TAMBO RAMBLER

Bruthen and District Newspaper
Produced by Bruthen and District Citizens Association

April 2020 **NUMBER 249**

Bruthen Football Club Junior Trip to Melbourne

Report and photos inside

Please Support Our Local Business and Local Jobs

This edition contains information about how businesses and community groups are operating during the COVID-19 situation

The Tambo Rambler would like to acknowledge the Gunaikurnai People, the Traditional Owners of the land on which we gather, and pay our respects to their Elders both past and present

Supporting Our Community Through COVID-19
The following information is current as at 27th March 2020

Red Cross Emergency Services Victoria

COVID-19 Fact Sheet 27 March 2020

Information regarding Red Cross Emergency Services during COVID-19

Emergency Relief Assistance

Red Cross acknowledges the Traditional Owners of this land, their ancestors and Elders, past and present.

All relief requests, including food supplies and telephone outreach, are being managed by a special Combined Agency Operations Group (CAOG) within the State Control Centre.

Australian Red Cross is supporting CAOG and Emergency Management Victoria to provide relief (food and water, and psychosocial support) to community members affected by the COVID-19 social distancing requirements.

All enquiries and requests for emergency food and essential relief packages and should be directed to the COVID-19 hotline: **1800 675 398.** For further information**:** www.dhhs.vic.gov.au/coronavirus

Food and Water

- Victorians self-isolating due to COVID-19 with no access to food and essential supplies will receive emergency relief packages.
- Eligible households will receive a two-week supply of essential goods including food, personal care, and other essential items as required.
- The packages are delivered to the door by Australia Post. Other distribution points may be established later.
- The packages are for those in mandatory self-isolation, who have little or no food, and no network of family and friends to support them.
- Red Cross is supporting the Victorian Government by advocating to ensure food reaches those most in need.

Psychosocial Support – phone outreach

- Red Cross is delivering telephone outreach to those requesting psychosocial or wellbeing support on the COVID-19 hotline.
- Trained volunteers are providing home-based telephone outreach to support people self-isolating.
- We are partnering with East Gippsland, Alpine and Towong Councils, offering telephone outreach to people in bushfire impacted areas.

Our critical Red Cross Emergency Services work continues

- Fulfilling our obligations as outlined in the Victorian Emergency Management arrangements.
- Maintaining our operational capacity to respond to new emergencies.
- Continuing Bushfire and Drought Recovery efforts for Gippsland and Victoria's North East.
- Continuing to input into legislative reform for Emergency Management in Victoria, and building Red Cross capability and capacity to meet new statutory obligations.

For all Red Cross enquiries and emergencies not related to the COVID-19 social distancing measures, please call the Red Cross 24-hour Duty Officer hotline - **1800 232 969.**

For all COVID-19 enquiries and requests for relief, please call the COVID-19 hotline **– 1800 675 398.**

For all other emergencies call 000.

Last updated: 1630hrs Friday 27 March, 2020

Supporting Our Community Through COVID-19

Bushfires have made an large impact on our East Gippsland Communities, and now we are all faced with the impact that COVID-19 is having on our lives.

We need to support each other more than ever.

In the interests of keeping our community connected, we have prepared a list of Bruthen & District businesses that are continuing to operate, albeit under modified arrangements. The list published in this edition is current as at 31st March 2020.

For current listing of operating businesses, please go to the www.bruthendistrict.org.au

While this situation is changing rapidly we will attempt to keep this list up to date on our website. If your business has changed the way it operates, please email us at info@bruthendistrict.org.au to enable us to get your information out to the community via the Bruthen District Website.

www.bruthendistrict.org.au

Promotes our beautiful community as a place to visit & provides information about our local attractions, events, and our community groups.

Local Business Advertising

Advertise on the Bruthen website for a very small ***cost of $40 per year.*** Your advert may include your logo & business name with up to 15 words of text, or simply your business card. All adverts include a link to your website or social media.

The Bruthen & District Citizen's Association reserve the right to accept or reject advertisements and to edit submissions if necessary to fit the designated space. Businesses outside of Bruthen & District may submit their request to advertise, but acceptance of your application is at the discretion of the committee.

Community group and event listing is free

Enquiries and feedback to info@bruthendistrict.org.au,
The website is an Initiative of the Bruthen & District Citizen's Association

TAMBO RAMBLER

Tambo Rambler Advertising Costs
BLACK AND WHITE Advert Options

⇒ 9 x 4 cm - **Cost $10.00**
⇒ 9 x 8 cm - **Cost $15.00**
⇒ 1/2 page (for new businesses) - **Cost $50.00**
25% discount for BDCA Members,
only applies to black and white adverts

COLOUR Advert Option 1: Half Page
Full Colour Promotional Package

⇒ One half page, full colour feature / advert placed on the inside front cover of the Tambo Rambler
⇒ Plus acknowledgement as the sponsor for that month's edition on the front page of the Tambo Rambler
Cost - $100 per edition

COLOUR Advert Option 2: Quarter Page
Full Colour Promotional Package

⇒ One quarter page, full colour feature / advert placed on the inside front cover of the Tambo Rambler
⇒ Plus acknowledgement as the co-sponsor for that month's edition on the back page of the Tambo Rambler
Cost - $65 per edition

Closing date for May
Tambo Rambler is 20th April

Please send your articles by e-mail to:
tamborambler@gmail.com ("word" format please)

Tambo Rambler is distributed to venues in Omeo, Buchan, Swifts Creek, Ensay & Nowa Nowa. We also distribute to Local and State Government representatives, Bairnsdale Library, Bairnsdale DELWP, Regional Historical Societies etc. We welcome suggestions of other outlets for the Tambo Rambler.

Tambo Rambler is now available for download at

www.bruthendistrict.org.au/discover-our-community/tambo-rambler/

The Tambo Rambler Committee and BDCA do not take responsibility for opinions expressed by contributors to the Tambo Rambler. The Editors reserve the right to reject articles and advertisements and to edit submissions if necessary
All submissions must carry the author's full name, address and phone number. They may be published anonymously if preferred.

Supporting Our Community Through COVID-19

The following information is current as at 31st March 2020.

In the interests of keeping our community connected, we have prepared a list of Bruthen & District businesses that are continuing to operate, albeit under modified arrangements. For up to date listing of operating businesses, please go to www.bruthendistrict.org.au

Businesses	Operating status	More info
Anglican Parish of Tambo	Churches are closed. Those in need of parish support please ring The Bruthen Op Shop is also closed until further notice. PLEASE do not leave donated good outside the shop. There are no volunteers available to accept or store them, so they become litter	Ph - 51575463 Facebook - Anglican Parish of Tambo
Blue Bee Café	Open for take away only	Ph - 51575397 Facebook - Blue Bee Cafe Bruthen
Bruthen Bakery	Open, all services are continuing	Ph - 0475555419
Bruthen Bizarre	Shop is closed, but will continue to offer items through Facebook page and Instagram	Ph - 0447190207 Facebook - Bruthen Bizarre
Bruthen BP	Open, all services are continuing	Ph - 51575262
Bruthen Corner Garage	Open, all services are continuing	Ph - 51575715
Bruthen Garden Supplies and Water Cartage	All services are continuing. All customers to phone in advance	Ph - 0429944297 Facebook - Bruthen Garden Supplies Water Cartage
Bruthen General Store	Shop open. Please adhere to entry requirements displayed at door. For Customers having difficulty (due to no transport or unable to leave home due to kids); because of stage 3 COVID-19 restrictions being enacted - call the store to discuss delivery options	Ph - 51575415 Facebook - Bruthen General Store
Bruthen Inn Hotel	Open for take aways only. All customers to phone in advance	Ph - 51575201 Facebook - Bruthen Inn Hotel
Bruthen Music	Shop, lessons and recording studio are closed. But still happy to open the shop for individuals that may wish to make a purchase	Ph - 0487489246
Bruthen Pizza and Takeaway	Modified services - please see facebook page	Ph - 51575461 Facebook - Bruthen Pizza & Takeaway
Bruthen Post Office	Open, all services are continuing. Maximum of 4 people in shop at a time	Ph - 51575209
Bruthen & District Neighbourhood House	The Neighbourhood House is currently closed but we are still working remotely Tuesday to Thursday, 10am-3pm Contact us about online programs	Ph - 0497544490 E - info.bdnh@aussiebb.com.au Facebook - Bruthen & District Neighbourhood House
Bullant Brewery	Restaurant closed, but packaged beer is available to purchase online	Ph - 51575307 Facebook - Bullant Brewery
Gippsland Lakes Complete Health - Bruthen	Modified services - please see website	Ph - 51558300 Web - https://glch.org.au/covid-19-and-how-it-affects-our-services/

Supporting Our Community Through COVID-19

The following information is current as at 31st March 2020

Dear General Store Customers

Well we live in unprecedented times of late, which require all of us to make sacrifices.

During the COVID-19 restrictions the General Store has to change the way it does business to not only remain open, but ensure it can provide you with essential supplies. Whether Stage 1, 2 or 3 (or higher), there are a number of initiatives and mandated practices that will need to be followed.

Entry to the store (a licensed premise) is now conditional on the points below. At some stage we may have to only let a certain number of customers in the store at any one time (although with people currently adhering to social distancing - we are already achieving this - so thank you). If entry and shopping conditions become more rigid - I ask that you respect these conditions, respect the staff who have accepted the risk of remaining open to serve people and conduct what you have to in the store as per government regulations. If we fail to achieve this then the decision to open (in as safe way), can be taken away from us (and rightly so).

When you child is in the store - please do not let them touch multiple items and place them back on the shelf. In fact all should practice look - see - and if you want purchase. There is no need to handle multiple items if you do not intend to purchase that item or are just curious.

Let's all hope that we can get through these times together so we can return to a sense of normality, sooner rather than later. Future updates will be posted on the Bruthen General Store Facebook site. I look forward to seeing you around.

Kep safe - James Nicholas (Licensee & Proprietor)

Conditional Entry Requirements

- -Feeling sick or unwell DO NOT enter.
- -No cash Transactions - CARD ONLY.
- -DO NOT touch / pick up items, then place them back. Make your selection & present items for payment.
- -Essential supply limits enforced - to be fair to all.
- -Maintain safe distances in store - no social chit chat inside - this helps keep your & staff safe.
- -Essential supplies to local area / district residents.
- -Non essential supply sales open to all comers.

ANYONE who does not adhere to the above or is argumentative will be asked to leave the premises (the Store is licensed and rules apply).

Closed Until Further Notice

Amegilla Gallery
Bruthen Art & Information Centre
Bruthen Caravan Park
Bruthen Heritage Tea Rooms
Bruthen Mechanics Hall
Bruthen Open Mic
Bruthen Opp Shop
Bruthen Trading Post
Mossiface Hall

Amegilla Gallery will be closed until further notice. Unfortunately this current enforced closing may not be lifted before the gallery closes at the end of May for the winter months. Bev McColley's exhibition for April "Feathers, Fur & Fins" is cancelled. Also cancelled is the group exhibition calling for entries "Created in East Gippsland" that was due to show in May. Amegilla Gallery hopes all its artists and supporters stay safe and well during this time.

Bruthen Caravan Park & Recreation Reserve Closed Until Further Notice

In accordance with state government direction the Bruthen Caravan Park is closed effective immediately. No new campers will be allowed to enter the park. Current campers will return to their place of residence. Those remaining in location meet strict criteria as determined by the State Government.

Thank you for your understanding. We will open for business as soon as we are allowed to.

Bruthen Recreation Reserve (Oval, Toilets and Buildings) - are closed to all until further notice, as per the Caravan Park we will reopen as soon as we are allowed.

Bruthen Football Netball Club - There will be no training until further notice

Bruthen Cricket Club - Cricket has finished for the year

Bruthen ANZAC Day Ceremony Cancelled

Regretfully, the Bruthen ANZAC Day ceremony for 2020 has been cancelled due to the COVID-19 restrictions.

Supporting Our Community Through COVID-19
The following information is current as at 31st March 2020

Message to the community from Gippsland Lakes Complete Health

Every individual person in our community has the power to reduce the impact that Coronavirus will have in Gippsland

You have the power to reduce the spread of the disease

You have the power to reduce the number of people that will get sick

These tasks are simple, but if you do them, they will have a massive impact on reducing the spread of Coronavirus:

- If you are sick, stay home.
- Wash your hands often.
- Cover your nose and mouth if you sneeze or cough.
- Avoid unnecessary gatherings.

Keep your distance – stand 1.5 metres from people, wherever you are.

YOU ***CAN*** MAKE A DIFFERENCE

The decisions you make in the coming weeks could mean the difference between life and death for some people in Gippsland.

Please, heed the health messages you are hearing.

Essential services at GLCH will be continued within our capacity to do so, and within the constraints of government directives. We may need to adjust our services and deliver them in a different way, but it will always be with due consideration of the safety of our staff and the community. Please visit our website to view our list of temporary service closures https://glch.org.au/covid-19-and-how-it-affects-our-services/

If you think you or someone in your household have symptoms of Coronavirus advise any service providers coming into your home of your concerns prior to them visiting. Please contact your GP or the Coronavirus hotline on 1800 675 398 further advice BEFORE presenting in person to a clinic or hospital ED.

Please do your part to stay informed. Accurate and up-to-date information about Coronavirus is at www.dhhs.vic.gov.au/Coronavirus

BRUTHEN GLCH

Services at Bruthen GLCH will be scaling back with entry via appointment only.

Our executive management team are meeting every day to review service delivery, staff and community safety etc. as the situation changes rapidly. Check our website and Facebook page for updates

Supporting Our Community Through COVID-19
The following information is current as at 31st March 2020

Pet owners, do the social distance & learn new skills online to save your pet in an emergency

As the country is socially distancing, as we all do our bit to flatten the curve, many are looking for useful ways to spend extra time at home. Pet lovers can gain new skills to save their pet, before they reach the vet this month as Red Cross First Aid offers a new online course teaching essential cat and dog first aid basics.

Australia has one of the highest rates of pet ownership in the world(*) with almost two-thirds of households having at least one pet at home. Two in three families with a cat or dog consider their furry friends part of the family**, but how many have the skills to help in a medical emergency?

Dr Philip H Brain, a small animal medicine specialist with 30 years of experience, working at the Sydney Animal Specialist Hospital (sash) says, "You never know when or where your beloved pet might need you to deliver first aid.

"The Red Cross Pet First Aid course will help you deal with injuries, help prevent illness and could save the life of your pet whilst you seek veterinary attention."

Animal lovers Cheryl Bond and her family share their property with six horses, chickens, three dogs and a cat. She says the online course would have helped her read the signs better when her dog of 16 years passed away this year.

"When my dog Sara crashed in the middle of the night, I was on google typing 'how fast should my dog breathe', and even if I could measure it, I had no idea of a normal breathing range, and you naturally panic in the middle of an emergency event.

"If I had of done the online course, it would have empowered me to know the signs, as you can't always call a vet at 3am.

"The course was extremely useful. You learn things like the difference between a breathing and panting rant, and the appropriate heart rates for different sized pets, and the best ways to apply a chest compression depending on your breed of dog," Cheryl says.

Take an online Pet First Aid course
To take an online Pet First Aid course simply go to redcross.org.au/petfirstaid
The course costs $35 and you can add a kit, and bundle the two together for $69.95.
Australian Red Cross is a trusted provider of first aid, delivering first aid and mental health training through nationally recognised courses.

Parks Victoria Historic Sites Closed

27 March 2020: At the direction of the Victorian Chief Health Officer, Parks Victoria has closed major historic sites in parks and reserves across Victoria until further notice.

This includes the closure of the whole Buchan Caves Reserve, and all lighthouses and associated buildings.

These actions follow further restrictions on domestic and international travel, with Victorians urged to reconsider all non-essential travel. Closures will be enforced. Compliance with this directive is enforceable under section 203 of the Public Health and Wellbeing Act 2008 and penalties apply.

Other areas within parks will remain open to allow for exercise, but social distancing must be practiced and those who are unwell, particularly with flu-like symptoms, must follow the advice from Victoria's Chief Health Officer and remain at home.

Supporting Our Community Through COVID-19

The following information is current as at 31st March 2020

East Gippsland Shire Services

The following information is current as at 31st March. These circumstances are changing frequently. For current services please go to ***https://www.eastgippsland.vic.gov.au/Community/COVID-19_coronavirus***

Closures to services and facilities

Following restrictions and advice from government, council has taken measures to close some facilities and services. All closures are in place until 30 April when the situation will be reviewed.

Customer service centres

All of our customer service centres are closed in the interest of social distancing requirements. We will be providing our services through telephone, email and website. Our contact centre remains open on weekdays from 8.30 am –5.00 pm

Open by appointment

- Bushfire Recovery Centre
- Omeo:banking and Centrelink services only
- **Other site closures**
- All playgrounds, outdoor exercise stations and skate parks
- A quarter of council's public toilets
- Bairnsdale Aquatic and Recreation Centre
- Lakes Entrance Aquadome
- Forge Theatre
- Orbost Outdoor Pool
- Bairnsdale Library
- Mobile libraries
- Visitor Information Centres
- Council-operated caravan parks in Mallacoota, Eagle Point, Cann River and Swifts Creek

Beaches Under the direction of the Chief Health Officer and the Department of Health and Human Services' requirements limiting the number of people at public gatherings, Council has closed the following beaches and foreshores:

- Tambo Bay,Foreshore
- Raymond Island,Foreshore
- Marlo,Foreshore
- Port of Bairnsdale
- North Arm Foreshore, Lakes Entrance
- Main Beach,Lakes Entrance
- Village Green Beach,Metung
- Lake King Beach,Metung
- Lake Tyers Beach,Lake Tyers
- Picnic Point River Foreshore,Bairnsdale
- Eastern Beach,Lakes Entrance
- Dawsons Cove,Newlands Arm
- Lake Bunga Beach,Lake Bunga
- Paynesville Foreshore
- Progress Jetty,Paynesville
- Sunset Cove,Paynesville

East Gippsland Shire Services - What is open?

The following facilities and services remain open. Best practise social distancing guidelines must be observed in all public spaces.

- Marinas
- Planning
- East Gippsland Livestock Exchange, only people essential for a sale to proceed are permitted
- Waste sites and kerbside waste collection
- Aerodromes
- Raymond Island Ferry - casual fees are suspended for all vehicles to allow social distancing. Modified services for foot traffic
- Local Laws will continue animal collection and the operating of the pound
- Health officers will continue to work
- Immunisation sessions by appointment only.
- Influenza vaccinations by appointment only

May we who are merely inconvenienced,
Remember those whose lives are at stake.

May we who have no risk factors,
Remember those most vulnerable.

May we who have the luxury of working at home,
Remember those who must choose between preserving their health or making their rent.

May we who have the flexibility to care for our children when their schools close,
Remember those who have no options.

May we who have to cancel our trips,
Remember those who have no safe place to go.

May we who are losing our margin money,
Remember those who have no margin at all.

May we who settle in for a quarantine at home,
Remember those who have no home.

As fear grips our country, let us choose love.

During this time when we cannot physically wrap our arms around each other,

Let us yet find ways to provide loving support to our neighbours.

Supporting Our Community Through COVID-19
The following information is current as at 31st March 2020

Keep Well and Stay Home

The message these holidays is simple; keep well and stay home.

Bruthen Primary School students are encouraged to have a break from learning these holidays and enjoy spending time with their families, before we begin a journey into unprecedented times.

We are uncertain what term 2 will entail but we do know that it will come with many challenges.

We understand many of our families' maybe

- dealing with changes to their financial situations
- juggling working from home
- tending to toddlers
- keeping on top of regular home duties
- looking out for grandparents and extended family members
- maintaining personal wellbeing
- staying social connected

And on Wednesday 15th April, we anticipate that we will be moving to remote learning and be adding supporting home learning.

Therefore, we understand that sustaining regular school operating hours will be unrealistic and learning may look different in every household.

What we do know is…

- there are endless learning opportunities outside of the school walls.
- our family members have skills and knowledge to share with their children
- learning together (as a family) creates lasting memories and values life-long learning
- our teachers are dedicated to meeting the different needs of our students, as best we can
- we strive to establish communication systems that keep us connected and enable us to deliver learning in a variety of ways.
- we will involve our students and parents in the 'planning for learning' process and seek feedback to improve our remote learning practices and processes.
- we strive to build onto our students current understanding and provide them with the tools to best support their learning over the coming weeks.
- this will be a learning process for us all.

We will be in contact with all our families closer to the time, but in the meantime, we hope everyone stays well and we look forward to having students return to school as soon it is safe to do so.

Inquiry into the 2019-20 Victorian Fire Season - Community Meetings Postponed

All Victorian Fire Season Inquiry community meetings have been postponed in the interests of community wellbeing.

The Inspector-General is following the advice from Victoria's Department of Health and Human Services (DHHS), and the Australian Government, on social distancing and restrictions on non-essential gatherings.

This includes the decision of the National Cabinet to implement Stage 1 of a shutdown of non-essential activity across the country from midday Monday 23 March which is aimed at slowing the spread of coronavirus.

We are looking at alternative ways to offer meetings. **Details on this approach will be available on the website https://www.igem.vic.gov.au/**

Neighbourhood House News

BRUTHEN & DISTRICT NEIGHBOURHOOD HOUSE

BRUTHEN REMEMBERS

By Linda Richardson

Bruthen Remembers meets on the **2nd Tuesday of each month** at the Bruthen & District Neighbourhood House at 36 Main Street Bruthen (old RSL), **10.30am** for morning tea and a chat.

At present we are a small group and would like to invite anyone who is interested in Bruthen's History. If you have any memorabilia - Photo's, newspaper cuttings, programs, etc., of Bruthen we would love to see them. We have photocopying facilities so you don't need to leave your precious items. We are in planning for a place to keep all information so that the history of Bruthen is not lost. Ask Mum, Dad, or your grandparents about their treasures.

One of our members, Jenny, is looking for any information to d with Bruthen Primary School that may be used for their centenary which will be in 2022.

Though we are **not meeting at present due to COVID-19 restrictions** this may be a great **opportunity to go through your old memories and see if you have any items to share with the group.** We look forward to seeing you when we continue with our meetings in the future.

Please call the Neighbourhood House if you have any questions or would like to offer some articles or have historical items to share but cannot make it to the group and we can arrange to copy and archive for you and pass on to the group.

03 4141 5302 or 0497 544 490

The Neighbourhood House is currently closed due to COVID-19 restrictions.
We are still working remotely and will be available:

Tuesday - Thursday

10am-3pm

on **0497 544 490**

or via email

info.bdnh@aussiebb.com.au

During this time we would like to offer the following programs **online** if we get enough interest. It is important to keep up our social connections however we can during these unusual times and these programs are beneficial for our health and well being with something for everyone and low or no cost. This is a fantastic time to try out our programs that you may have been considering and just hadn't got around to.

We hope to have these up an running after Easter so please contact us and take the opportunity to join in any of our programs. There is something for everyone including the kids! Classes will be offered in different formats so make sure you **contact us to find out how to join in.**

Laughter Club and Twin Hearts Meditation are by donation with Yoga Based Movement and Kids Zumba at only $10 per class. These are all run by local tutors. **We need to know you are enrolling for these to go ahead so please contact us.** See right for details:

East Gippsland Laughter Club

Be part of a fun, world wide movement

Laugh on purpose, feel great, de-stress, meet new friends, live a happier and healthier life!

Laughter is the best medicine and it's also the best prevention of illness, both physically and emotionally.

Every Friday 10.30am
@Bruthen
Neighbourhood House

What is Laughter Club??
Laughter Club is a group of people participating in Laughter Yoga which is a unique exercise combining unconditional laughter and yogic breathing. Anyone can do it!

There are so many benefits!
Stress buster, alleviates depression & anxiety, releases happy hormones, boosts your immune system, increases oxygen in your body, cardiac workout and it's joyful!

No registration, No membership,
No yoga mats required!
Small donations appreciated, max $5

TWIN HEARTS

TWIN HEARTS MEDITATION WORKS ON THE PHYSICAL, EMOTIONAL AND SPIRITUAL LEVELS TO OPEN THE HEART CHAKRA AND THE CROWN CHAKRA SIMULTANEOUSLY.
THIS ALLOWS THE MEDITATOR TO DRAW DOWN AND UTILIZE A TREMENDOUS AMOUNT OF DIVINE ENERGY INTO THE CROWN CHAKRA. THIS DOWNPOURING OF ENERGY PROMOTES PHYSICAL, EMOTIONAL AND MENTAL GOOD HEALTH AS WELL AS INNER ILLUMINATION FOR SPIRITUAL DEVELOPMENT.THE MEDITATION ON TWIN HEARTS IS A FORM OF WORLD SERVICE.

ZUMBA Kids

4-12yo Kids Fitness

Classes are high energy dance parties with kid friendly routines, games, geography and music from around the globe. Zumba Kids improves social and motor skills, health and self-confidence through self-expression in dance and play. A great alternative to team sports and all are welcome regardless of gender, body type or ability.

Tuesdays 4-5pm
Via Zoom online

Harmony in Motion

With Tanya Garland

Yoga Based Movement

A blend of Tai Chi, Yoga, Pilates & Meditation

Friday mornings 9.30am BYO mat

Via Zoom online

Starting Friday 17th April Online

Enjoy from the comfort of your own home and a great way to come and try.

For bookings please phone 0497 544 490

Or email info.bdnh@aussiebb.com.au

BRUTHEN FIRE BRIGADE
WHAT WE ARE DOING DURING COVID-19 TIMES?

Well – Bruthen & District survived the bushfires with the Bruthen Fire Brigade at the fore front of efforts to save our town and other communities around us; and during the current COVID-19 situation we all find ourselves in – we will still be here for the community, if and when required.

So what's different? The Brigade (along with most of the CFA), have cancelled all non-essential training. We are limiting exposure from within our group and ensuring that we keep fit and operationally ready to deploy when tasked to attend an emergency.

Of late the threat of bushfires has somewhat diminished, other emergency work that the Brigade could get called to still exists. This may include: motor vehicle accidents, fuel spills, assisting in search and rescue and now that we are approaching the colder months – attending structure fires.

While the station may seem quiet – we are still maintaining vehicles (completing maintenance runs), still planning for courses (and looking to train up to 12 new fire fighters), using computer based training to start the process off. So from us at the Bruthen Fire Brigade to you – keep safe; and be confident that we will still be available if and when our services are required.

Finally – noting that day light saving is around the corner – a gentle reminder about smoke alarms with a few tips.

Smoke Alarms (Source – this is an edited version of an article taken from: http://cfaonline.cfa.vic.gov.au/)

FIRST & FOREMOST – Working Smoke Alarms save lives, it is as simple as that…….there are a number of tips you should consider to maintain an operational smoke alarm.

- Use long-lasting 9V **alkaline** batteries in your alarm - by doing this you ensure year-round protection.
- Use the brush attachment on your vacuum cleaner to dust around the smoke alarm.
- Smoke alarms should meet the Australian Standard (look for the AS3786 marking).
- Test smoke alarms once a month. The alarm should produce a loud "*beep beep beep beep*" sound when you press the test button using a broom handle.
- **Replace** all smoke alarms (both battery powered and 240v hard-wired) after ten years (the year of manufacture is displayed on the alarm).

Waiting until the smoke alarm beeps before you change the battery is too late - this indicates that the battery is already flat, and your family is not protected.

Change your smoke alarm battery every year.

End of day light savings period is usually a good time to change batteries.

Well after gaining some significant momentum in the last part of the season, unfortunately our B grade team had their grand final cancelled due to COVID-19. The team was extremely disappointed. We were really confident we could "knock off" St Mary's/ Nagle but couldn't get the chance. Our C grade couldn't quite make the final series this year after a touch year hosting many different players in order to provide full support to the first 11 (B grade). To their credit, many rocked up every week and gave their all.

It was a very tough year for the association, having to handle many extraordinary issues including the bushfire situation which come with many difficulties. Grounds became unavailable, there were restrictions from road closures and also health concerns with lingering smoke. We all managed to get through but not without many last minute obstacles for the captains!!

Our junior teams again were such a pleasure to manage and represented the club in a fantastic way. U13 don't have a final series and the U16 missed out but not without testing some of the top sides. It was a great effort with a very young group.

As a difficult year closes, I would like to thank the committee who worked hard under very different circumstances. With situations outside the club restricting our fire power, we finished the year in a reasonably strong financial position which will help us set up for next year. Our junior coaches (Joel and Nathan Aston) provided one of the most solid cricket platforms for our juniors that I think the club has seen for years. Their hard work and commitment will significantly assist and set up our club for future success. To the captains and players, thank you for persisting under tough circumstances and I hope that next year, with some hard work, things will be much easier!!

To all of the people and clubs that offered and provided support during and after the bushfire crisis, thank you.

I believe that our club has come along way over the past year but we could certainly do with some more help! We need to work hard to provide a future for our up and coming young ones and be able to provide opportunities at the highest level. Anyone that would like to assist, please contact me to discuss further on 0428 608 782.

Cheers, Cammo

Bruthen Inn Hotel

Kitchen is open 7 days.
Lunch 12-2pm,
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Wednesday Roast Night $17, with happy hour 6-7pm
Friday night raffles supporting local sporting clubs—10 draws.
Catering for private functions and community group meetings
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Cheers and beers, Stretch

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* Introduce local flavours and ideas to produce tasty food

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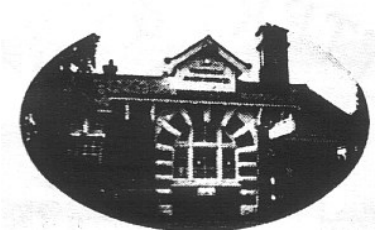

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Amegilla Gallery

61 Main Street, BRUTHEN 3885
e: amegillagallery@gmail.com
t: 0438 525386
also on Facebook

Amegilla Gallery

A Moment in Time

5 – 22 March 2020
Opening Function 11am Sunday 8 March
An exhibition by well-known local photographer
David Meldrum

Created in East Gippsland

24 April – 24 May 2020
Celebrating creativity during the month of May
Calling for entries from artists & craftspeople working in any media. Entry form & details from Amegilla Gallery

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We are here to
help small businesses
affected by **bushfires**

www.smallbusinessbushfire.org.au

Financial counselling is free and independent. Financial counsellors provide advice to people in financial difficulty. It is FREE, government funded and run through non-profits and community organisations. Financial counsellors don't get paid commissions or sell any products.

The following support is available:

1. Small businesses/sole traders who have been hit by the bushfires can get financial counselling support from the **Small Business Bushfire Financial Counselling Support Line; Ph; 1800 413 828**.
2. The small business support website **Smallbusinessbushfire.org.au** also has extensive information. But we really want people to call us as well.
3. Financial counselling is available from financial counsellors at the **National Debt Helpline; Ph: 1800 007 007.**
4. **The National Debt Helpline website (ndh.org.au)** has extensive information in step-by-step guides to walk people through what they need to do.

National Bushfire Recovery Agency

BUSHFIRE RECOVERY VICTORIA

Dear business operator

The help available for bushfire affected small businesses has been boosted, to help more businesses and make it easier to apply.

A new $10,000 grant for businesses impacted directly and indirectly was announced on 11 March 2020 and Victoria is now accepting applications.

It is for small businesses in select fire-affected Local Government Areas, as determined by the relevant state government. In Victoria they are East Gippsland, Towong and Alpine.

Small businesses are defined as having less than 20 full-time employees. Directly and indirectly affected businesses can apply. Primary producers can access this grant if they identify as a small business.

If you're not a small business, please consider sharing this with your small business partners.

The grant is to help cover the costs associated with recovery following the fires. You can spend the grant on expenses such as salaries, wages, utilities, fuel and/or financial advice.

To be eligible, your revenue must have dropped by 40 per cent over a three-month period, compared to the previous year, as a result of the bushfires. You can be directly or indirectly affected by the bushfires.

In Victoria, you can apply by filling out an application on the Rural Finance website:

https://www.ruralfinance.com.au/industry-programs/small-business-bushfire-support-grant

It's easy to apply and you don't have to upload any financial documents if you don't have them right now.

Call Bushfire Recovery Victoria on 1800 560 760 or visit www.brv.vic.gov.au if you need more assistance or to see what's available to you. It might be more than you think.

Yours sincerely,

Andrew Colvin APM OAM - National Bushfire Recovery Coordinator

Lee Miezis - CEO Bushfire Recovery Victoria

Songs to Soothe the Soul

Free listening until April 22

Lullaby included

https://ausblazefromtheheart.com

More places to get firewood in East Gippsland

It will now be easier for East Gippslanders to get firewood, with additional firewood collection sites opening up from Saturday 21 March in State forest areas close to local communities.

The additional firewood collection areas are around Lindenow, Bullumwaal, Lakes Entrance, Buchan, Nowa Nowa, Wairewa, Cabbage Tree Creek, Cann River and Mallacoota.

Specific location details are available in the interactive maps at www.ffm.vic.gov.au/firewood/find-a-firewood-collection-area.

Some of the new collection areas will contain small stockpiles of relocated wood from fire affected areas and unburnt wood leftover from strategic firebreak construction.

Around the township of Mallacoota, previously inaccessible areas of interface between State forest and local roads where hazardous tree work has been completed are now also accessible for firewood collection.

Gippsland Forest Fire Management Victoria's (FFMVic) Deputy Chief Fire Officer, Beth Roberts said FFMVic staff and contractors have worked hard over the past few weeks to make more firewood available at designated locations across East Gippsland.

Community members should be aware that if there is a fire danger risk, the firewood collection season may be shortened. Firewood collection areas near planned burns may also close for public safety. It's important that to check where burns are happening as affected firewood collection areas may be closed at short notice.

For further information on firewood collection or to report illegal or suspicious behaviour in public land areas, please contact the Department of Environment, Land, Water and Planning on 136 186.

PUBLIC NOTICES

Bruthen - Bairnsdale Bus Timetable
To confirm timetable, please contact Dysons Bus Lines Ph: 5152 1711

Bruthen to Bairnsdale Morning	**Monday & Friday AM**	**Tues, Wed, Thurs AM**	**Mon to Fri AM School Holidays**
Bruthen (opp) General Store	08:10 am	09:50 am	09:50 am
Bairnsdale, Corner Main & Bailey St	08:30 am	10:20 am	10:20 am
Bairnsdale Train Station	08:35 am	10:30 am	10:30 am
Bairnsdale to Bruthen Afternoon	**Mon to Thurs PM**	**Friday PM**	
Bairnsdale Train Station	1:25 pm	3:40 pm	
Corner Chemist (Service & Main Street)	1:30 pm	3:45 pm	
Bruthen, Station & Great Alpine Rd	2:00 pm	4:15 pm	

In event of an emergency

Bruthen has 3

Heart Start Defibrillators

Located at

Bruthen General Store

6.30am – 6.15/7.15pm (7 days)

Bruthen Rec Reserve

for sports events / Caravan Park

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Note: under 24/7 video surveillance

Injured Wild Life?

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0448 177 722 (Joanne)

0423 088 585 (Kate)

Bruthen Football Club Inc.

O.D.F.N.L. Premiers 2017/18/19

Bruthen Football Club Junior Trip to Melbourne

The trip was an outstanding success, providing the country kids so many opportunities and memories that were enjoyed thanks to the AFL.

Day 1 – Saturday

The majority of the group met in Bruthen around 1pm and we loaded everyone's bicycle onto the trailer, filled up the Bruthen Community Bus and headed for Melbourne with the Bus and 3 other vehicles.

After a few stops along the way, we arrived out our accommodation (Claremont Southbank) at around 5.30pm. After a short induction and safety briefing, we all settled into our rooms and prepared for our first trip, an A league soccer game between Melbourne Victory and Sydney FC. As a group, we travelled by train from South Yarra to Southern Cross station and then walked across to Marvel Stadium. We were very fortunate to be provided with a large corporate box (compliments of the AFL) and everyone enjoyed their first game of A league soccer.

Following the soccer, we walked back through Southern Cross Station, over the Yarra river and along Southbank enjoying ice cream, the Casino fire display and a lot of street entertainers.

Another group of ours were to play cricket during the day (on Saturday) before travelled separately later on. We met them as we returned to South Yarra station and went back to settle in for the night. We shared about 8 rooms and yes there was definitely some noisy ones!! Eventually, everyone got to sleep (even if it was only for 3 hours).

Day 2 – Sunday

Alarms were set for 5.30am and a few weary ones were drifting through the corridors not long after. At about 6.15, we slowly came together in the hotel kitchen where we were provided with breakfast packs including yoghurt, sandwich and fruit. At this stage, many of the kids discovered the hot chocolate facilities which became a hit throughout the rest of our stay.

At approx. 6.30am, we set off in cars and the bus to "Gosch's paddock", a training oval for Melbourne FC. At 7am we began a training session with some longer drills to take advantage of such a great surface, one that we won't get to train on for some time! Towards the end of a reasonably intense session, the kids (including our big kid, President Adam Lonnie) enjoyed some fun goal kicking exercises. After training, we walked back to the bus and cars, over the Yarra River and returned back to our hotel.

After showers etc., we were all provided with our own trip shirts which displayed logo's of our trip contributors, Rotary and Isuzu.

We then headed off in the Bus and cars towards Tullamarine and to "The Hanger", the training facilities of the Essendon FC. Despite a quick detour (thanks to the cars Nav system) to Windy Hill, we arrived at "The Hanger" and was greeted by Matt who has multiple roles in assisting the senior playing group. We were taken to the oval and spent about half an hour watching the brief training before senior coach, John Worsfold came and greeted us. John was terrific to talk to and spent time talking one on one to all the kids. He, along with several other senior players including Anthony McDonald-Tipungwuti (who was a favourite for the kids) all signed their trip shirts. After training, Matt escorted us through the facilities which provided great insight into the rigours of AFL training and preparation and the fantastic facilities that Essendon have.

Once we finished the tour, we all headed back to the rooms and headed out for a more formal type lunch at the Imperial Hotel on Chapel st (arranged by AFL). The meal was a good opportunity to re-join as a group, have a good feed and prepare for a big afternoon at Princess Park (Icon Stadium).

After some other fun activities throughout the afternoon including a trip to St Kilda Beach, we again joined at the hotel and got ready to go to Icon Stadium to watch Carlton vs Brisbane. We left the hotel by train and then got on a tram towards Carlton. Being in such a large group (particularly as country kids!!) on a tram was definitely challenging, but with all the parents leading smaller groups, we managed to get everyone on and off.

Bruthen Football Club Junior Trip to Melbourne continued

We arrived at Icon stadium and after some energy release on the outside oval, we entered the stadium to be greeted by Adrian who also has several roles at Carlton. Adrian was very kind to have arranged us to have an escorted tour of the players' lounge and from there, we were able to watch the Carlton boys warm up and prepare for the game. While they were warming up, Marc Pittonet (Carlton #2 ruckman) spent a lot of time with the kids talking generally and then had a Q and A session. It was a great insight for the kids in the casual atmosphere of the lounge. Shortly before the game, Adrian provided everyone in our group with a cap and flag and then escorted us onto the ground and we formed a "guard of honour" for Carlton as they ran onto the ground. We enjoyed some footy food at the ground for tea and after the game, we returned back to the Hotel via Tram and Train and retired for the night.

Day 3 – Monday (public holiday)

The next morning was a little more relaxed and after breakfast, we packed our gear and headed to Sandringham Yacht Club where we were met by Adrian Saulle who was kind enough to arrange storage of our bikes over the past few days. We unloaded the bikes and after a short briefing, the group rode towards the city along the designated bike path that runs along the edge of Port Phillip Bay. Along the way, the group were met by 2 police officers on bikes that were arranged by our local police officer, Murray Porter to escort our crew along the rest of the way to the city. Once the group made the city and after a short play on the beach, we loaded our bikes back up and after a big weekend, headed home.

After a bite to eat in a road side stop along the way home and some birthday cake celebrating Alex Smiths birthday, we eventually made it home around 4pm.

Once again, on behalf of everyone involved in this trip, your assistance has provided a many great memories to the kids at the Bruthen Football Club and we are most appreciative.

Est. 1879

Tambo Upper Primary School

Targeting Unique Personal Strengths

Tour De Tambo

Students from Tambo Upper P.S set off on an adventure to raise money for the school and the local CFA Bruthen. The boys came up with the idea of completing a bike ride on the rail trail starting in Orbost and finishing at the school. Before we went on the ride, we reached out to Bairnsdale Bikes for any donations they could provide. They were generous enough to give us all a pair of cycling socks, a sticker and a pair of gloves.

Sunday was the first day of the ride and we started in Orbost and then headed to Nowa Nowa to camp the night. We rode 40km on the first day in just over 2 hours. Generously, Mingling Waters gave us a free camp site for the night and also provided dinner for that night we can't thank them enough for all that they did for us.

Monday was an early start and we rode 45km and it took us 3 and a half hours to ride from Nowa Nowa to the school. The whole school was all at the gate to cheer us home.

We would like to thank the following people/families/business who all contributed to our bike ride. Mr. C. and Hayden for coming along for the ride and helping set up the little things. Our families that helped support us along the way and helping with the refilling of water and food at every checkpoint. Bairnsdale Bikes for supplying us with the gear-that we love by the way! Thanks also to Mingling Waters for providing a campsite and our dinner so that we were refreshed before the second day of riding. They also very kindly donated $80 to our cause. And a HUGE thank you to all the people that have donated to the GoFundMe site and all people who have put money in the tins which are located at Bruthen General Store and Bairnsdale Bikes.

Without everyone's help this bike ride would never have happened!

We would like to say that the GoFundMe page is still active, and any little donation would be greatly appreciated. The link below will take you to the page where you can donate. Please share the GoFundMe page through social media to reach people to let them know of this amazing story.

In rotations this term, we have been participating in Genius Hour. We were all assigned the task of doing a project to learn something new or to contribute to the community or our world. The Orange and Purple Room students have been buzzing with brilliant ideas and it has been fantastic to see all the ideas come to life. Cookies have been sold to raise money for the local CFA, tables have been built, bike ride fundraisers have been organised and much more! Well done to all students for their wonderful efforts in Genius Hour this term!