to their elders, past, present and future.

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Our wonderful community! You!

Happy Birthday!

June

3rd Jenna Edebohls
Melissa Thompson
5th Theo Paterakis
6th Jenny Atherton
9th Candy Spender van Rood
10th Nicole Greenwood
11th Ali Hoelzer
14th Felicity Balfour
19th Pea Saunders
Nev Morehu
22nd Monique Morey
24th Thomas Hoelzer
26th Beau Alfrey
27th Winnie O'Neil
28th Laura Alfrey



July

2nd Mark Heffernan
3rd Lori Windle
4th Sean Willmore
6th Maureen Roach & Ged Roach
8th Lynda Clark
9th Mary-Jo Hanley
Tracey Ryan Robinson
Peter Smedley
20th Melanie Pittock
12th Jacinta Van Stekelenburg
15th Adele Clemens
16th Sarah Vaughan
20th Mandy Nelson
Celeste Maree
24th Stan Maine
Dingo Spender
Jonah Van Stekelenburg
26th Geoff Robinson
27th Bob McGaughey

*To add a name to community birthdays,
email info@bridgemag.com.au*

June and July 2020 *Inspirational Angel Cards for the Community*

Unconditional Flow

How can you weave these things into your
day to uplift and relax you?

Source: Newly published Inspirational Angel Cards, by
Simon Bunyevich, Somers.

Who do you appreciate in our community and why?
Email submissions of appreciation, & birthdays in our community,
to: info@bridgemag.com.au or
Post to: The Bridge, PO Box 248, Balnarring 3926

Would you like to receive a digital copy of The BRIDGE in your email inbox?
Email info@bridgemag.com.au "subscribe" in the subject line.

Want to contribute to The Bridge? For deadline reminders, email
info@bridgemag.com.au with "deadline reminders" in the subject line.

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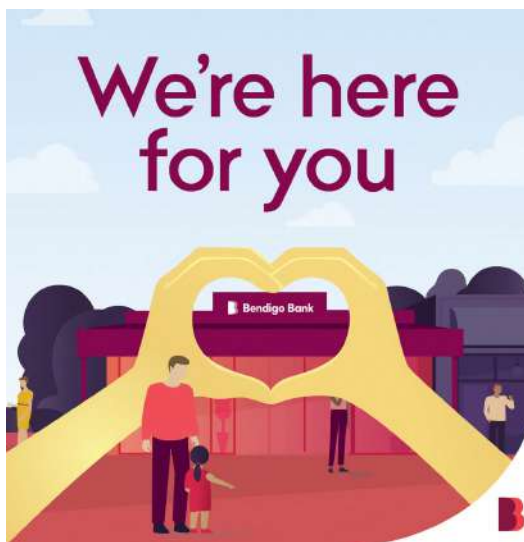
**Thank you to our
essential workers**

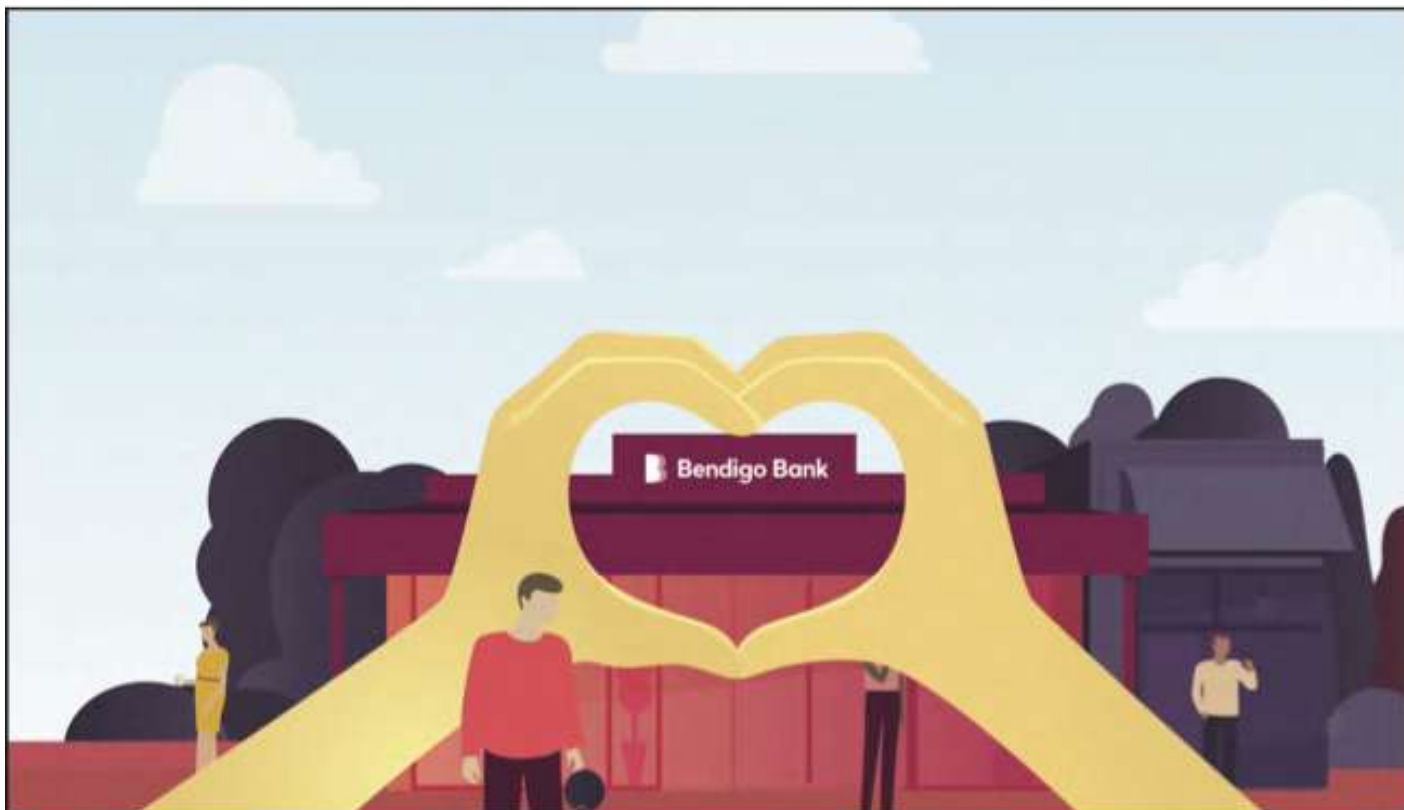


**Thank you for
staying at home**



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Your local Bendigo Bank branch remains open to help see you through COVID-19.

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- Call ahead to book a time if possible
- Practice safe distancing

Call us on 5983 5543 or search Bendigo Bank Balnarring & District.



Balnarring Dental

Breakthrough Research Links Dental Disease to Pneumonia & Respiratory Disease

In light of COVID19 and us entering into the flu season, the dangers of contracting pneumonia and respiratory diseases are on everyone's minds. Will our hospitals be able to cope with the number of sick people? Is there enough equipment and hospital beds? Prevention of respiratory diseases is more important than ever. The entire world is putting measures in place to help prevent the spread of COVID19, but also the progression of viruses into the lungs, leading to respiratory diseases and terrifying symptoms such as "not being able to breathe".

Research is showing that visiting the dentist during this time may be one of the major ways people can prevent respiratory diseases. A few weeks ago the government announced restrictions on dentistry to be reduced during COVID19, stressing the importance of dental prevention and routine dentistry right now. But why?

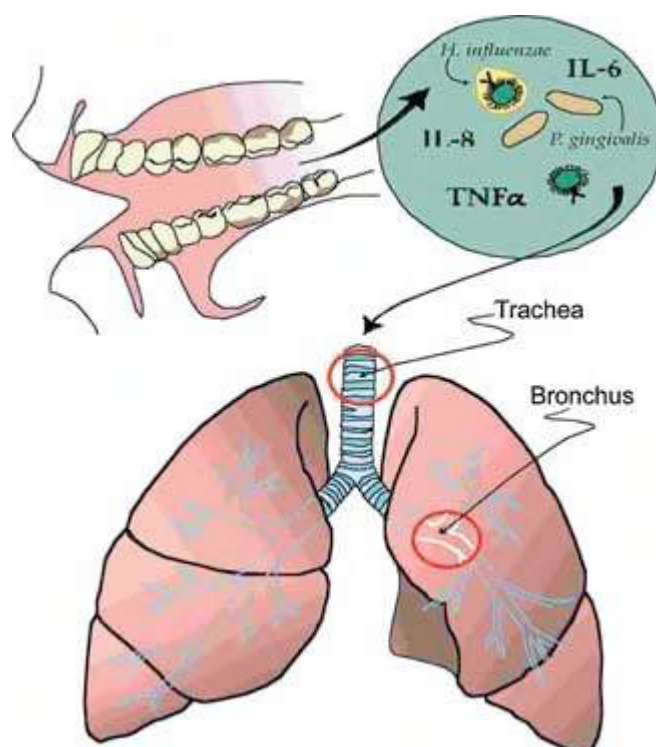
Dental Clinics may be playing a vital role in preventing respiratory diseases by removing toxic bacteria colonies that live inside our mouths! These bad bacteria are often symptomless and sometimes not even visible to the eye. They grow every day and attach themselves to natural teeth, as well as artificial teeth such as dentures, implants, crowns, bridges and veneers. You can brush and floss most of these bacteria off in the first 24hrs, but these bacteria are clever and are fighting for their survival inside your mouth! So they often hide in tricky places that are hard to reach, such as between your teeth, under crowns/bridges and around/inside your gums. Within 24hrs they begin to harden and firmly attach to your teeth like concrete, referred to as 'Calculus'. Once this happens you can no longer remove them yourself safely at home without damaging your teeth. We have seen people attempt this and then end up having to pay the price to fix the damage they caused at home. This is why your friendly dental hygienist or dentist needs to safely and effectively remove the bacteria for you at least twice a year, as advised by the Australian Dental Association, private health insurances and world-wide research studies.

All this may not be news to you, but the part that stands out is that this routine bad-bacteria removal, often referred to as a "Scale and Clean", may not only be good for your dental health, but is in fact proven to aid in the prevention of Respiratory Infections such as Bacterial Pneumonia and Chronic Obstructive Pulmonary Disease (COPD). Bacterial Pneumonia is an inflammation of the lungs caused by viral, bacterial or fungal infection. Symptoms include cough with mucus-like sputum, chills, fever, chest pain and shortness of breath. The development of bacterial pneumonia depends on the colonisation of pathogens

in the oropharyngeal region (throat), aspiration of these pathogens lower down the airway and failure of the body's defence systems to eliminate bacteria from the lower airway. Unfortunately other health conditions that reduce effective aspiration include history of stroke, Parkinson's disease, sedative use and alcohol abuse. The defence mechanism of the respiratory tract to eliminate bacteria has also been shown to be impaired by many other conditions/circumstances e.g. diabetes, smoking, malnutrition and corticosteroid use (immune suppressants). Sadly even before COVID19, pneumonia was recorded as the second most common infection in institutional settings and had a 20-50% mortality rate (Mojon, 2002).

Let's now explore the bad bacteria that grow in our mouths and how it can be responsible for Bacterial Pneumonia and Respiratory Diseases. A study of ancient oral microbiology has revealed that despite many changes in our diets and lifestyles over the last 1000 years, the mouth has been a long-term host for bacteria that initiates respiratory diseases, as well as development of heart disease and other systemic diseases (Pacey, 2014). According to Warriner et al, dental calculus, the hardened bacteria in the mouth, 'is a robust, long-term biomolecular reservoir of ancient disease'. The diagram below shows how the bad bacteria attached to our teeth/gums can foster oropharyngeal (airway) colonisation by bacteria that can be respiratory pathogens.

Pathogenic bacteria that cause respiratory disease colonise the layer of bacteria on the teeth. They then shed in high numbers into the oral secretions and are mixed with cytokines and other biologically active molecules from gum inflammation that is caused by the bacteria. These secretions may then be aspirated into the lower airway to contribute to infection and inflammation in the lungs (Scannapieca, 1999).



A systematic Review of all the published research on the association between Respiratory Disease and Dental Health concluded that ‘there is good evidence that improved oral hygiene and frequent professional oral health care reduces the progression or occurrence of respiratory diseases’ (Azarpazhooh & Leake, 2006).

The bad bacteria on your teeth that are associated with Pneumonia and Respiratory Disease can be removed gently and safely in as little as 30-60mins by a registered dental practitioner. Simply call and ask for a “Scale and Clean” to reduce your risks of Pneumonia and Respiratory Diseases, especially during this pandemic and flu season. At the Balnarring Dental Centre our dental hygienists and dentists are gentle, ethical, well-informed and follow the ADA guidelines.

We are teaching other dental clinics on how to perform dental treatment during COVID19 on free webinars and YouTube videos worldwide. We have implemented safety measures according to the COVID19 guidelines and have invested thousands of dollars into special equipment such as a top-of range FLIR thermostat (temperature scanner) to keep our community and team safe. Even our medical GP colleague came in to see us the other day and said “Isn’t that a bit over the top?”, to which Dr Tiv says “Be that as it may, nothing is more important to me than the safety of the Balnarring Dental Family - our patients and team”.

Written by: Darina Nirmalann (Masters of Public Health, Monash University, 2012; Oral Health Therapist/Dental Hygienist, Balnarring Dental Centre)

Balnarring Dental Centre
19 Balnarring Rd, Balnarring
Ph: 5983 5348
Accepting New Patients!

VALE CHRIS CHANDLER



From Chris's brother, Bruce Chandler



Chris and Bruce, Feb 2020

Gone but living on

Like a shooting star you blazed across the sky
A trove of infinite treasures way to young to die
That big old foot flat to the floor
You burnt both ends of your candle for sure
You left so many's world a much better place
And so many left you with a smile upon their face
You spoke to everyone in your own special way
The day you left us mate was a sad but blessed day

1960-2020, died in SA, April 30 2020

.....

Chris

You always been my big brother what more can I say
You've lived your life with a thirst for knowledge in your own special way
From checking traps across the creek before school catching Potaroos
To almost getting kicked out of Melbourne Grammer for not wearing any shoes
Chris lived in the end room in the old house down at Avalon
Mum was afraid to go in there because we didn't know what was going on
There was dead things and alive things piled from the ceiling to the door
Pinned insects, pressed flowers, raptor pellets, skulls, bones, paper clippings,
notes, a nulla nulla and so much more
French Island is Chris's library and he reads it like a book
Not much he ain't seen or trail he ain't took
He can tell you what that flower is and just where it grows,
And he fought to save the home of the Potaroo from the Bandicoot with the brown nose
No one really knows the depth of Chris's concern
But it will be too late when we finally learn
Someone said to me the other day 'you'll have to fill his shoes',
Holy crap mate you seen the size of them things, not something I could choose
So having said all that there's only one thing to say
We are all gonna miss you mate when you finally go away.

Chris with his brother, Bruce.



Chris speaking at the NO AGL Rally, 1 July 2018.



Photo by Don Juniper.

From Julia Stockigt, Save Westernport

A great sadness and huge sense of loss among local environmental groups has met the recent news that founding member of Save Westernport Chris Chandler passed away on April 30 from cancer, aged 60.

Chris was well known for his remarkable understanding and insight into the natural world, in particular, Westernport's biodiversity. He had a great ability to share his knowledge with clear explanations to both people in local landcare and catchment groups and others, including bureaucrats, as he worked tirelessly for improvements in conservation and resource management.

Chris spent much of his childhood on French Island, where his father, Alan was a keen naturalist. The Shapiro Study was undertaken in the 1970s, and remains Westernport's most significant environmental research. As a boy, Chris met scientists working on French Island, often helping them with their field work.

From the local area to the outback, Chris's profound knowledge about Australia's history of European settlement included an insight into the traditional practices of its original owners, and extended to ecology, botany, and current politics. He was a deeply spiritual man, with an unassuming manner and natural courtesy. He possessed an ease of communicating that saw him widely respected by people of all walks of life.

Chris was a keen writer and a passionate and reliable volunteer for local publications and community magazines, generously sharing his incredible fountain of detailed knowledge about the local environment and the importance of caring for Westernport and the non-built world. His love and extensive knowledge about the native flora and fauna inspired so many. Chris has friends and family around Australia and the world. His appetite for knowledge was absolutely limitless. He enjoyed aboriginal culture and growing food.

This knowledge of the natural environment was unsurpassed and very generously shared. A story was shared of Chris as a child showing field students how to find freshwater soaks in dry seasons by following the tracks of Black Swans along rivulets.

Cheerful and positive to the end, Chris recounted stories about his inspirational parents and his love of family and friends. The day before he died, Chris gave instructions for monitoring the critically endangered fairy terns on French Island.

The following are quotes from people who shared their memories of Chris

"With a huge passion and intelligence for saving Westernport, he was able to furnish our cause with so much context and substance; stoking the fires for our motivation and passion. Such people as Chris are the Elders of our Community and the lifeblood of our future."

A representative of the Westernport Biosphere said

"Chris's passing is a profound loss for French Island. The French Island community and the Western Port Biosphere have both lost a champion. No-one was more passionate about the island's biodiversity or as committed to telling the rest of Victoria how special it is."

"The very sad loss of a real environmental champion."

A tree planting and memorial will be held to honour Chris and celebrate his life when requirements for social distancing have passed.

Vale Chris Chandler

We have received the late news that Chris died peacefully in an Adelaide hospital last week after a long battle with cancer. He was 60.

Chris remained passionate about French Island to the end and continued to send us documents and ideas even his last weeks.

Our deepest sympathies go to David, Bruce, Janine, Sally and their families.

FOFI will be looking into ways to honour the life of our founder, mentor, inspiration and brave friend in the next weeks and months.

Friends of French Island

Chris is sadly missed by so many people particularly we who are concerned with the natural world. His knowledge was boundless and shared generously. Golden days exploring French Island are treasured memories for so many of us.
How we shall miss a dear friend.
Meg Macmillan

Chris, left, on the Twilight Cruise, February 2019



Photo by Don Juniper.

Red Hill Ward Councillor David Gill
Mornington Peninsula Shire Council (MPSC)

Firstly my tribute to Chris Chandler...

It is a great loss to the Mornington Peninsula that Chris Chandler has passed away.

His incredible knowledge of environmental planning often helped concerned people to understand the issues and how to advocate on behalf of Green Wedge protections.

Chris presented fact-based and detailed information that was successful in preventing over-development of some of the most sensitive areas of the Peninsula.

We will miss his selfless dedication and perseverance.

David Gill

I would like to thank our community members for your efforts and sacrifices in helping to protect others in this health crisis.

We are all in this together but some, such as the elderly, disabled and the vulnerable including homeless people, are not equally in this together and your ongoing support and care is crucial.

Council updates on the pandemic are available on our website and from new information boxes in shopping areas.

In other news, we are edging closer to having two new pedestrian crossings in Balnarring. The money to proceed with these, which was promised in the last federal election, is available and the state government, through VicRoads, just needs to finalise and approve the project design.

Mornington Peninsula Shire Council has previously offered to assist VicRoads by providing the design work to speed up these overdue safety measures.

However two other local road safety projects are no closer to being considered by VicRoads. The confusing five ways Balnarring intersection and the dangerous Stanleys / Warrawee and Frankston-Flinders road intersection are top priorities for Council but are still waiting on VicRoads and state government approval.

Take care and stay safe,
David

Cr David Gill
Red Hill Ward Councillor
Mornington Peninsula Shire
Mobile: [0437 129 016](tel:0437129016)
Email: david.gill@mornpen.vic.gov.au

***A visit to Coolart gardens and wetlands
from Max MacGowan***



My two sisters, brother and dad checking out Coolart birds.



Busy Bees in the Coolart garden.

Balnarring Pre School

These are unprecedented times, so much uncertainty, unwelcomed changes and guidelines to live by. We are all traveling through uncharted waters as we navigate through this corona virus, and we need to do so in the best way possible – together, supporting each other as best we can.

During this time of social distancing, very little contact with friends and extended family and spending more time at home, it has been interesting to see a shift in priorities. Personally, I feel people are appreciating the smaller things – time spent with immediate family, more home cooked meals, lazy mornings and slow afternoons. I feel the slowing down of life in general has been a welcomed distraction in this current state of covid-19 chaos.

Currently Balnarring PreSchool is a very different place on the surface – far fewer children, as some families have chosen to stay at home for the time being; fewer staff, as some have put the needs of their immediate families first and are teaching fewer face-to-face hours; the furniture has moved to support social distancing restrictions and most of the teaching program is being run outside in our beautiful outdoor space, as this provides the best environment for social distancing to happen with our children.

But that is only the physical aspects of our preschool – our staff are incredibly dedicated to maintaining the program for all children, those who are physically attending and those who are choosing to ‘home-kinder’. A priority is maintaining relationships with families and children. Teachers are communicating with families constantly, just through different means. We receive emails to say hello, with activities to do; we have zoom meetings to chat, sing, listen to stories and see our friends who we are missing dearly; we have text messages coming back and forth with photos and video of special moments we need to share; we are growing bulbs at home, reflecting a time we need to be patient; we are creating our Friendship Fence – with flags from the children encompassing stories of caring for each other.

While these times are different, and unknown, we are still making memories for our children. They are learning; they are building on different skills and no doubt, creating new skills; they are gaining a greater sense of resilience and understanding of the world when recognising things can’t always be the way we hope they’d be – no playgrounds / parks is a tough one when you are 4 years old!

We need to support each other as best we can, and recognise that this is not forever. It too, shall pass, and hopefully we can focus on some of the positives that have come from it, and maybe even take things we have learnt with us as we move forward.

*What if this group of children have more empathy, enjoy more family connection, are more creative and independent during their play?
What if they foster a deep love of reading, and expressing themselves in the written form, as they have the time to do so?
What if they have a stronger love for the simple things – their own backyard, sitting in a quiet space, the warmth of the sunshine?
What if they notice the birds in the trees, the flowers gently growing and the calming renewal of a rain shower?
What if this generation are the ones who learn to cook from scratch, organise their space efficiently, stretch their dollar further, and focus less on materialistic items?
What if they are the ones that place great value on teachers and our education system, and the previously invisible essential workers – truck drivers, cashiers, health care workers, support staff?
What if among these children, a great leader emerges who had the benefit of a slower paced, simpler life to truly learn what matters in this life?
(Author unknown)*

Melanie Shannon, Reggie's Mum (Weelam Group), Balnarring Pre School

FIRST KOALA VIDEO

Hi Everyone,

Just in case you haven't seen it on Facebook or Insta, here is the link to our **first koala video** we filmed recently –

It is only around 6 minutes: <https://youtu.be/NML6mtoXNVE>

Please share and enjoy.

I have also finally updated the recording from our Community Info Session via zoom on Wild Koala Day (3/5/2020).

The link is here: <https://youtu.be/H-NheXmO4RI>

The recording is around 55 minutes and covers our local koalas in much more detail.

All the best,
Dirk Jansen

President

Mornington Peninsula Koala Conservation

0422 522 622

MPkoalatreeplanting@outlook.com



Artwork by Karina Armstrong

TILBA HILL

Farmgate open 7 days 9-5
Veggie & herb seedlings
Fresh seasonal spray free produce
Flowers, plants & herbs
Greeting cards & gifts
Cash (honesty box) sales
128 Sandy Point Rd Balnarring



Recycle your hard-to-recycle plastics in Somers

Ever wondered how to dispose of those old pens, toothbrushes, dishwasher bottles and caps – that hard plastic that just goes in the bin – in a way that doesn't harm the environment?

Wonder no more! TerraCycle has arrived in Somers.

TerraCycle is a recycling company that specialises in hard-to-recycle materials. They're dedicated to getting rid of waste. Especially waste that can't or shouldn't go into household bins.

Local households can now access this innovative recycling solution:

9 Garden Square in Somers is a registered drop-off site, where you can now dispose of an array of plastics.

Not only is it free, convenient and environment friendly, it's making the most of community power. The average household can't call on TerraCycle, but by banding together to recycle in larger quantities we get the benefit of this specialised service.

What you can drop off

Writing instruments: pens, felt tips, highlighters, markers, mechanical pencils, correction tape and fluid pots, fountain pens and ink cartridges (NO glue sticks, rubbers, rulers, pencils, scissors)

Electric toothbrushes: electric toothbrush handle and base

Oral care: toothpaste tubes and caps, floss containers, toothbrushes, electric toothbrush heads

Dish and air care: dishwashing liquid bottles (including caps), dishwashing tablets flexible packaging (including snap locks and zip locks), air freshener aerosol cans and spray bottles (including spray and trigger heads), plug-in air fresheners and refills (including plastic outer packaging), clip on car fresheners and refills (including plastic outer packaging)

Burt's Bees: Burt's Bees personal care, lip care and skincare packaging.

* Packaging need not be washed; however excess product should be removed.

Where to drop off

Please only drop off the listed products at **9 Garden Square, Somers.**

Driveway entry is on Florida Ave, at the Camp Hill Rd end, on the left just before you get to Garden Square. All listed items can be put in the big plastic tub under the carport. There will be posters in situ reminding folk of what can and can't be recycled.

Like to know more?

You can visit the TerraCycle website www.terracycle.com for more information about their programs. They have a range of free programs and, if you'd like to take part in others, Lou is happy to investigate. You can contact her at: lou@heartandcentre.com.au

Sent to the Bridge by David Gill, our MP Shire councillor.

The editors have pulled out what we feel are the pertinent points in this fast-changing landscape.

Please keep abreast of the local restrictions and their easing, and other Shire related issues, by visiting the Shire's website, below. There is a lot of information on the site!

For those without internet, please see the info at the bottom of this page regarding Community Information Stands around our communities. Keep safe Everyone! Eds

Caring for our community

during Coronavirus



Coronavirus Update: 15 May 2020

To protect the safety of our community, Mornington Peninsula Shire is taking measures to reduce the risk of spread of COVID-19.

This is a rapidly evolving situation. For the latest updates on impacted council services, programs, events and activities visit mornpen.vic.gov.au/coronavirus

We will keep our community informed as things unfold. Council's immediate priority is keeping our community well.

Community information stands across the peninsula

Mornington Peninsula Shire has distributed close to 70 community information stands throughout the Peninsula at supermarkets, shopping centres, Bunnings and some chemists for those who have limited or no access to resources such as internet and smart phones.

The stands contain flyers about support services, such as care packages, and news for our community including which face-to-face council services may be closed and alternative ways to access some services.



BRIDGING THIS GAP IN OUR LIVES ...

Balnarring Bowls & Social Club has been an integral hub of our Community since its opening in 1983. To say that bowling members, social members and regular visitors are looking forward to the reopening of their club is a huge understatement!

Known as “the friendly club”, it caters to the mental and physical health of bowling members and provides a social meeting place, especially for families with Barefoot Bowls during daylight saving. Friday night is fun night with Kathy’s raffles (prizes of meat trays, frozen chooks and wine!), Toby’s wheel and the membership draw for \$\$\$.

During Pennant Season, members compete against teams from other peninsula clubs for mid-week and Saturday Pennant. Sure, it is fun – but the competition is fierce! Serious coaching and training for competitive bowlers to whom winning is not simply important, it’s essential.

Even on non-bowling days the club opens at 4pm daily, welcoming everyone for a drink from the bar, a cuppa, a chat or a roll-up.

We have so much to look forward to!

Chairman Danny Wynd has been urging members to keep active during this period and suggests following in his footsteps with a daily walk. (Perhaps not the 5 kms he manages!) Bowlers are fit people and need to maintain fitness in order to win!

The Committee is planning a HUGE re-opening event for our members, our community and our sponsors. Of course we don’t know when yet, but as soon as the date is confirmed, there will be plenty of notice and everyone is invited for family fun.

Balnarring & District Community Bank Branch has been the BB&SC major sponsor since the Bank opened in Balnarring 11 years ago. Our Community Bank contributed a massive \$16,000 for the new artificial surface on the top green. Its funding has assisted essential equipment in and around the club, Community Fun Days and Barefoot Bowls where local musicians have performed.

This has been a difficult time for people of all ages and we are blessed to have a supporting and sharing community. Talented locals like Tim Stout, with his “6 @ 6” every day, Marty Williams’ “Sunday 5 @ 5” and Jenny and Bob haven’t missed a beat with weekly Wednesday Balnarring musos sessions – all thanks to Zoom and Facebook.

We all do our best to support and applaud local businesses and thank them for strictly observing social distancing and hygiene. Thanks too to the brilliant chefs and cooks who have provided home-delivered food or take-away.

A big shout out to all sponsors and supporters for helping us **Bridge the COVID-19 gap!** Thanks.

Balnarring Bowls & Social Club Board and members look forward to welcoming our fantastic community back for fun and fitness.

Suzie Powell
0418 312 718

HOMELESS WOMEN and families

**WINTER is upon us and homeless numbers are increasing.
Please get the knitting needles out!**

***Melbourne Period Project* have prioritised the following for collection:**

- **NEW sleeping bags**
- **Mittens / gloves, scarves, beanies**
- **School supplies**
- **NEW women’s nighties**

Donate directly: Melbourne Homeless Collective BSB: 063027, ACC: 10118955
Commonwealth Bank of Australia

For more information contact me (**Barb Rimington 5983 2245**) or check out:

Website: <http://www.MelbournePeriodProject.org.au/>

Facebook: <http://www.facebook.com/PeriodProjectMelbourne>

Twitter: @PeriodProjMelb Instagram: @MelbournePeriodProject

NATURE MANDALAS

Students at Balnarring Primary School have taken a break from their technology during remote learning and have spent time connecting with their outside environments by learning in nature.

These beautiful nature mandalas were created as part of the art program and are wonderful examples of our creativity! It was a lot of fun!

A mandala is a symbol in a dream, representing the dreamer's search for completeness and self-unity.

Here are the instructions they received:

Week 4 Lesson- Making a Mandala in Nature

- Create a mandala type shape using things from nature.
- Work with what you can find in and around your yard.
- You may even choose to go for a walk and collect different leaves, seedpods or pebbles from around your neighbourhood.
- You could visit the beach to collect interesting items for your mandala
- Think about patterns, colour and shape
- Look at the examples on the next slide for inspiration
- Have fun and be creative, the more effort you put in, the better the end result
- Once you have completed your mandala take a photo and upload it to your teacher.



Created by Sissy, Grade 6.



Created by George H, Grade 5.



Created by Ava, Grade 6.



Created by Cayden, Grade 6.



Created by Maylah, Grade 6.



Created by Daisy, Grade 6.

Created by Daniel C-S, Grade 6.



Created by Keira, Grade 6.



Created by Maya, Grade 3.





Created by George, Grade 6.



Created by Mary, Grade 2.



Created by Lola, Grade 6.

Big thankyou to Kerry Fortyn for coordinating the manadala submissions 😊

In his day job, Professor Joe Wolfe works in the Physics department at the University of New South Wales, leading research on the physics of music and speech, and cellular biophysics. He enjoys dabbling with writing poetry in his spare time.

His homage (with apologies) to Banjo Patterson's iconic bush poem, Clancy of the Overflow, is an amusing take on the juxtaposition between traditional rural life and modern electronic technology.

clancy@theoverflow

I had written him a text which I'd sent, hoping the next
Time he came in mobile coverage he'd have time to say hello.
But I'd heard he'd lost his iPhone, so I emailed him from my smart phone,
Just addressed, on spec, as follows: clancy@theoverflow

And the answer redirected wasn't quite what I'd expected
And it wasn't from the shearing mate who'd answered once before.
His ISP provider wrote it and verbatim I will quote it:
'This account has been suspended: you won't hear from him anymore.'

In my wild erratic fancy visions come to me of Clancy:
Out of reach of mobile coverage where the Western rivers flow.
Instead of tapping on the small screen, he'd be camping by the tall green
River gums, a pleasure that the town folk never know.

Well, the bush has friends to meet him but the rest of us can't greet him:
Out there, even Telstra's network doesn't give you any bars.
He can't blog the vision splendid of the sunlit plains extended
Or tweet the wondrous glory of the everlasting stars.

I am sitting at the keyboard, I'm too stressed out to be bored
As I answer all the emails by the deadlines they contain.
While my screen fills with promotions for 'Viagra' and strange potions
And announcements of the million-dollar prizes I can claim.

But the looming deadlines haunt me and their harassing senders taunt me
That they need response this evening for tomorrow is too late!
But their texts, too quickly ended, often can't be comprehended
For their writers have no time to think, they have no time to wait.

And I sometimes rather fancy that I'd like to trade with Clancy:
Just set up an email bouncer saying 'Sorry, had to go.'
While he faced an inbox jamming up with deadlines and with spamming
As he signed off every message: clancy@theoverflow

Save Westernport

AGL - The Pandemic Profiteer

In the middle of a worldwide pandemic, AGL wants to fast track its Westernport Bay gas import project. The project, first proposed over three years ago, was a bad idea then and it's even worse now. This kind of "Disaster Capitalism" where corporations like AGL attempt to exploit the current crisis, is typical of Australia's biggest polluter AGL. The company is well aware that the overwhelming majority of Westernport locals fiercely oppose their plan to import gas into Westernport, even as they promote their sustainability policy and 'social licence' as bedrock corporate principles.

It is well documented that AGL has accumulated over 7 million dollars in fines for deceptive and misleading conduct, for failing to maintain equipment, or to comply with state and federal laws. Their environmental infringements and offences include spilling more than 50,000 litres of diesel fuel and 6,000 litres of sulfuric acid on two separate occasions into Tinkers Creek in NSW. These are the actions of the AGL corporation that claims to care about our community and the natural world, while attempting to override all local opposition to their plans to operate a polluting gas processing plant "for the next 20 years or longer" in Westernport Bay's sensitive marine wetlands.

The unauthorised clearing of native vegetation at the proposed site, ordered by the Port of Hastings Development Authority earlier this year is still under investigation by the Shire. The incident, which has caused the community to question the wisdom of placing confidence in the Port Authority's independence and preparedness to oversee AGL, also casts a shadow on their ability to oversee the operations of a project that would involve an FSRU with no precedent in this country. We've been unable to find examples of similar facilities this close to a residential community or within a protected wetland, though several examples exist of similar projects being rejected on environmental and safety grounds, in New York, off the Californian coast, and in Gothenburg, Sweden.

Widespread concerns and intense community pressure led the Victorian state government to order AGL to prepare an Environmental Effects Statement (EES) in 2018. Government sources have told us they expect the statement, due for release any day, to be the biggest and most complex ever prepared in this state. The EES is a set of detailed studies and plans prepared over the past 2 years by experts contracted by the proponent, AGL. Reports are expected to include marine impacts, endangered species and habitat, industrial noise, vibration, social impacts, loss of visual amenity, and more, and how they propose to offset and mitigate potential environmental harms.

Save Westernport page 2

The EES process includes a small window of time in which the community can examine AGL's document. The reports are expected to run to 10,000+ pages, and with just weeks in which to comment, for the community, the clock starts when the EES is released for public comment.

Save Westernport thanks all the people who have joined us in writing to urge Victoria's Planning Minister, Richard Wynne, to delay release of the EES due to COVID-19 restrictions, and to extend the period of time the community will have to scrutinise and comment on the reports.

On May 7 The AGE reported on this community's view that such a contentious plan and the complexities of its timing during COVID crisis mean the EES demands special consideration. The AGE also reported AGL CEO Brett Redman's deeply concerning comments that the Crib Point project should be "fast-tracked". The CEO's statements contradict AGL's claims on their website and elsewhere, that Westernport's unique environment deserves an EES, and mean that no Final Investment Decision will be made on the project until the results of the EES are known.

You can read the report in The AGE here:

"Victoria urged to halt AGL's floating gas terminal approval bid"

<https://www.theage.com.au/politics/victoria/victoria-urged-to-halt-agl-s-floating-gas-terminal-approval-bid-20200506-p54qdf.html>

The Mornington Peninsula News also reported on Save Westernport's "Fairness Call for AGL Decision"

<http://www.mpnews.com.au/2020/05/12/fairness-call-for-agl-decision/>

As the Minister ultimately responsible for deciding the projects fate, Mr Wynne has a great deal of discretion about the way the EES will be run, so it was encouraging to read the Mornington Peninsula Shire Council's letter to Mr Wynne, that reinforced the concerns we'd expressed that an EES held online could greatly disadvantage some community members. Member for Flinders Mr Greg Hunt, MP and State Member for Nepean Mr Chris Brayne MLA have each communicated directly with Mr Wynne to relay community concerns to the Minister's office.

This week State Member for Hastings Mr Neale Burgess MLA wrote a strongly worded Media Release that included the following statements :

I don't believe this project should ever have been considered for Crib Point as it will, once again, just encourage the thinking of this beautiful area as a potential location for toxic industrial development. The Crib Point Community has fought long and hard to stop people thinking about their home as an industrial zone. AGL has had nearly 2 years to prepare their study, while it is proposed that this community should have just four weeks to respond through online submissions.

The potential consequences of a decision to locate this toxic industry at Crib Point are too great to allow such an important part of the process to proceed at a time when our community is in the middle of dealing with a world wide virus pandemic .

Last month the Bass Coast Council took a strong public stand against the AGL project, and the environmental damage of existing heavy industry that continues to threaten Westernport's protected wetlands marine ecosystems and internationally protected wetlands. The Bass Coast Council announced:^[1]^[2]^[SEP]

1. Council declares its strong opposition to the development of fossil fuel assets on Western Port and in particular, opposition to the AGL's proposed Gas Import Jetty project for Crib Point.

2. That Council will write to the Premier advising him that:

2.1 Council has declared a climate emergency and is currently developing a comprehensive Climate Emergency Action Plan pursuing a community target of zero net emissions by 2030.

2.2. Council strongly opposes further fossil fuel developments in Victoria and is opposed to the further industrialisation of Western Port to transport them.

At times it can be difficult to accept that our environmental protection laws are so ineffective and inadequate, that poorly resourced community groups must assume the responsibility of defending endangered species and protecting irreplaceable ecosystems from the disastrous impacts of inappropriate industry. It is no simple thing to take on the likes of AGL, with their unlimited resources and an EES process that supports and advises them throughout.

While the Department of Environment Land Water and Planning, or DELWP, has advised us about the process, this has done little to address the obvious disparity. Fortunately we make up for this with our determination and passion!

The release of the EES is imminent, and the time for Action has come! By the time this issue of The Bridge is available, the EES may be available.

To add your support to our campaign to stop AGL at this critical time, please look out for our special fundraising efforts to help us to secure the legal and technical advice this community will need to support our position at the EES Hearing following the public comments period. We'll be counting on people who'd like to help us read through AGL's extensive reports, and make submissions against the proposal. To find out how you can assist Save Westernport during the EES, and for information on our **Day of Action against AGL on Thursday June 11th at 12-1:30pm**, supported by Environment Victoria, please subscribe to Save Westernport's FREE Newsletter at our website

<https://savewesternport.org/newsletter/>

Save Westernport page 4

and while you're there, have a look around and perhaps DONATE, or become a Member of Save Westernport.

Please note that AGL rep contacted Save Westernport last week to say that ***“AGL will soon take down their Crib Point Website to make way for a new website. If you need to get any information from it, do it now”***.

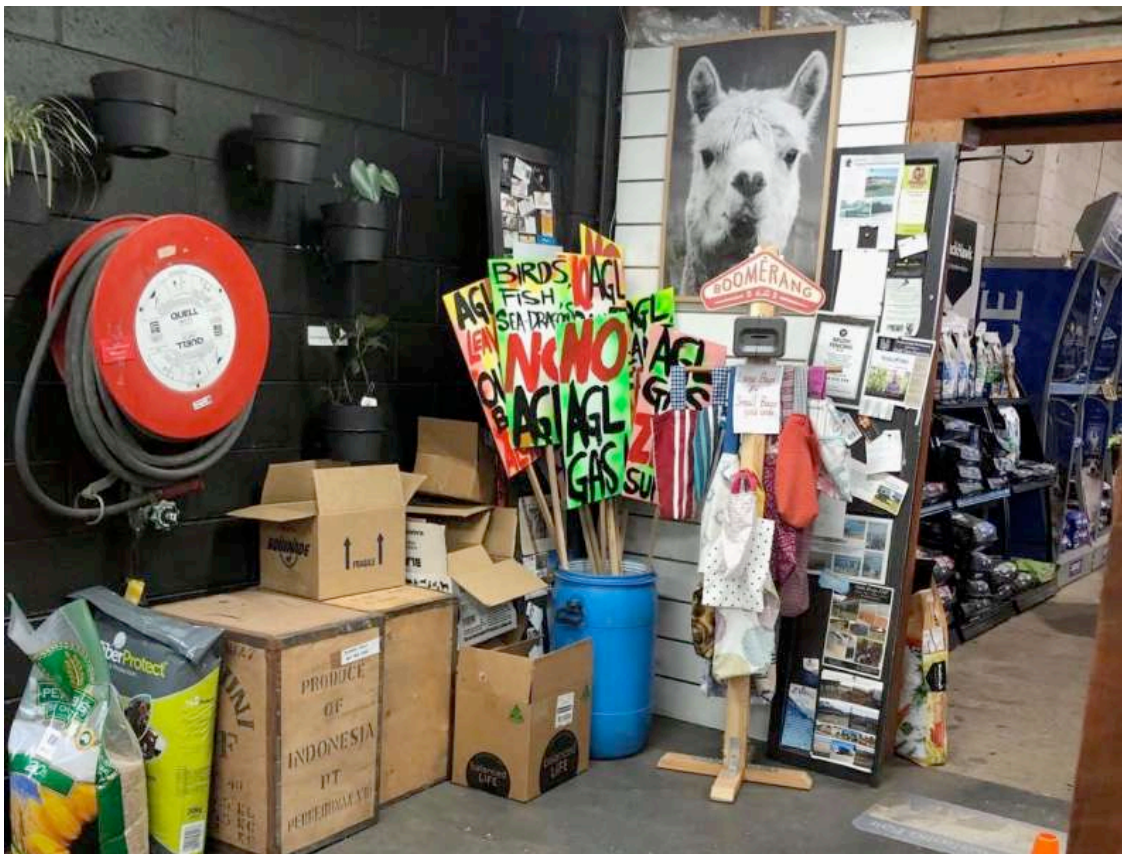
They could not confirm exactly when that will happen, but we are currently trying to save all that information.

Links to AGL's 2018 referral reports will be available on the Govt website here:

https://www.planning.vic.gov.au/environment-assessment/referrals-and-decisions?start_rank=21#Ref-2018-R05-Resources^[SEP]

And other are available on Save Westernport's website here (scroll down):

EPBC reports^[SEP] **<https://savewesternport.org/epbc-help/>**



Support your Local Balnarring Feed Store, and pick up your free yard sign!



Balnarring Fire Brigade News

In spite of the Coronavirus pandemic restrictions, the Balnarring Fire Brigade continues to provide an effective operational response to all emergency calls. Whilst most of our non-essential activities have been temporarily suspended, CFA has provided critical and timely proactive advice to enable members to take adequate steps to protect themselves from infection yet at the same time support the community when needed.

Another interesting aspect of life in these turbulent times is the weather - firstly, the rainfall - this year's total to date is in excess of last year's total amount. Then there's the current cold period - it's like winter has come early which is an ideal lead into this Fire Brigade News - preventing house fires, particularly during the colder months.

As mentioned in the last edition of The Bridge, fire risk is ever present in a home. In anticipation of you having checked out your smoke alarm and implemented the other life saving measures listed in that edition, these additional simple actions will save lives and improve your home fire safety.

Gas Appliances

- ✓ Do not use a gas bottle heater or BBQ inside your home
- ✓ Engage a licensed gas fitter to test all gas appliances
- ✓ Turn off gas heaters before bed time and leaving your home

Open Fires

- ✓ Place a fire screen in front of an open fire to prevent logs rolling into the room
- ✓ Keep wood and other combustibles at least one metre away from fire places.
- ✓ Annually clean and check chimneys for soot, cracks, rust and debris
- ✓ Extinguish open fires before bed time and leaving your home

Electrical Appliances

- ✓ Use portable heating appliances with a "roll over switch off" safety control.
- ✓ Use one power board per power point
- ✓ Do not overload power boards or "multiply plug" power boards
- ✓ Turn on electric blankets up to 30 minutes before bedtime and turn off before getting into bed.

- ✓ Do not place heavy items on the bed as electric blanket wiring is easily damaged.
- ✓ Keep electric blankets flat with the controls at the side of the bed
- ✓ Allow your clothes dryer to complete its cool down cycle
- ✓ Clean the clothes dryer lint filter as per the manufacturer's instructions
- ✓ Regularly clean the back of the clothes dryer to prevent lint accumulation
- ✓ Ensure adequate ventilation to prevent your clothes dryer overheating
- ✓ Don't overload your clothes dryer
- ✓ Turn your clothes dryer off when leaving your home or sleeping .

General Fire Safety Hints

- ✓ Supervise children around heaters, open fires, in the kitchen and using electrical equipment
- ✓ Maintain at least one metre clearance around and above all heating appliances
- ✓ Keep all electrical equipment and appliances in good working order and if damaged in any way replace it.
- ✓ Develop and practice with the family your Home Fire Escape Plan - a template is available from the CFA or contact the Brigade.

The Balnarring Fire Brigade wishes to express its sincere appreciation and thanks to all Balnarring Medical Centre staff for their unceasing and dedicated efforts in keeping the Balnarring and surrounding communities safe from coronavirus. Our gratitude also embraces local doctors and nurses who have been arduously working in neighbouring hospitals, aged care facilities and medical clinics. You all have put your lives at risk for our protection - thank you.

We also acknowledge the great work of our police and ambulance officers and SES personnel who respond to emergency calls, not knowing the consequences and life changing effects these calls may have on their lives.

So we urge everybody to obey the social distancing and self isolation guidelines to make emergency service workers' jobs much easier.

Friends of Daangean

Much has happened since the previous FoD missive, e.g. clean cupboards and tidy gardens, but no bush maintenance or water quality testing due to volunteer restrictions put in place by Parks Victoria and Melbourne Water. The salinity levels in Bittern Reservoir may or may not have changed since February and we won't know until we venture out again. As far as the bush maintenance is concerned, were it possible, the Sweet Pittosporum will be jumping up and down with Joy, or whoever else is around, possibly Boneseed and Gorse especially after the current rains.

While we humans are under virtual lock and key Nature carries on in her inimitable way and I thought I might share some images of her seasonal efforts at Devilbend. She won't mind and has put no copyright on them; at least she hasn't told me so.



Xanthorea minor seed head, which if you were to turn around
would look like a question mark minus the dot.



The seed heads of an Asteraceae sp are rather attractive, though I don't know if it's a weed or not. Too much is missed by being in a hurry and at this stage of the game there's plenty of time to smell the flowers, so to speak.



A colony of Tall Tongue Orchids prepare for the coming season, perhaps they will flower, perhaps not, but at least in this spot they are safe from the annual contract mowing.



The new Prickly Tea-tree seed capsules are most attractive with their black painted seams where, when ripe, they will crack open to spill seed for species continuation.



The Dodder vine is a parasitic twining creeper. Dodders have the ability to penetrate the tissues of host plants. Australia has its own Dodder but many are introduced. This one was draped over a Blackwood Wattle.



The Daniella, above, was beginning to flower and although facing the ground and with a breeze making life difficult I managed a nice portrait shot.



Pink sundews glisten with sticky insect traps. This variety has a white flower close to the plant. Other varieties are green, while others are tall but they aren't up yet.



These grey Bryophytes, close cousins to mosses, contain the lichen, liverwort and hornwort families. This colony looked like grey coral growing under a bush. Surrounding them is a dark green moss.

Chris Chandler, French Island guru in plant identification and other conservation fields, has passed on to pastures new. Now everyone will have to do their own research. Farewell Chris, you'll be greatly missed.

Marnie Fitzsimons FoD Co-ordinator marniefitz1@gmail.com

Wendy Green ND

**Naturopath
and Nutritionist**

Mob: 0427 131 256

**Now at Warrawee Wholistic
87 Warrawee Rd Balnarring**

Oh for a plan ... or scrap the lot?

On either side of Western Port there are two environmental plans:

the “Port Phillip Bay Environmental Management Plan 2017-2027”; and
the “Bass Coast Distinctive Area and Landscape” project, 2019 – primarily concerned with the area between San Remo and Inverloch.

Lamentably, Western Port and its Ramsar wetland has no government sponsored environmental plan and if this situation continues, is the state government negligent in its responsibility to protect Western Port and as a consequence, is the federal government in danger of not meeting its international treaty obligation to protect the Ramsar wetland?

The nearest Western Port has ever got to having a plan, has been the recent Container Port proposal, the current AGL Gas proposal, and back in the Henry Bolte days, a proposal for a Nuclear Power Plant - and that’s about it!

For some reason, Western Port has been left to fend for itself. Successive governments have been quite happy for numerous environment research projects and reports to come and go, but have never picked up on this work to develop a coherent plan that deals with the environmental issues confronting Western Port and its Ramsar wetland - why?

Others have asked this question including the Western Port Seagrass Partnership in their Annual Report Highlights 2011/2012 when they said: “The board continues its efforts to forge a partnership between the Commonwealth and Victorian Governments in order to address the serious erosion and loss of saltmarsh habitat along the north-east coast of Western Port. We are calling for a strategic plan for this coastline as a first step toward the establishment of a coastal reserve and management plan in keeping with Ramsar values.”

It’s now the end of 2019 and still there is no “strategic plan”.

The question now arises: will “*The Marine and Coastal Act 2018*” (the Act) make any difference to Western Port’s future?

In theory the Act should, for it “sets objectives and guiding principles for the planning and management of the marine and coastal environment. It establishes an integrated and coordinated whole-of-government approach to work with Traditional Owners, industry, and the community to protect and manage the marine and coastal environment and better manage many of the uses within it.”

In practical terms however, will any of the following principles associated with the Act, be applied to Western Port?

- Infrastructure Victoria’s “Victoria’s 30-Year Infrastructure Strategy”, December 2016 indicates: “Some waterways and coastal environments in Victoria are in poor condition. This issue is likely to be exacerbated as development increases across catchments and coastlines and the

- impacts of climate change are felt, including more frequent and more intense storm and flood events and rising sea levels. Improving waterway and coastal health is important because it affects ecosystems and habitats, and water quality and quantity.” An updated 30-year infrastructure strategy will be presented to Parliament in mid-2020.
- Commissioner for Environmental Sustainability Victoria. Its role is to “provide independent and objective scientific reporting to inform policy-makers, scientists and the wider Victorian public on the state’s natural environment.”
- “Victorian Infrastructure Plan”, 2017. Under 1. Protecting Victoria’s biodiversity, it says “Victoria’s ecosystems support our wellbeing and prosperity. Natural environments must be properly valued and cared for to protect our biodiversity. The government is putting in place a long-term plan, Protecting Victoria’s Environment – Biodiversity 2037, to safeguard our environment for future generations through improved planning and protection across the state.”
- Components of the Act including:
 - (a) “Draft Marine and Coastal Policy”, 2019: “The Marine and Coastal Policy will provide guidance and long-term direction for the sustainable management and use of the marine and coastal environment in the face of challenges from climate change, population growth, and ageing coastal infrastructure. The draft Policy provides the state-wide direction necessary to deliver a coordinated and integrated approach to all marine and coastal planning and management. By protecting and sustainably managing the marine and coastal environment the Policy will support long-term social wellbeing and economic growth for Victoria.” Public submissions for the draft policy have closed; the final policy to be released by 31 December 2019.
 - (b) “Victoria’s Marine and Coastal Reforms Final Transition Plan”, August 2018: “In consultation with the community and experts, a package of Marine and Coastal reforms has been developed. This includes the *Marine and Coastal Act 2018*. The reforms support the transition to stronger marine and coastal management, and provide the tools to address the long-term challenges and meet evolving public expectations. The reforms will also help to address the findings of the Victorian Auditor-General’s Office (VAGO) report, *Protecting Victoria’s Coastal Assets*.”

So these are the elements in play. It remains to be seen if the current government can find a way to build on these principles and prepare an all-encompassing ecological plan to nurture and safeguard Western Port’s environment.

And so to the future

Given the problems associated with climate change and Victoria's population and tourism growth continuing at its present rate, what long-lasting effect will this have on the environmental sustainability of Western Port? This question needs to be addressed, for how much longer can we afford to let this situation drag on?

I would suggest it need be no longer, for there is a sufficient 'body of evidence' now tabled on which to devise a plan.

However I imagine the research will go on and more reports tabled and if it must continue this way, the time has come to say that the work must be targeted to achieving a strategic goal, objectives and outcomes of an all-inclusive Western Port Management Plan.

If this criterion is not met, I fear many countless hours and academic research papers will be wasted, and the vision for a "healthy, dynamic and biodiverse marine and coastal environment that benefits the Victorian community now and in the future" will benefit some, but not those associated with Western Port.

To support my contention I refer to a recent "Ockham's Razor" address by Dr Vishnu Prahalad, University of Tasmania (ABC Radio National, "Sunday Extra"). In his closing remarks he says: "We can't just do what we are doing, which is research, publish and repeat. Because while the number of published academic papers continues to rise, our biodiversity continues to decline."

The challenge

If a plan is not a good idea, then let the state government say so and scrap the two plans either side of Western Port.

If a plan is not forthcoming within twelve months, would it be fair to say that the federal government should take steps to ensure the Ramsar wetland's ecosystem is not further degraded by the state government's inaction.

Neil Daly

Article first published in *The Waterline News*, December 2019.



Jane Reiseger

Jane Reiseger is an award winning Australian illustrator who specialises in collaborating with architects and designers on interior design projects. She has delivered large scale commissions both nationally and internationally. Jane has also illustrated two books, one of which was shortlisted for a 2019 CBCA (Children's Book Council of Australia) award.

Jane's work is playful, joyous and semi abstract. She is inspired by nature and kids (she is a mother herself) and these subjects feature in her work. Jane draws with copic texta and black pen on watercolour paper which, in large scale commissions, are scanned into a computer and printed in large format to create interior graphics.

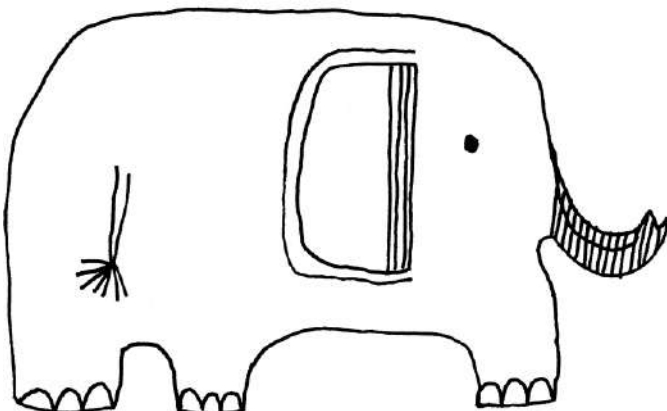
Say hi to Jane or take a look at Jane's artwork by looking at her instagram page or website.

phone 0438 237 467

instagram @janereiseger

email jane@janereiseger.com

website janereiseger.com





ROYAL CHILDREN'S HOSPITAL, MELBOURNE, AUSTRALIA



Somers Ladies Probus Club

Sadly with the current "Lockdown" all Probus activities have been cancelled. Our committee are using this time to maintain contact with our members to check on their well-being, as well planning a range of activities for our return. ZOOM has proved useful for meetings and we have a weekly newsletter to "keep in touch".

Probus is all about Friendship, Fellowship and Fun in retirement.

Somers Ladies Probus invite retired and semi-retired ladies looking for interesting activities, outings, thought-provoking speakers and new friends to join us at our monthly meetings at the Stone Pavilion, Somers at 10am on the first Friday of each month as soon as we can meet again.

Enquiries: Elizabeth (5983 5898) or June (5983 5321) for more information.

BALNARRING MEN'S PROBUS CLUB

Our Club was founded thirty-five years ago to provide opportunities for retired and semi-retired local men to engage in a variety of activities in a congenial environment which encourages fellowship and fun.

Under normal circumstances, we meet at Balnarring Hall on the last Friday morning of each month (excluding December) commencing at 9:30 am.

Our regular features include photographic exhibitions, musical interludes and guest speakers who are invariably a source of information and entertainment.

The Club also hosts a variety of activities including book groups, chess, cycling, money matters (investment), gardening, outings and a renowned choir.

The current crisis has temporarily necessitated a halt in our face-to-face activities but we have taken the opportunity to use modern technology to maintain contact with our members.

We have initiated a regular contact program to ensure that our members' welfare is being addressed. In addition, a number of our interest groups have been holding virtual meetings using Zoom. These have included photography, investment and book groups which are continuing to function and provide our members with some much needed contact and stimulation.

We are looking forward to a resumption of our full program as soon as the current restrictions are lifted.

New members are always welcomed. For further information please contact Roger James on 0400 837 884 or check out our website by typing "Balnarring Men's Probus" into your browser.



Womindjeka Balnarring Ngargee

The committee will meet on 10th June to begin planning for the next festival.

Several committee members are standing down and we thank them for

their vision, energy, commitment and high level of participation.



That leaves the committee with a few gaps as we begin the planning. If you feel you could commit to being part of the committee, please contact Karen or drop in to Balnarring Preschool on 10th June at 7pm for a taste of what is expected from each committee member. Each person involved in planning the festival volunteers according to their own capacity and skill base. We meet once a month and then fortnightly in the month leading up to the festival. Each committee member takes on a role, for example, organising the cultural activities.

If you are interested please contact Karen at womindjekabalnarringngargee@gmail.com

This is a great opportunity to be part of an amazing community event which has been recognised by Reconciliation Victoria for the third year in a row as a finalist in the HART Awards. The HART Awards recognise outstanding reconciliation initiatives undertaken in Local Government and in the Community. Winners will be announced on 4th June during Reconciliation Week.



Due to the coronavirus, please visit our Facebook page (Crib Point Community Market) for updates and event information.

Crib Point Community Market – 2020 calendar

Crib Point Community Market is held on the second Saturday of the Month, 9am – 1pm.

Each Market is held at Crib Point Community House at 7 Park Street, Crib Point.

Visit our website at <http://www.cpch.org.au/> or visit our Facebook page for updates.

Our markets are “not-for-profit” and all proceeds from the market/stall holder fees go to the Crib Point CFA and Crib Point Community House, which are returned to the local community through their various programs and services.

The spirit of Crib Point Community Market is one of community support and inclusion, promoting locally produced hand-crafted products, local produce, new and up-cycled products in a relaxed and social setting.

2020	2nd Saturday of each Month
January	Saturday 11 th
February	Saturday 8 th
March	Saturday 14 th
April	Saturday 11 th
May	Saturday 9 th
June	Saturday 13 th
July	Saturday 11 th
August	Saturday 8 th
September	Saturday 12 th
October	Saturday 10 th
November	Saturday 14 th
December	Saturday 12 th



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Tai Chi

taijiquan

T'ai Chi Chuan

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Not feeling 'it'?

Do you want to boost your immune system?
Sleep better at night? Feel comfortable in your
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Be content and relaxed in life? Lower your blood
pressure and become more flexible in the joints?

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I teach taijiquan (Tai Chi Chuan) and qigong (Chi
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I offer one on one sessions during these trying
times. Stay safe.

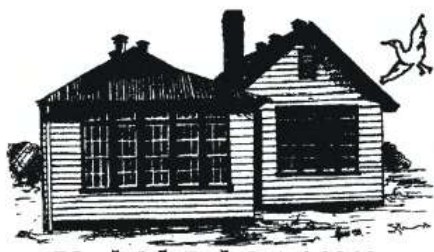


mornington peninsula qigong

One on one sessions available

**Thomas Hoelzer 0429373067
mornpenqigong@gmail.com**

qigong Chi Kung Ch'i Kung Qi Gong



Crib Point Community House inc

7 Park Road, Crib Point. Vic 3919

Reg No. A0005121C. ABN 13 567 174 223

www.cpch.org.au email: info@cpch.org.au

Phone: 03 59839888

Update from YOUR Community House

We hope you are all staying safe & well during these challenging times. Although the Community House has been closed all this term, we are still working behind the scenes catching up on administration tasks & working towards opening again and seeing all your happy faces.

At present, the Mornington Peninsula Shire have closed all their halls, buildings, playgrounds etc. until 30 June 2020. Even if restrictions are eased, we can only reopen if the Shire reopens its buildings. This of course means that term 2 is completely wiped out. If the Shire bring that date forward, we envisage that only the social groups will return, eg, craft, patchwork, knitters & hookers etc. We would probably be restricted as to the numbers and spacing. Of course this not only affects our classes but also our Market and any upcoming events.

Our Biggest Morning Tea for the Cancer Council is postponed until our Market resumes. Other events that may be impacted are the August Art Attack, Craft Weekend & Seniors High Tea. Don't be alarmed, we are working on other ways to have these events. To keep up to date, follow us on Facebook or check out our website, cpch.org.au

Something to look forward to is our 40th Birthday in 2022. We are planning to do a book of pictures, stories and anecdotes, so if you have any memories of being at the Crib Point Community House we'd love for you to share them with us. You can email them to info@cpch.org.au

We can't promise that everything will get in the book but we will have them posted around the Community House during our celebration in 2022.

If anyone has expertise in putting a history book together, we'd love your help. You can give me a call on 5983 9888.



In 2022 we will be celebrating our 40th Birthday!

We are planning to do a book of picture, stories and anecdotes, so if you have any memories of being at the Crib Point Community House, we'd love for you to share them with us. You can email them to info@cpch.org.au

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Keep Balnarring and Somers the quiet hamlet we all love

Did you know there is a 16 Bay Golf Driving Range proposed for development at 112 Sandy Point Rd, Balnarring? That's right, just a stone's throw from our beautiful Coolart Wetlands, internationally significant Ramsar Wetlands and in fact bordering our precious Tulum Creek that runs into the Westernport Bay!

Whilst many of us are avid golfers and immediately get excited about this proposition for our children and families, this development poses many issues for our community, flora and fauna, which we all love.

Concerns raised by the community to date have been, but not limited to:

- The removal of established trees to make way for the range.
- Situated abutting the Tulum Creek which is an established wildlife corridor for native fauna moving through.
- Increased noise pollution which could negatively impact wildlife populations. The international accreditation of the Ramsar Wetlands relies on high representation of bird life in the area.
- Threatening the flight paths and sightings of protected birds in the area (i.e. Wedge Tailed Eagle). At capacity, potentially 1600 balls per hour could be teed off.
- The increased traffic in the area from patrons using the facility could pose a threat to local wildlife crossing the road (ie. koalas, birds, long neck turtles, blue tongue lizards, etc).
- Stray and unretrieved golf balls polluting the Tulum Creek and agricultural land.
- Traffic safety issues and congestion entering and exiting the facility as there are no suggested alterations to the existing road structure.
- Result in a loss of land use for neighbouring properties that use their land for rural pursuits such as cattle and sheep grazing and breeding. The animals use the boundary trees for shelter and delivering their offspring.

- Standard practice for driving ranges is to fertilise and manage weeds via chemicals. The likelihood from this is that run off may affect the Tulum Creek wildlife.
- It appears to contradict Mornington Peninsula's Shires strategic direction and the State Government's initiative to protect our Green Wedge Zone.
- Set an unwanted precedent for inappropriate land use and over development in the area.

We need to continue to nurture and protect our Westernport Bay area as an internationally important habitat for our wildlife. The area's unique natural attractions and diversity is what attracts visitors to this area each year.

There are already in excess of 20 golfing facilities on the Mornington Peninsula and a new Golf Driving range opened last year only 13kms away at the Devil's Bend Golf Course. So is there really a need for another in the area when there is one already so close by.

A decision by the Mornington Peninsula Council is expected at a meeting on the 15th June 2020. If you are concerned about this proposal and want your issues to be addressed, please email the Shire's Planning Department at planning@mornpen.vic.gov.au (Planning No: P18/0910 - 112 Sandy Point Road, Balnarring) before it's too late or your Mornington Peninsula Councillors.

There is also a petition circulating, for community members to express their concerns and this can be found at:

<https://www.change.org/p/mornington-peninsula-shire-council-keep-somers-the-quiet-hamlet-we-all-love>

Westernport Green Wedge Residents Group

A SOLDIER'S BOUT WITH THE SPANISH 'FLU

During the years 1917 to 1919 when war was raging in Europe, two brothers from Bittern, Graham and Robert Myers, were overseas with the Australian Imperial Forces. Correspondence between the two men and various family members are reproduced in a new collection, *The War-Time Letters of the Myers Family*. The principal correspondent is twenty-seven-year old Graham, eldest son of Bill and Ada Myers. His letters are sometimes chatty, sometimes philosophical as he describes his life away from Australia.

Graham was gassed when fighting in northern France. After initial treatment at a hospital in Rouen, he was sent back to England to recover and recuperate. On the eve of returning to France he fell victim to another enemy – influenza – which was sweeping England. He writes: *I had a bad head & felt feverish & and a cough in my chest*. That night he went to bed early, dosing himself with a drink of warm milk and rubbing his chest with eucalyptus.

In the morning he felt better and went on parade where he was passed as being medically fit to return to France. It wasn't to be. Later, with a *bursting head* and a temperature of 104.4° F (40.2 °C), he was rushed to hospital.

Graham's recovery was gradual. By the time he had left hospital, the war had ended and in March 1919 he was aboard *H.M.A.T. Ascanius*, sailing home.

As the ship entered Australian waters he wrote that he didn't expect to be able to go ashore in Adelaide the following day:

We are a 'clean' ship, not having had any 'flu since Port Said but the people out here seem to have the 'wind up' properly & it is quite likely we may be quarantined for a while.

Ilma Hackett

Balnarring & District Historical Society

Graham Myers in uniform.



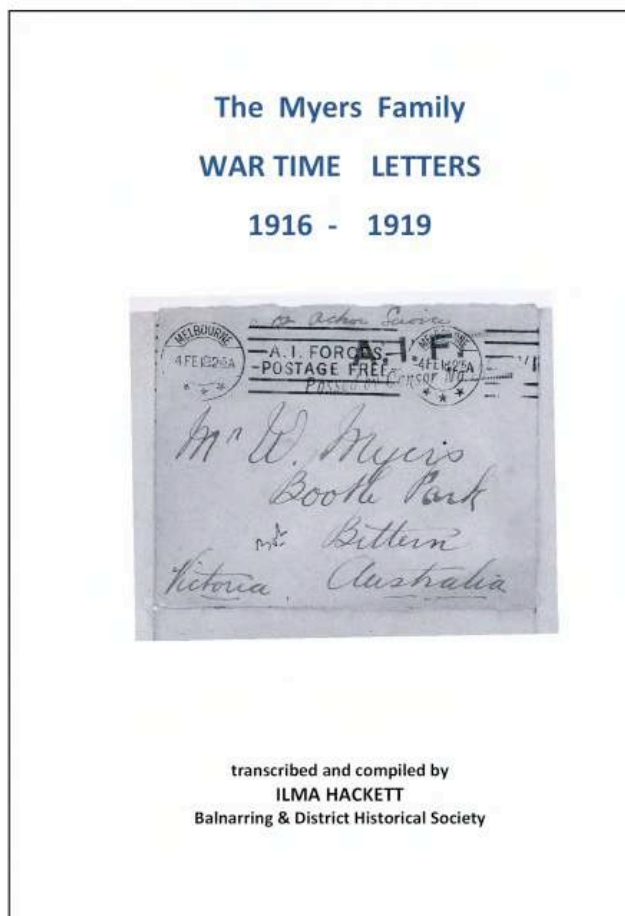
The Wartime Letters of the Myers Family 1916 – 1919

Now available from the Balnarring & District Historical Society.

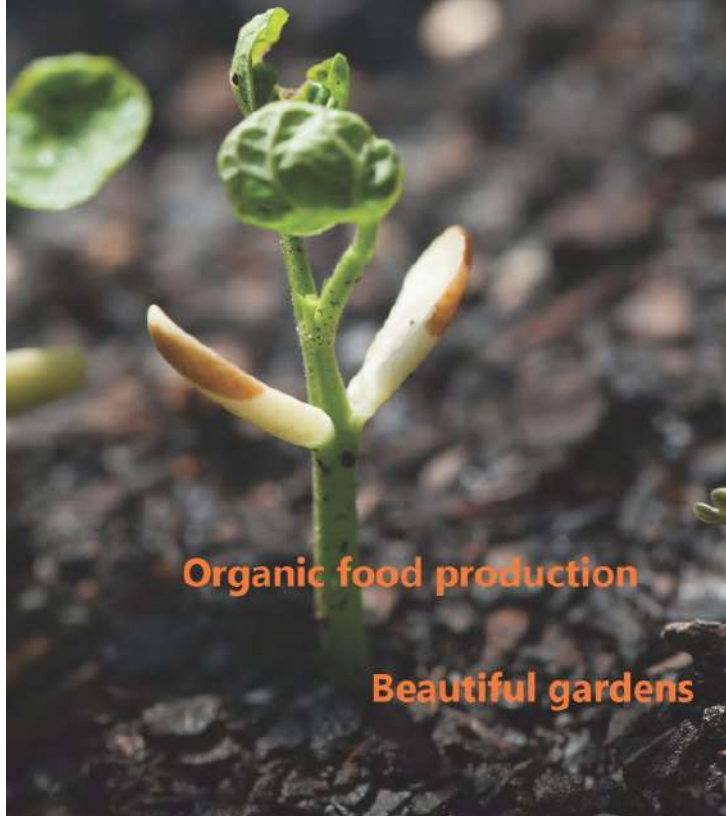
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including postage

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email: cphijh@bigpond.com

The book is also on sale at the **Balnarring newsagency.**



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We Have More Power to Heal Than We Realise

Energy Medicine and the Mind Body Connection

I used to think that Energy Healing was for fruit loops (Yes, I was horribly judgemental). I was finishing my degree in Psychology when I first heard about Reiki. I also had a background in Nursing, hence my training and mindset about health was geared toward mainstream at the time.

A few years later, I went through some major life challenges and I became curious and downright desperate for some relief. Although Mainstream counselling or talk therapy is beneficial, it wasn't cutting it and somehow, I knew there was more. It occurred to me that ancient cultures have been using Energy Healing for centuries so there must be something in it.

I decided to experiment and use myself as a guinea pig to explore a number of Energy Healing modalities. The healing sessions I received gave me a sense of relief and calm in my mind and body. The fact that I felt more centred meant that I was able to cope with everything a lot better. I gained more clarity of mind and a deeper understanding of myself and life in general. It enabled me to process and let go of past trauma.

But it didn't end there. My analytical mind needed to understand how this all worked. The more I studied the theory and science of it all (yes, I said science), the more it made sense to me. Research in quantum physics, the study of the smallest particles that make up matter, is now able to explain and verify how Energy Medicine works.

Initially I used Energy Healing to help me deal with some emotional issues including grief, painful family experiences and a relationship breakup. Later, as I became a practitioner of Energy Healing myself, I used it to heal some physical problems such as fibroids in my uterus. I remember getting the ultrasound results and being told that I would need an operation to remove the fibroids. I never did go back to a doctor to schedule an operation, partly because I was scared of operations but also because I wanted to see if it was possible to heal the fibroids myself. With the use of Energy Healing as well as a daily practice of meditation and visualisations, the fibroids were gone within about three months.

Although there are other factors that contribute to health such as clean water and air, the quality of our food, herbs and supplements, our inner environment is equally important. By inner environment, I am referring to thoughts, beliefs and emotions. This is what the mind body connection is all about.

So how does it all work? (A comprehensive explanation of how Energy Healing works is not possible within the space of this article so I will highlight some of the important understandings)

The basic principle of Energy Healing is that **Everything is energy**. Einstein recognized this. Our thoughts, emotions and physical matter such as our physical body are all different forms of energy. The particles making up each of these

aspects vibrate at a different rate. The mind body connection is based on the premise that our thoughts create an emotional response which in turn influences physical health. It's about energy being converted into different forms.

There is now scientific evidence that shows that our thoughts create corresponding emotions which in turn influence the chemicals that are released in our physical body and therefore the health of each cell. For example, thoughts that create positive emotions produce chemicals in our body that allow our body to heal itself. Toxic thoughts about ourselves, other people and life in general create emotions such as hate, anger, fear, resentment, jealousy. This type of emotional energy produces toxic chemicals in our body such as stress hormones. These toxic chemicals compromise our immune system, our digestive system and our body's ability to eliminate toxins. Over the long term it can lead to disease.

It's not about judging ourselves for having toxic thoughts (we all have some of those) but more about becoming aware of the effect they have on our health. If we understand that we have the ability to choose different thoughts and emotional reactions, then we can optimise our health. But this is not the whole story. We need to clean out the "rubbish" that is already in our inner environment. By rubbish I mean negative and limiting thought programs and beliefs as well as unprocessed emotional energy that is stuck in our body from past experiences.

However, the majority of our thoughts and beliefs are generated from our **subconscious mind**. This means that a lot of our thought patterns are automatic so we are not aware of what they are until we find the right tools. Modalities such as Energy Healing can access our subconscious mind to reveal and release old thought programs and beliefs that are limiting and negative. We can then choose more empowering thoughts and beliefs that allow us to experience the life we desire and reach our true potential in all areas of our life including health, relationships, career.

Energy Healing also facilitates the **release of old unprocessed emotional energy** that has been sitting in our body causing blockages to the energy flow and causing us to keep getting triggered on an emotional level. This is what can also eventually lead to physical disease if left to build up over a long period of time. It's like cleaning out the water pipes so the water can flow.

Energy Healing and an understanding of the mind body connection can be powerful tools to use to support mental and physical health and disease prevention. We can use them help to calm and balance our mind and body when under stress, or to process painful issues such as grief or trauma. We can also release limiting beliefs and thought patterns that may be preventing us from enjoying healthy relationships or reaching our potential.

For those who are interested in exploring more, I highly recommend all books and YouTube videos by Dr Joe Dispenza, Researcher in Neuroscience, Epigenetics and Quantum Physics, International Educator & Author; Dr Bruce Lipton, Stem cell Biologist, Epigenetics Author; and Gregg Braden, Scientist & Author.

Article by Kerry Reichelt - Holistic Counselling & Energy Healing - Mob: 0438 002 724



Kid's Page



Hello there! Are you tired of video games, TV and internet surfing? Want to do something more? Something better? Well you've come to the right page! I've gathered all the best things that have kept me entertained during isolation and made a list of Bridge boredom busters for you to try! Now don't forget to wash your hands!

Do some Art or craft

If you think that art is just putting a paint brush on a page, you'd be pretty wrong. Art can be anything! You could decorate a potato and still call it a master piece if you want!

Cook up a storm

Regular art not for you? How about food art! Baking is one of my fave hobbies, and some super simple recipes are easy to find! (Banana bread is one to try)

Get gardening

Are the bushes at the back of the yard looking a bit run down? Want fresh fruit or veggies every day? That can be accomplished with a spot of gardening chaps!

Create magic

Wow your family with wonderful magic, coin tricks, card tricks, vanishing stunts, and you have loads of time to practice! Many people be willing to share their secrets for tricks online, I'm sure!

Make some music

Almost every home has that dusty instrument sitting in the corner of a room begging to be played, why not you? Pick it up once and you might be number one band in the world someday!

Go for a run

Do your joints creak whenever you stand up? Its probably time to get some fresh air. Not every dog park oval or running track is closed off you can bike ride, walk or run, but just watch out for passer-bys.

Give your mum a hug

But the best thing you can do is delight your mum on mothers day and give her a big hug, and tell how much you love her. :)

**I ♥
MUM**



Joke of the Month!

What do you call a
pig who knows
karate?

Answer: Pork chop!



Puzzle Page



MUM
GRANDMA
LOVE
GIFT
FLOWERS
CHOCOLATES
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CARING
LOVELY
KIND
WONDERFUL



Crack the Code

Instructions: Use the letter/number key below to decode the question. Read it carefully, and answer yes or no.

A	B	C	D	E	F	G	H	I	J	K	L	M
4	9	20	15	21	26	23	11	8	25	12	24	19

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
13	1	22	17	2	3	6	5	7	14	10	16	18

20 4 13 4 28 2 1 23 2 21 4 15 6 1 4 15 5 20 12 ?

★ Riddles ★

I am full of holes; I can hold water. What am I?

What gets wet when drying?

What are two things people never eat before breakfast?

What is it the more you take away the larger it becomes?



What has two hands and a face, but no arms and legs?



What can't be used until it's broken?

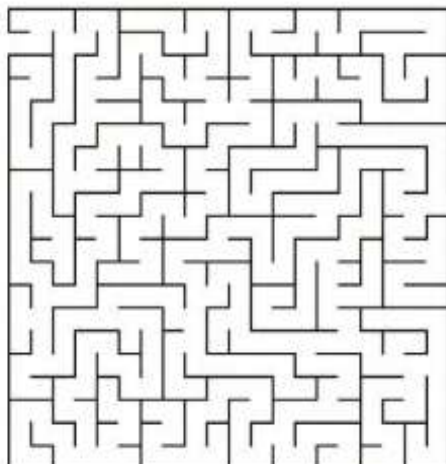
What has 4 legs and only 1 foot?

What has many keys but can't open any doors?

♥ Happy Mother's Day! ♥



Help the children get their gifts to Mom!



★ FINISH



Answers: 1. sponge 2. towel 3. lunch and dinner 4. a hole 5. c lock 6. egg 7. table 8. piano.



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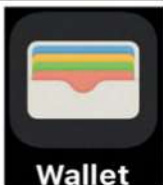





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Pat The Mac tips : Using Apple Pay.

Are there places you go without your phone? Probably not many. Are you aware that you can register one, or several credit cards on your iPhone to make payments easily without carrying your wallet? This is the beauty of Apple Pay. Most Australian (and many foreign) banks participate in this scheme. I'll show you below how to set this up with one card. You should enquire which banks participate.

Picture	Explanation
	1) Take a valid card from your wallet. 2) Open the Wallet app on your iPhone
	3) Press on the + next to Wallet
	4) Press on Continue
	5) Follow the instructions
	6) Check your details and add what is missing...
	7) A picture of the card appears in the app. You are set.

Paying with a credit card using your iPhone depends on your type of iPhone:

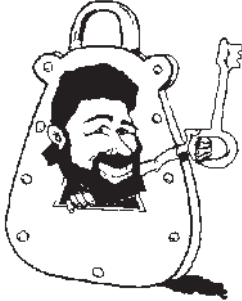
A) If you have an iPhone with a home button, (ie: iPhone below iPhone 10) click twice on the Home button, position the iPhone next to the card reader, then touch the Home button to use your fingerprint or enter the iPhone code.

B) If your iPhone does not have a Home Button, (iPhone 10 and above) click twice quickly on the ON/OFF button, position the iPhone next to the card reader, look at the screen, or enter the iPhone code.

The added bonus of this new technology is avoiding your card being stolen or skimmed.

If you need help on this topic, use the details below to contact me
Pat The Mac on 0419 330 497 or by email via pat@patthemacs.com

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Appreciation

Big thank you to Belinda Eden for buying koala trees and putting them out the front of her house as a free giveaway so that people in the community who want to help rebuild koala habitat, could do so easily 😊 The trees quickly found their way to new homes 😊 Belinda, you are a champion, and creating real change through your action! Thankyou!!!

For others wanting trees, Coastal Manna Gums and Swamp gums are the ones 😊
Try "Bush Works" on Hunts Road.

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RED HILL OP SHOP

Never waste a crisis...

We have all experienced difficult times over the past months and the Red Hill Op Shop has been closed since 16th March. Needless to say, we **miss** all of our shoppers and supporters very much... And can't wait to be back to see you and begin our fundraising again!!! We'll be open again very soon.

Just to let you know while we have been closed, we have used the time to reflect on the functionality of the shop and some renovations 'back of house' have been installed. The new sorting area will ensure we can sort and price things quickly, and that means you will see lots of new things coming into the shop each week. Note to self – regular visits required!

We have also done a major clean of the shop and everything, but everything, has been dusted, swept and wiped and sanitised! That's the new norm. Regular cleaning is done on a weekly basis and the Op Shop volunteers will be adopting the recommended protocols outlined by the Health Department for people shopping. We will prefer EFTPOS payments as cash is a possible COVID19 transmitter. There will be an automatic hand sanitiser placed at the entrance to the shop and customers will only be permitted inside once it has been used.

You will see that we've moved some sections around to allow them to expand a little and we've reduced other areas to compensate. All in all, we feel it's a much better use of space which of course will be put to the test once we reopen.

Externally, our Landlord has performed a miracle makeover and the gardens, with all the rain and autumn sun, are flourishing! The plantings have made such a difference and the space is particularly pretty. Again, well worth a visit.

Our main beneficiary, Peninsula Home Hospice is continuing its vital work and we are keen to get back to help them as much as we can with our monthly donations from sales. We know the world had probably changed forever, but we look forward to welcoming you back to see us and we thank you for your ongoing support.

Notifications of when we will re-open will be advised on Facebook and on all social media platforms. Stay tuned!

In the meantime, feel free to Email us at redhillopshop@gmail.com or message us through our Facebook page www.facebook.com/redhillopshop

Trip Assist

Is this unprecedented cycle of isolation, school “holidays” and home schooling leaving you with the desire to NEVER, EVER spend the holidays at home again?

Once this is over, you are going to need to holiday like you’ve never holidayed before! When the time comes, you and your family can *properly* celebrate getting through all the hours of homework, boredom and zoom meetings. And this goes double for all you essential workers out there!

Dreaming of your next family holiday? Here’s one to add to your list:

Kingfisher Bay Resort, Fraser Island, Queensland

For kids: The popular Junior Eco Rangers program for kids aged five to 12 runs each school holiday and is led by an experienced team of Rangers. The program is all about leaving screens behind and reconnecting with the natural world through activities such as learning to fish, discovering flora and fauna on bushwalks, playing games on the beach and listening to stories while toasting marshmallows around the campfire.

For you: Whether you’re an adventure-seeker or a leisure-seeker, you’ll be spoilt for choice with everything from 4WD tours and canoe paddles along the western bay, to soothing treatments at the Island Day Spa and sunset drinks on the jetty.



A view from above.

Images courtesy of Kingfisher Bay Resort



Roasting marshmallows.

For more information about Kingfisher Bay Resort, or for help with planning your next holiday, contact Fiona Macdonell at info@tripassist.com.au, or call 0405 505 245.



www.tripassist.com.au

Appreciation: Watch handed in

My husband lost his new watch and as a last resort, I reported it to Ritchies Supermarket in Balnarring where he had last shopped. I am delighted to report that it has been handed in by a kind shopper, and man and watch are now reunited!

Thank you to the thoughtful person who found it and to

Ritchies for contacting us and
returning faith in human nature!

Barbara Dodds

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HONEY BEES – some very interesting information!

(Actually written by David Gill to celebrate World Bee Day on Wednesday 20th May – but the editors feel this stuff is so fascinating we want to share it with you all!)

We all know something about honey bees. But did you know that the honey bee which was introduced to Australia in 1822 is only one of 20,000 different species of bees found worldwide?

It is little known that there are about 1800 kinds of native bees in Australia and roughly 700 in Victoria.

Bees evolved from wasps about 140 million years ago when flowering plants first emerged. They use flower protein to feed their young (unlike wasps which use animal protein). 1/3 of crops worldwide, including fruit trees, depend on bees for pollination.

90% of our indigenous plants are dependent on pollinators like our native bees. Our plant biodiversity is enhanced by native bees.

Many native bees are specialised to only selected plants, or even one type of plant, while others are generalist foragers, collecting pollen and nectar from a variety of flowers.

Our native bees are mainly solitary and not suitable for commercial production of honey.

Native bees which are diverse in appearance and size are sometimes confused with flies, such as hover flies. The difference is that bees have two sets of wings and flies only have one set of wings.

Honey bees in Australia are mainly the Italian variety. They are threatened overseas by disease, leading to Australia exporting honey bee queens to other countries. It is interesting that the only animal that can be officially “posted” is the honey bee.

If you notice a honey bee swarm caused by young queens taking some in the hive with them, you can contact Mornington Peninsula shire council or local bee keepers for help if needed. Please try not to call an exterminator.

The worker honey bees only live for a few weeks and the Queen for several years. Reproduction is amazing with hives often having bees in the tens of thousands.

Our native bees are pretty much harmless even though their stingers are reusable except for a stingless species. They are often noisy flyers, though this is mainly the males. They build nests from silk, plant material including wood and leaves, even gum nuts. Many burrow holes in mud, as wasps do.

Some interesting facts about various native bees include:

- ‘Buzz bees’ vibrate their wings to force pollen to drop from flowers. They pollinate some of our vegies, such as tomatoes and eggplant.
- The beautiful blue banded bee has a long tongue and lives in burrows. It is often seen on the Mornington Peninsula.

- The Quasihera species is our smallest bee at 2 millimetres long which is about the size of a pinhead.
- One of our larger bees is the cute teddy bear bee.
- We also have the fascinating resin bees and leaf cutter bees.

The main threats to bees are habitat clearance, broad spectrum insecticides and disease. Also climate change threatens their future.

Bees are important to our eco system and our food supply and they need our protection. One way to attract native bees is to provide bee hotels or 'bee 'n bees' in our gardens. It's well worth researching them up online.

Also you could look at how to promote urban honey-bee keeping. It is relatively cheap. The essentials are a quality docile Queen, the hive and protective gear which is the most expensive part. The reward is being able to taste our planet's only food that never spoils.

For those who wish to find out more, the *Bee Friendly Garden* by Doug Purdie and the film called *The Pollinators* are a worthwhile introduction.

Red Hill Ward local government Councillor David Gill gives talks about native bees to schools and organisations and welcomes the opportunity to promote bees whenever he can.

Mobile: [0437 129 016](tel:0437129016)

Email : david.gill@mornpen.vic.gov.au

David with a bee hotel.



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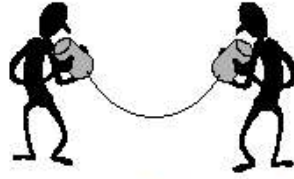
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Combined Probus Club of Balnarring

With regret, due to the coronavirus, the meetings and Interest Groups of the Combined Probus Club of Balnarring will cease as of now.

This will be reviewed on a monthly basis.

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Western Port UC Opportunity Shop

Change of Trading Days and Times

Due to the Coronavirus restrictions, the Western Port UC Opportunity Shop in Disney Street, Crib Point will be open on:

Tuesday & Thursday 10 am to 3.30 pm and Saturday 9.30 am to 3.30 pm
each week for the foreseeable future.

Donations will be accepted at the Shop when open on these days.

As social distancing -1.5 metres and physical separation - 4 sq metres provisions are still in force, patrons are respectfully requested to abide by these conditions and any other Department of Health requirements applicable at the time.

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...ed or semi-retired lady looking for good company and interesting activities,
... along to Balnarring Ladies Probus.
We have Stimulating Speakers, ... Café Group, Craft Group, Films,
Walking Group, Convivial Luncheons, ... as well as a
regular monthly Newsletter to keep you up to date.

Join us as our guest for any meeting at:
Balnarring Hall No. 2 (opposite the shops)
10am on the **4th Wednesday** of the month
You will be made very welcome.

Just come along or get further information from Adele on 0419 522 513.

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Working Bee at Balnarring Beach: All Welcome!

A dedicated group of Balnarring Beach ratepayers and members of the Foreshore Committee are inviting anyone with a heart for the environment to take part in our monthly working bee.

Our hard-working group meets on the last Sunday of the month at 10 am at the rotunda next to the beach store at Balnarring Beach.

**The next 2 working bees are on Sundays,
28th June and 26th July
Coronavirus requirements will be observed.**

It is always a great opportunity to have a chat.
Paul, our Ranger always has some important work for us to do, be that weeding or planting freshly cleared terrain with new plants. Some of these plants are propagated and raised over many months in our nursery.

If you can make it please bring **gloves** and wear **sturdy footwear**.

We hope to see many of you there.

Cheerio and many thanks to all who attend.

Rupert Steiner, for the Balnarring Beach Foreshore Committee working bee.

Balnarring Muso Night ONLINE!



Muso night online went well with few technical hitches.
We had over 200 views so many people were able to enjoy it.

We will be doing it **every Wednesday night at 8pm and sharing it on the Balnarring Muso Night Facebook page.**

It's a great way to stay in touch
and stay home all at the same time!!



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THE BRIDGE

CONTRIBUTING TO THE BRIDGE

The Bridge is a bi-monthly independent community magazine for Balnarring and surrounding areas. The views expressed within are those of the writers and not necessarily those of the Editor, Community or any organisation. Financial contributions are welcomed and a form to fill in is within this issue should you wish to contribute a donation.

GUIDELINES FOR THE BRIDGE CONTRIBUTIONS

The contributor's name must appear with the article and contact information is recommended. If emailing, please use A4 page format with 1.5cm margins, 14 point font size and single spacing. Headings with a font of 18. Send as a Word or Pages format file to info@bridgemag.com.au or PO Box 248 Balnarring VIC 3926. Ideally, file sizes no bigger than 1.5MB please.

Deadlines for submissions are as follows:

January 10th (February/March issue)

March 10th (April/May issue)

May 10th (June/July issue)

July 10th (August/September issue)

September 10th (October/November issue)

November 10th (December/January issue)

Our number of pages is limited so "first come, first served". Submissions for multiple issues must be made each issue unless otherwise agreed. Acronyms to be written in full at first mention followed by the acronym in brackets, e.g. "Community Centre (C.C.)".

The primary focus of The Bridge is to promote free community events. Volunteer organisations are encouraged to submit up to one page per month and will not be charged. All entries that create income, including employment and housing, count as adverts. **"What's On" entries are Free with a paid advert, or a small fee applies for income-creating entries otherwise.** Personal words from individuals are also free to enter. Businesses holding events, workshops, etc. in the coming months are encouraged to contribute.

Content that speaks negatively of any individual or group will not be published. Groups should comment on their own activities only, unless in appreciation. The editorial review team reserve the right to edit and/or refuse contributions where necessary. Copyright on images used remains the responsibility of the contributor, and photographers must be credited.

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