

ANZAC DAY SERVICES

The following services will be held throughout the Shire of Murrindindi on Saturday 25 April 2009:

ALEXANDRA	10.00am service at Kellock Lodge for residents 10.40am assemble for march opposite the RSL Hall (outside front of library) 11.00am service at Leckie Park Memorial
EILDON	Assemble at 10.50am for 11.00am service at Cenotaph
GLENBURN	6.00am dawn service at Glenburn Community Centre (the old school on Melba Highway)
KINGLAKE	5:30am dawn service at St Peter's Church 10.00am service at the Lions Club ANZAC Memorial, Kinglake Community Centre
MARYSVILLE	10.45am assemble for march outside Keppels Hotel Motel 11.00am march, immediately followed by a service at the Cenotaph
STRATH CREEK	9.00am service at Pioneer Reserve Memorial
YARCK	10.00am wreath laying service at War Memorial
YEA	10.00am service at the Yea Memorial Hospital 10.45am assemble for march at RSL Hall 11.15am service at Cenotaph



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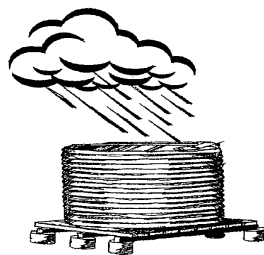
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For People Rebuilding

**Would you like to have a
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to place on your block?**

Marysville & District Lions Club are prepared to have property/house numbers made.

Specifications: Material white colourbond (same as refrigerators are made from)

Size: 150mm high and 200mm wide

With large number – e.g. 32 - in black lettering and in smaller lettering, the wording 'Rebuilding together' and Lions Emblem

Cost: These will be subsidised by Lions with a token charge to the individual of just \$2 each.

How to order: An order list will be at the Buxton General Store – place your name, the house number you require and your phone number.

Collection: A Lions member will phone you when your house number is ready to be picked up from the Buxton General Store.

*This is a Marysville and
District Lions Project*

 **RENOUF**
CONSTRUCTIONS

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Community Health in Buxton

(Temporary location for Marysville Community Health.)

The following services are now available at Community Health (Corner of Maroondah Hwy and Buxton – Marysville Road, Buxton).

Our Physiotherapist will be visiting Buxton on Wednesday mornings. If you would like to make an appointment please call us on 5772 0800.

Other services available include:

- Occupational Therapy
- Dietitian
- Access Worker
- Continence Advisor
- Women's Health (Pap test provider)
- Diabetes Education
- Sexual Health
- Wound Management
- Podiatry (private service)
- Myotherapy (private service)
- Counselling (Mitchell Community Health)

To find out when these services are next visiting Buxton please call Alexandra Community Health (03) 5772 0800.

Marysville Medical Clinic

Clinic is now open Tuesdays and Thursdays from 10.00am until 5 pm.

Dr Fraser is now seeing patients at the Buxton Community Health building.

When Dr Fraser is unavailable, patients will be seen by:

Dr Rod Trevena (Thursdays) or

Dr Stephen Trumbe (Tuesdays)

For appointments please call 5772 0888 and leave a message.

Appointment times will be confirmed by return call during clinic hours.

Flu vaccinations are now available at the Marysville Medical Clinic.

Please phone 5772 0888 to make an appointment.

Flu vaccines are subsidised for over 65's, otherwise \$15 per vaccine.

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Sharon: 0409 522 716

Ph: (03) 5962 5117

ABN: 24 856 131 674

(PPCA Licence No: 370602)

TENNIS (FREE!)

At Buxton Reserve
4:00 pm (Note change) Mondays
All ages – coaching
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Bring racquets, soft shoes
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What every man needs to know

A public forum on men's health



**Merv Hughes (ambassador for Andrology Australia and
Cricket great),**

Dr David Pierce (Beyondblue)

And local GP Dr Bill Dwyer

Come with your family and friends for clear factual information

Date: Sunday 3rd May

**Venue: Seymour Performing Arts Centre
Seymour Secondary College**

Time: 1:00pm – 3:00pm

Admission: Free

For further details contact Mike Wilson

Ph: 03 57354635

Mob: 0458 937 342

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PLEASE CONTACT

Stuart a/h 5774 7549
or Kym 0450 133 017



“Victorian Bushfire Appeal Fund \$50,000 Grants”

If you have received your letter regarding your Grants Entitlements, part of the process is to have a one-on-one session with a Bank representative.

Bendigo Bank will have representatives at the Buxton General Store on April 27th, 28th, 29th, 30th and May 1st to assist you with your Applications.

For further information please call Mike Fleming on 0408 101 487 or Upwey Branch on 9754 1200

The Triangle Community Sausage Sizzle

held every Sunday 4.00 - 6 p.m.
at Marysville Golf Course

for our Local Communities to come together
& catch up with old friends and meet some new
presented by Marysville & District Lions Club

Attendances have been good each week, but on Sunday 19th April, a large number of our non-resident home owners were welcomed.

Fortunately they were ‘in the know’ and came prepared for the occasion of Dr Lachlan’s birthday, with four iced, cream sponges, and on each the wording “Happy Birthday Lachlan”.

Lachlan was also presented with a builder’s nail bag, complete with a hammer, and a demo on how to use the same.



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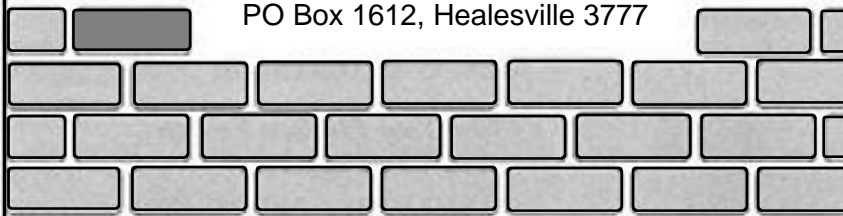
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Your Health and Well-Being

From Community Health

First Aid for Mental Health

First Aid is the help given to an ill or injured person before medical treatment can be obtained. The aims of first aid are to preserve life, prevent deterioration of the condition, and provide comfort to the ill or injured person.

Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis. Like regular first aid, the aims are to preserve life (where the person is a danger to themselves or others), to prevent the problem becoming more serious, and provide comfort. Mental Health First Aid teaches how to recognise the symptoms of mental health problems, how to provide initial help, and how to go about guiding a person to appropriate professional help.

There is a stigma associated with mental health problems, and many people are not well informed. This results in many people not getting the help they need. One in five adults will experience a mental health problem at some time in their life, so most of us will be touched by mental health issues either directly or indirectly.

Do you know what to do if someone is having a panic attack? Hearing voices? Suicidal? Irrational? Aggressive? Mental Health First Aid training could help you manage such situations.

The Mental Health First Aid course is available locally. A course is running in Yea in April; another course is planned for Buxton in May 2009. The course runs for 12 hours – the Buxton course will be held on four evenings. The course is often held over two full days. The Buxton course will cost \$30 (with a concession for bushfire volunteers).

If you are interested in knowing more about mental health problems and being better equipped to manage mental health situations, contact the course instructor Margaret McLauchlan at Community Health (numbers below) or on mobile 0419 538 589. Courses can be run anywhere in the Murrindindi Shire (or beyond) if there is enough interest.

Community Health at Yea Hospital – phone 5736 0400 and at Alexandra Hospital – phone 5772 0800

“Your Health and Well-Being” articles are available on the Alexandra District Hospital website under Health News – www.humehealth.com.au/alexandra.

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- Delicious Vegetarian Lunch
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- Health Lecture
- Free Consultation with Highwood's Doctor If desired

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This free offer available till 31/8/2009

animalaid



Animal Aid would like to let residents know that even though we are no longer officially operating with in your townships, we are still available to offer assistance on request. If you have a missing a pet or need support with pet food or supplies, we will do our best to help you, all you have to do is call.

9739 0300 or visit
www.animalaid.com.au

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HELP AVAILABLE

Hi

I would just like to offer my services to anyone in Marysville who may need some help cleaning up and so on. I am a qualified horticulturist, and have most of my own tools and a ute I am happy to assist and volunteer my time where I can, weekends are best.

Please just send me an email willjohnston84@bigpond.com or give me a call 0421 846 821

Best wishes

Will Johnston



Come and join your local community and event cyclists at the

MARYSVILLE-LAKE MOUNTAIN FIRE RELIEF RIDE DINNER

Where: Marysville Golf and Bowls Club

When: Friday 1st May 2009

Time: 7pm

Cost: \$25 per head for 2 course spit roast carvery dinner

Inclusions: Selection of spit roast carvery meats, salads and potatoes, with an array of different cakes for dessert. Drinks will also be available at bar prices.

RSVP: Bookings to be made by Monday 27 April to Trudi by phone on 5957 7201 or email marketing@lakemountainresort.com.au.



OPPORTUNITY OF A LIFETIME !

Marysville has the opportunity to create a community facility to cater for the needs of all community organisations - no longer a multitude of individual halls - everything in one facility.

Please put your thinking caps on, broaden your imagination, make a submission to the Gallipoli Park Committee of Management to enable ideas to go forward so that concept designs can be drawn.

Don't delay, send your submission to:

The Secretary, Gallipoli Park C.O.M., PO Box 83, Marysville, 3779, (our mail is being re-directed), so that concept plans and community consultation can commence.

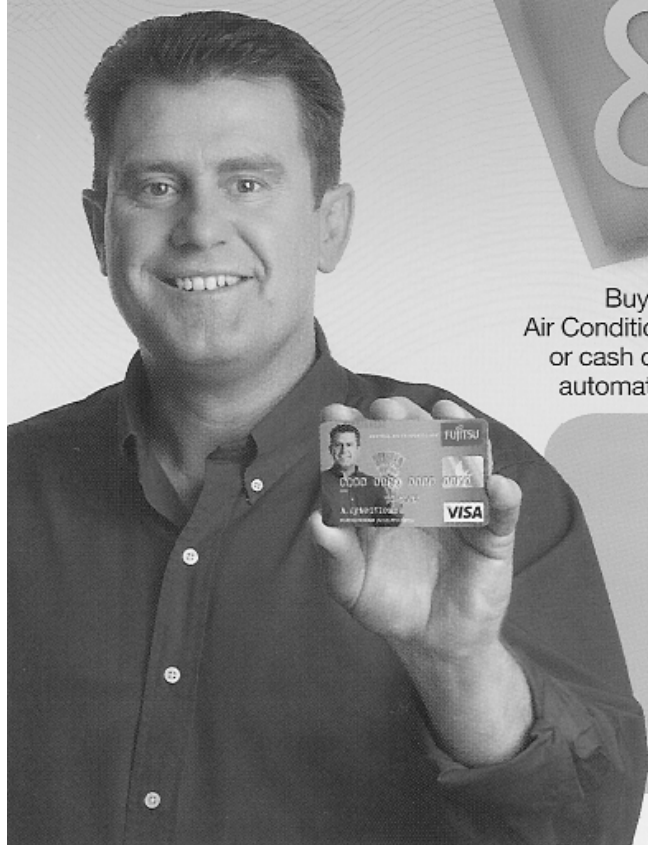
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ALEXANDRA REFRIGERATION

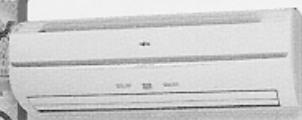
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