



HEYFIELD NEWS

Heyfield's own weekly not-for-profit community newsletter - still only 50c!

ISSUE 54 | Thursday 25 March 2020

Statement
The Hon Dan Andrews MP
Premier



Monday, 23 March 2020

STATEMENT FROM THE PREMIER

Victoria Police has established a coronavirus enforcement squad of five hundred officers to ensure containment measures that have been put in place to combat coronavirus are followed.

Coordinated through the Police Operations Centre, the officers will be out in the community doing spot checks on returning travellers who are in 14-day isolation, as well as enforcing the bans on indoor and outdoor 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 today which is aimed at slowing the spread of coronavirus.

The businesses that will close due to the Stage 1 shutdown include pubs, clubs, nightclubs, Crown Casino, and licensed venues in hotels and pubs. It also includes gyms, indoor sporting venues, places of worship, cinemas and entertainment venues. Restaurants and cafes will only be allowed to provide home delivery or takeaway services.

This decision and other containment measures are meaningless if Victorians don't take them seriously or don't think they will be caught if they flout the rules.

Such thinking is wrong and the new coronavirus enforcement squad at Victoria Police will take action against anyone caught doing the wrong thing.

The Stage 1 shutdown will have a significant impact on the lives and livelihoods of many Victorians, but if we don't do this, more Victorians will contract coronavirus and more Victorians will die.

The decision will be reviewed regularly by the National Cabinet, and speaking as honestly as possible, it's likely that governments across Australia will need to go further in the days and weeks ahead.

The Government can also confirm that school holidays for government schools in Victoria will be brought forward, starting on Tuesday 24 March. Schools will use this time to support teachers and staff plan for flexible and remote learning in the event schools need to move to that method of teaching.

I have recently told Victorians that the Government will ask them to do things they have never experienced before – these are the types of measures that I was talking about.

I also call on every Victorian to undertake their civic duty and practice social distancing: don't be closer than 1.5 metres from another person, wash your hands and practice good hand hygiene.

Do that for yourself, your loved ones and for the loved ones of people you have never met. It will save lives.

They Heyfield News is committed to bringing its community factual and relevant information at this challenging time.

The Heyfield News is produced by the Heyfield Community Resource Centre and welcomes stories from across the Wellington Shire.

The content is the responsibility of the contributors and does not necessarily represent the views of the Heyfield Community Resource Centre.

READ THE HEYFIELD NEWS IN FULL COLOUR ONLINE!

Interested in receiving the Heyfield News on-line? Find out more at heyfieldcommunity.org.au or call the Heyfield Community Resource Centre.

All submissions and ads must be in by:

12PM MONDAY

email: heyfieldnews@heyfield.net



The Heyfield News is proudly supported by the Wellington Shire Council

UPCOMING EVENTS

APRIL 2020

- Wed 1st Festival of Halls Concert, Heyfield Memorial Hall - Cancelled
- Sat 4 Heyfield Community Market
- Tues 7 Good Friday Appeal Morning Tea - Cancelled
- Sat 11th Coongulla's Annual Paddy's Market - Cancelled
- Sunday 19 Tinamba Food & Wine Festival - Cancelled

MAY 2020

- Sat 16 - Sun 17 Heyfield Vintage Machinery Rally - Cancelled
- Sat 23rd Comedy - The Merger, Heyfield Memorial Hall

OCTOBER 2020

- Fri 16 - Sun 18 Licola Trout Competition

**LIONS RAFFLE ROSTER
Cancelled until further notice**

**Have something coming up?
Let us know**



HEYFIELD COMMUNITY RESOURCE CENTRE

5 George Street, Heyfield VIC 3858

03 5148 2100

heyfieldnews@heyfield.net



Ten ways to reduce your risk of coronavirus

- **WASH** hands often with soap and running water, for at least 20 seconds. DRY with paper towel or hand dryer.
- **TRY** not to touch your eyes, nose or mouth.
- **COVER** your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- **ISOLATE** yourself at home if you feel sick. If you take medication ensure you have adequate supplies.
- **PHONE** your GP first if you need medical attention. They will tell you what to do.
- **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.
- **DON'T** wear a face mask if you are well.
- **BUY** an alcohol-based hand sanitiser with over 60 per cent alcohol.
- **GET** the flu shot (available April).
- **SHAKING HANDS** is optional!



Find out more

www.dhhs.vic.gov.au/coronavirus

If you are concerned, call the

Coronavirus hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only

To receive this publication in an accessible format email COVID-19@dhhs.vic.gov.au
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Health and Human Services



HEYFIELD MEDICAL CENTRE

Dr. Peter Stevens MBBS FACRRM Dr. Andrew Roberts MBBS FRACGP
Dr. Sarah Christian MBBS Dr Ben Karsz
Dr. Fiona Zafiris Dr Emma Beaton
Dr Damian Hannon Dr Chaminda Amarasekara

To protect the most vulnerable patients in our community we have taken steps to significantly limit the number of patients who come into the clinic in person.

Please ring to make an appointment and patients will be offered a consultation via phone and the Doctor will determine if you can come into the Clinic, or even be seen in your car.

Phone consultations are only possible for our regular patients.

Patients who meet the following criteria will be bulk billed for this service:

- People aged over 70
- Aboriginal and Torres Strait Islanders over 50
- People with chronic health conditions or who are immunocompromised
- Parents with new babies and people who are pregnant
- People isolating themselves at home with suspected COVID-19.

The eligibility may change as the government changes the rules daily.
All other patients will be charged a fee.

If you have any respiratory symptoms the Doctor will initially assess you via phone and determine the next steps to take.

Please ring on **51482201** to arrange the appropriate care that you require.

This also includes any patients requiring to have pathology done.

We apologise for this inconvenience but please understand we are trying to protect those most vulnerable in our community.

FLUVAX

We will be commencing Fluvax clinics as soon as we receive our supply of Fluvax.

Please phone the Clinic to book an appointment for your Fluvax. One of the Doctors will ring you the day prior to your appointment to assess your eligibility for the Government supplied vaccine and give instructions as to how we will be administering this vaccine.

It is very important that you do not come to the Clinic until you have had this discussion with the Doctor.

Thank you for your co-operation at this time.

Wellington Shire Council Operations

(As per the Wellington Shire Website 24th March 2020)

Wellington Shire Council Operations

Update on services and events facilitated by Wellington Shire Council. Please be aware that Council is taking the daily advice of the Chief Health Officer, and the situation may change.

Wellington Shire Council Service Centres

Face-to-face operations at Wellington Shire Council Service Centres have ceased due to COVID-19 (Coronavirus) recommendations. Customer service is still be available via phone on 1300 366 244, email to enquiries@wellington.vic.gov.au and by completing a Customer Action Request Form.

Bin Collections

Bin Collections are taking place as per usual.

Waste Facilities (Tips)

Operating as per usual.

Wellington Shire Council Libraries

All Wellington Shire Libraries in Sale, Yarram, Heyfield, Stratford, Maffra and Rosedale (including library events) are CLOSED. Our e-Resources can still be accessed via our Library e-Resources page

Aqua Energy Leisure Centre

The Aqua Energy Leisure Centre (including swimming pools, swim school, gym and group fitness classes) is CLOSED.

Gippsland Regional Sports Complex

The Gippsland Regional Sports Complex (including social sport programming) is CLOSED

Gippsland Art Gallery

The Gippsland Art Gallery is CLOSED.

Gippsland Regional Livestock Exchange

The Gippsland Regional Livestock Exchange is open for only essential people to attend sales. Essential people include agents, saleyard staff, transporters and buyers.

Please go to www.wellington.vic.gov.au for further updates



TAKE AWAY FOOD AVAILABLE IN HEYFIELD

The following businesses are **currently** providing a take away food service

- **Cafe 3858** - open Tues-Sun 9am -2pm, menu on Facebook page call 5148 3447
- **Stag & Doe Cafe** - 8am -2pm 5148 3385
- **Stoddies Diner** - 9am - 8.30pm regular take away service available, 5148 2700
- **Heyfield Corner Store** 8am-7.30pm - regular take away service available, 5148 2981
- **Heyfield Bakery** - Mon- Fri, 5am-3pm 5148 2809
- **Timberline General Store** - 6am -9pm 5148 2356, **card only**

PLEASE CHECK FACEBOOK FOR UPDATES OR
RING AHEAD. INFORMATION CORRECT AT TIME
OF PRINTING



24th March, 2020.

HEYFIELD COMMUNITY RESOURCE CENTRE UPDATE

The Heyfield Community Resource Committee of Management have taken the following steps to ensure the safety of our staff, volunteers and community during the COVID-19 outbreak.

The Resource Centre building is now closed to the public. However, our volunteers and staff are working on programs to keep Heyfield connected. These will be implemented over the coming weeks and months.

WHAT WE CAN OFFER:

- Take-away community lunches every Wednesday at 12pm, including over the school holidays. Lunch is still \$5
- Free wi-fi that can be accessed from outside the building
- Kids House childcare is operating until directed to close by the Government
- Green Machine gardening service is still operating
- Heyfield News will still be printed and available online each week

WHAT WE CANNOT OFFER:

- Groups, activities, programs and classes have been postponed until further notice.
- Cleaning services have been postponed until further notice
- The Men's Shed is closed until further notice.

The office will be unattended for the school holidays from Friday 27th March and re-open on Tuesday 14th April. At this stage, Caroline and Julie will be back in the office on Tuesday 14th April.

How to stay in touch:

Phone – 5148 2100

Email – coordinator@heyfield.net

Facebook - www.facebook.com/hcrc3858

As your local Neighbourhood House, we remain committed to ensuring our community is connected and supported.

Thanks for your understanding.

P: 03 5148 2100
E: coordinator@heyfield.net
W: www.heyfieldcommunity.org.au

PO BOX 201
5 George Street, Heyfield



24th March, 2020.

GIVE IT A GROW GARDEN BUSHFIRE RECOVERY PROJECT UPDATE

The current COVID -19 crisis has overshadowed the situation the survivors of the summer bushfires still find themselves in.

As we are advised to distance ourselves physically from others and retreat to our homes, the 'GIVE IT A GROW' initiative encourages you to see this time as a highly productive period when plants can be grown to re-vegetate devastated gardens in East Gippsland.

The face-to-face gardening workshops 'GIVE IT A GROW' had planned for this year may be on hold for a time, but we have a solution!

From next week, each issue of the Heyfield News will feature articles on a wide range of horticultural techniques and information. Please send the 'GIVE IT A GROW' team an email on the address below and tell us your favourite handy hints and tricks for successful plant growing. These can then be shared on our social media site via the Heyfield Community Resource Centre; in the Heyfield News; or in an email.

If you are having trouble giving a name to something growing in your garden (or next door's even), then send a pic in an email and the 'GIVE IT A GROW' team will endeavour to identify it, advise the optimum growing conditions, and how you can successfully propagate from it.

With school holidays ahead, why not introduce kids to the wonder of gardening and growing things. It could be as simple as seeds sprouting on a tray of moist cottonwool or paper; or even starting their own little garden – be it outside, or inside in a pot. Encourage them to start a gardening diary, and they too can be part of the 'GIVE IT A GROW' programme.

The 'GIVE IT A GROW' team is currently finalising details of a Kids Penpal Club, where children from fire-affected communities can communicate via the 'GIVE IT A GROW' email site with others from our area, and share their stories about the rebuilding of their home gardens and gardening in general.

Don't forget about the survivors of the bushfires in East Gippsland, and please GROW,
GROW, GROW, for 'GIVE IT A GROW'

Email: giveitagrowgippsland@gmail.com

P: 03 5148 2100

E: coordinator@heyfield.net

W: www.heyfieldcommunity.org.au

PO BOX 201

5 George Street, Heyfield

**LOST YOUR JOB OR HOURS AS A RESULT OF COVID-19
RESOURCES AVAILABLE FOR YOU**

What's Next?	https://whatsnext.employment.gov.au/	What's Next? Helps you decide what to do if you have been retrenched or are looking for a new career. There is help for finding a job, getting some training and looking after yourself.
Job Outlook	https://joboutlook.gov.au/	Your guide to Australian careers JobOutlook can help you make the decisions about study and training, your first job or the next step in your career. Skills Match - Career Quiz - Future Outlook are tools to help you make decisions.
jobactive	www.jobactive.gov.au	jobactive helps people find work and better meet the needs of employers. jobactive providers have the flexibility to tailor their services to your assessed needs. They can help you with: -finding a job -help to start a business - relevant training and support -identifying your skills and attributes -writing job applications -interview tips and techniques
Services Australia/ Centrelink	www.servicesaustralia.gov.au Call 13 28 50. https://www.servicesaustralia.gov.au/individuals/subjects/affected-coronavirus-covid-19	Services Australia (used to be Centrelink) can assist you with financial information about: -income support options -effect of redundancy payment on receiving income support -waiting periods (depending on the amount of money you have to support yourself) -adjusting your Family Tax Benefit estimate or adjusting Child Support information -Youth Allowance entitlements for dependent children.
Financial information Service	https://www.servicesaustralia.gov.au/individuals/services/financial-information-service	A free service that can inform and educate you about financial matters.
MoneySmart	http://www.moneysmart.gov.au/	MoneySmart is a government website with tips and tools to help make the most of your finances, including a DIY budget toolkit, how to manage your money, or deal with credit or debt.
Beyond Blue	http://www.beyondblue.org.au/ Call 1300 22 46 36.	Provides a free support service and information resources on depression and anxiety for all age groups.
Lifeline	http://www.lifeline.org.au/ Call 13 11 14	Lifeline provides online, phone and face-to-face crisis support.
Training – Skills and Jobs Centre	https://www.tafegippsland.edu.au/service/skills_and_jobs_centre	S&JC provides people with independent advice on study and job options; offering support to those who are looking for training, considering a career change, transitioning or looking for work.
Treasury	https://treasury.gov.au/corovirus	The Australian Government has announced an economic response totalling \$17.6 billion across the forward estimates to protect the economy by maintaining confidence, supporting investment and keeping people in jobs. Additional household income and business support will flow through to strengthen the wider economy.



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- Tips & Ideas -

Working from home

Tips to keep you engaged and connected whilst working from home.

Working from home presents its own challenges and benefits. With a little thought though, working from home can be really productive and doesn't need to be too isolating.

Create a daily to-do list

Help keep yourself on track by preparing a daily to-do list every morning. Things will not only get done but it's satisfying ticking things off.

Set ground rules

If other people are home, make sure they are clear on when you are or are not working to avoid disruptions.

Schedule breaks

Keep your company's policy on break times and give yourself adequate time in the day to take a walk and get away from the screen.

Stay healthy

In a formal workplace, the OH&S team make sure we have suitable furniture and computer set-ups to avoid strain. Be sure to do this at home too.

Do something with your commute time

If it usually takes you 45 minutes to get to work, you officially have that extra time in your day. Use this time for some self care, such as exercising, meditating or reading a book.

Overcommunicate

In the absence of face-to-face meetings and body language, be sure to be extra clear with instructions or expectations of your working partners so that everyone is on the same page.

Maintain regular hours

It can be tempting to start early or work late, but resist the urge and stick to your regular hours to maintain your normal routine.

Take advantage of the perks

Lets face it, working from home can have some perks. Whether you're able to put on a load of washing, have cuddles with your pet or have your own music playing, enjoy it!

Dress the part

Dress for work, even if you could be in your PJ's. Dressing the part can help prepare you for a work mindset.

Stay connected

There are many simple ways to stay virtually connected to your colleagues. Set up a virtual meeting room for morning team meetings so you can say hello to everyone, use Apps like Skype or Zoom to have 'face-to-face' meetings.

Dedicate a work space

This can be physical or virtual. It can be tempting to open work emails when you're checking your personal emails during 'home' time. Set up your computer to have separate email or create a separate login so you are clear about when you are and are not logged on for work.



- Tips & Ideas -

Keeping active at home

Tips to keep you physically active at or near home.

Keeping active can be a little more challenging when restricted to solo pursuits. However, with a little creativity we can all get enough exercise at home.

Look online

YouTube is a treasure trove of online workout sessions, or dust off that old Michelle Bridges DVD and get moving!

Give yourself space

Move the furniture and turn the lounge room into your own workout studio.

Bike Ride

If leaving the house is possible, head out for a bike ride on some of the beautiful and open trails in the area.

Yoga

Search up a yoga routine online and enjoy raising your heart rate, strengthening and some calming music.

Embrace Virtual

We may not be able to exercise in groups, but we can still compete if that's your thing. Create virtual competitions and challenge your friends using fitness apps.

Equipment

No fancy equipment required. There are lots of items around the house that you can use for your workout; load up a backpack for added weights, use the stairs for some glute work or use a towel as a yoga mat.

Grab a ball....and a kid

A great way to spend time with the kids and get you both active. Grab a ball and head outside for some soccer or basketball. This can be a great cardio workout plus time flies when you're having fun.

Run or Walk

A great way to clear the cobwebs from the body and mind, if leaving the house is an option. Running or walking is not only great exercise it can be done without a crowd.

Routine

Establish a routine at home to make sure you do some sort of exercise each day. Wake up early and head out for a walk before your work day starts, or find a yoga routine online for some evening zen.

HEYFIELD HAPPENINGS

Congratulations Scott and Kelsey Dennis on their wedding

Surrounded by family and friends, Scott and Kelsey were married on Saturday March 14th at St.James Church, Heyfield, followed by a reception at the Laurels, Sale.



Happy 21st Birthday Kelsey



Happy 13th Birthday Katelyn



Congratulations to Gerard Kennedy
on his graduation



Do you have a friend or loved
one who has a
birthday coming up?
Let us know at
heyfieldnews@heyfield.net

HEYFIELD HAPPENINGS

Well done to Danial Parker on receiving a Certificate of Merit from the Master Builders 2020 Gippsland Regional Apprenticeship Awards

Sue Scott had a great time at Maddy's Heans Day, her future daughter-in-law



JUST STAY COOL
AND STAY FOCUSED.

Ashton Eaton



Escape From the Jungle - Belize 2020

Kev Hanson & Adam Wake just got back from their adventures in the jungles of Belize. I (Kev) am now in the first week of self isolation due to the Coronavirus. This is part 1, covering the week of survival training before the big race.

We left Melbourne early on Feb 22nd and by crossing the International Dateline, we arrived more than 32 hours later in Placencia, Belize and it was still the 22nd! Had a day to sort through all our gear and try to acclimatise a bit before catching a bus in the morning of the 24th for about a four hour drive out to our training facility. We were the only 2 Australians in a group of just 14 competitors from around the world who had signed up for this first-of-its-kind event. Japan, the U.K., Canada, U.S.A. and France were the other countries represented, with varying levels of ultra marathon experience and there were six medics along to attempt to keep us as safe as possible.

Our trainers for the week were two Belizeans with vast jungle, river and cave experience, Marcus & Jose, who often train special forces teams from around the world as well as providing rescue services for various extreme pursuits.

The first lessons were in knots and making harnesses for the abseiling that would be a major part of day 1 of the race. A couple of days later, we did some abseiling practice which was fine for Adam & I as we both had plenty of previous experience but some others had never done it before and it was great to see the support they got from the rest of the group to overcome their fears.

Throughout the week, we had a number of hikes and as we went, we were shown some of the numerous plants & trees that can provide food in the jungle. Many required cooking but some were able to be eaten straight away. Generally not super tasty but good enough for a bit of energy when nothing else is available, and some foods, such as the “Heart of Palm” required a lot of machete hacking into a particular palm tree to get to the edible inner core.

Speaking of machetes, we had a few sessions of trying to navigate our way through what we thought was thick jungle whilst keeping on a straight line using a compass bearing. It was hot and sweaty work and took around half an hour to move only one kilometer. We were to find out later that the supposedly thick jungle was really not that bad, described by one of the French team as being a garden in comparison to what we would later face. Other skills we were taught through the training week included negotiating rapids when swimming in the river, angling our bodies the correct way to steer us and our packs to safety. We also had a go at fishing which Adam was the most successful at so we all had a nice dinner that night! We were shown how to make a snare to try to catch birds for dinner but we never actually caught anything with it.

The medic team gave a number of talks on how to look after ourselves, in particular our feet, and what to do in case of a variety of bites that we would possibly suffer along the way. Scorpions, spiders and snakes were our main worries in terms of life threatening bites but the mosquitoes had the possibility of carrying Dengue fever so we had to be very diligent with our insect repellent too. They also spoke of the dangers of dehydration and heat stroke as well as hyponatremia which is a lack of sodium that can lead to nausea, confusion and fatigue, not the sort of symptoms you want to have in the jungle with all the other dangers around!

One morning, we went for a walk along the river and spotted a female iguana laying on a tree branch above our heads. Marcus cut a pole from a bamboo plant, made a small loop of strong string on the end and very skillfully lassoed the reptile without it even noticing until it was too late. He then strapped it, still alive but surprisingly calm and sedate, onto his back to take back to camp to show us how to prepare and cook it. When he cut it open, there were a few dozen eggs inside which we all tried eating after they'd been boiled for a bit. Quite a dry, chalky texture but not too bad. The iguana itself was then cooked over the fire and it was OK but due to the possibility of parasites in it, we had to cook it for a long time which dried out the meat quite a lot, no cooking things to medium rare in the jungle!

On our second last night at the training camp, we were sent off in our teams into the nearby jungle and told to set up camp for the night. This was a final test to make sure that we would be able to safely set up our hammocks after clearing an area with our machetes and making a fire to cook our dinner on. Adam also made himself a little seat that actually held his weight, in a modified version of a bed that Jose had crafted a couple of days earlier.

On the day before the race began, we were loaded into three utes, some people in the trays, some in the comfy seats inside, and were driven for a few hours up into the Mountain Pine Ridge Forest Reserve until the rough track became too narrow for the vehicles then we hiked to the starting point for the race. Starting time was set for 6am so we got to bed as early as we could, a big week ahead but that will be in next week's Heyfield News!

Fundraiser: Crazy adventures such as what we've just gone through are often used as a platform to raise money for worthy causes. With this in mind I've set up a Gofundme page to help "Cottage by the Sea" (Adam's new workplace) support families affected by the bushfires over the next three years. Obviously Covid-19 has taken over the attention of the media and is probably making life difficult & stressful for most of us but I just imagine how tough it would be to be going through all the isolation issues after losing your home to the fires and think we're pretty lucky. Whatever donations you are able to make would be most appreciated so please go to:

https://www.gofundme.com/f/q24af4-cottage-by-the-sea?utm_source=facebook&utm_medium=social&utm_campaign=p_cf+share-flow-1&fbclid=IwAR2pcEvsHgB-QkCJXbcMMTNaU03gXr3BKOE9tNn4H8ey6H-5f1Mf3IyvqFIw

Or go to [gofundme.com](https://www.gofundme.com) and search "Kev Hanson".



Hammocks at the training camp



Adam showing Jose his catch



With the iguana



Adam, Marcus and Kev - the night before the race



- Tips & Ideas -

School Holidays with the kids

Tips to keep the kids occupied at home during the school holidays.

School holidays can be a great time to get out and about with the kids. However there are lots of things you can do at home to keep everyone amused.

Get creative

Art is a wonderful way to engage children of all ages. Build a kite, paint a masterpiece or make a collage.

Movies

Heat up some popcorn and head to the couch. Netflix, Foxtel or free to air all have great movie options to keep viewers of all ages interested.

Make Cards

Get a head start on Christmas, or any occasion, by decorating cards now.

Cook

There is no shortage of fruit and vegetables, so school holidays is a great chance to get the kids involved in learning how to make a nutritious meal like vegetable soup or a stir-fry.

Camp out

Pull out the camp gear and set it up in the backyard. Whether you sleep under the stars or not, this is a great activity for day or night. Add in a scavenger hunt in the garden or toasting marshmallows over the bbq, then you've got the full camp experience.

Move the furniture

Turn on the music and choreograph a dance, make a cubby out of the table, make a giant duplo building or a long hotwheels track down the hallway.

Redecorate

One for the older kids - have them re-organise and decorate their bedroom.

Stay active

Ensure your children are keeping active. Dust off your bike and head out onto your local trail, have a picnic in the park or set it up in the backyard. Play a game of soccer or hide and seek or set up a treasure hunt.

Science experiments

There are lots of opportunities for science experiments using just what's around the house: make slime, grow a grass head, inflate a balloon with fizz! There are an endless number of experiment methods to be found online.

Get out the camera

Pick a theme and let your budding photographer go. Perhaps a nature theme or portraits. Make it a competition or better yet, let them pick their favourite to print.

Make a movie

Great for slightly older children, they can write, act and direct their own movie while you play cinematographer recording on your phone with a coffee in hand!

Timecapsule

Prepare a time capsule with the kids and bury it for a few years. Include items that represent the children's hobbies and passions and have them write letters to their future selves. This is also a good opportunity for them to list their anxieties about what is happening in the world and to bury those too.

COMMUNITY LUNCH EVERY WEDNESDAY AT THE RESOURCE CENTRE

PICK UP 12PM, \$5 DONATION



We want to hear from you!

Got a book, film, tv or music
review of something you loved
or equally disliked?

Have you found an activity
that you can do at home and
love?

Tell us about it and we will
share it with our readers.



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NEW HIRE EQUIPMENT

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LOCAL SPORTS

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Wednesday 18th March Stableford Silver Spoon
Winner Div 1 D Parker 44 S/Spoon R/Up M
Brand 33
Winner Div 2 R O'Brien 41 R/Up W McDonald
33
D/Line O Kennedy 31 G Moir 31 C/B
N/Pin R O'Brien T/Hole 3rd D Parker

Thursday 19th March Chicken Run Stableford
Winners A McDonald 28 P Coleman C Anderson
27
J Lehman 27 N/Pins 3rd L Evans 18th J Lehman

Friday 20th March Stableford
Winner Div 1 A Sterrick 34 Div 2 Ray Winter C/B
D/Line T Brand H Martin 38 D Parker 34 G
Krutli 32
N/Pin 3rd Ray Winter 18th A Carolan

Saturday 21st March Stroke
Winner Div 1 C Anderson 68 R/Up K Gell 71
Winner Div 2 A Clyma 71 R/Up N Innes 75 C/B
D/Line L Evans 72 J Sherrin 72 C/B
N/Pins 3rd G Lobb 18th J Sherrin
T/Hole 15th J Sherrin

Next week's event Stableford

ROBYN'S RECIPES

RHUBARB AND STRAWBERRY PIES

INGREDIENTS

3 sheets frozen puff pastry, thawed
One and a half tblspns cornflour

375g trimmed rhubarb stalks, roughly chopped

1/3 cup caster sugar

Tspn vanilla essence

250g strawberries, halved

TOPPING

3/4 cup plain flour

100g butter, chopped

1/3 shredded coconut

1/3 cup sugar

METHOD

Lightly grease a 12 hole muffin tray

To make filling, blend cornflour with one tblspn water until smooth

Place rhubarb, sugar, vanilla and 2 tsp sugar water in a frying pan over medium heat

Stir until sugar is dissolved

Bring to boil, stir for about four minutes or until rhubarb is tender

Stir in strawberries then cornflour mix

Cook, stirring for one minute, or until boiling and thickened

Transfer to heatproof bowl and cover

Refrigerate until cold

TOPPING

Place flour in medium bowl

Rub in butter with fingertips until mix resembles breadcrumbs

Stir in coconut and sugar

Place pastry sheets on clean bench

Using 10cm cutter, cut out 10 circles

Press into muffin pan

Spoon filling in and sprinkle with topping

Cook in 240C oven (500F or gas mark 7) for 15 mins or until pastry is golden

Remove and stand for 5 mins. Serve with custard or cream

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CLASSIFIEDS

Community News

Heyfield Ambulance Auxiliary

General Meeting: 7.30pm, 24th February, 2020.

Meeting dates: 25th May, 31st August & 26th October 2020.

All welcome at Ambulance Station, Gordon Street, Heyfield.

Equipment Hire

DINGO HIRE: Call Heyfield Garden Supplies new hire equipment. Tel 0487 87 87 60

Community News

HEYFIELD & DISTRICT HISTORICAL SOCIETY

The Museum is closed until further notice

Colour copying now available at the Resource Centre

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Rates per week. Local Services \$170 per year.
Call the Resource Centre for details 5148 2100

HEYFIELD LIBRARY

Is closed until further notice

HEYFIELD TRANSFER STATION

Tuesday: 11am - 5pm

Thursday: 1pm - 5pm

Saturday: 1pm - 5pm

Sunday: 11am - 5pm

Closed Christmas Day, New Years Day, Good Friday and Code Red or Extreme Fire Days

SALE SHOPFITTERS

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Paul Stevenson
Clynes Road, Heyfield

Ph: (03) 5148 2033

Mob: 0407 431 517

13 Invictus Crt, SALE

Ph: (03) 5144 6622

Fax: (03) 5143 1516

LOCAL DIRECTORY

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Critch's Country Meats
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Byteman Solutions
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COUNSELLOR

Sue McDonald
0412 989 751

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Heyfield Family Dental Care
5148 2273

ELECTRICIAN

Latrobe Valley Electrical Services
5148 2225

GENERAL STORE

Timberline
5148 2356

HAIRDRESSER

Sue's Cut 'N' Style
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ELECTRICIAN

Latrobe Valley Electrical Services
5148 2225

HANDYMAN

Handyman Dan of Gippsland
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MOBILE MECHANIC

NC Perry Mobile Mechanic
0403 017 820

PAINTER

Alan Mackintosh
0488 193 561

EMERGENCY

RING 000 FOR POLICE, FIRE
AND AMBULANCE

SERVICES

PLUMBER

Pace Plumbing
5148 0212

REAL ESTATE

Gippsland Real Estate:
Heyfield office - 5148 3007
Bec Rose - 0422 425 668

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Heyfield Scrap Metal Recyclers
0427 299 001

SMALL ENGINE REPAIRS

R & K Vernon
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5148 2380

TREE LOPPING

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and bocat hire
5148 0505 | 0408 480 508

COMMUNITY GROUPS

HEYFIELD MEMORIAL HALL

Bookings: Wendy 0439 451 892 or
Mary 0458 466 149

HEYFIELD WETLANDS

5148 3404

HEYFIELD COMMUNITY RESOURCE CENTRE

5148 2100

HEYFIELD LIONS CLUB

Contact 0427 023 077

HEYFIELD MENS SHED

5148 2100

HEYFIELD RSL

Contact 0418 200 562

HEYFIELD SENIOR CITIZENS

Contact: Lin 0413 428 874 or
Mary 0458 466 149

USEFUL NUMBERS

HOSPITAL - HEYFIELD

5139 7979

MEDICAL CENTRE

5148 2201

LIFELINE

13 11 14

NURSE ON CALL

1300 60 60 24

POISON INFO LINE

13 11 26

SES

13 25 00

WELLINGTON SHIRE COUNCIL

1300 366 244

JUSTICE OF THE PEACE

Mrs. H. Dennis OAM - 5148 2377
Lee Clarke (Glenmaggie) -
0418 108 691

UNITING CHURCH SERVICE

We meet every Sunday at 11am
except 2nd Sunday in the month
when we meet with the Anglican
Church at 9.30am.

Local contact:
Rod & Julie 0429 492 467

ANGLICAN CHURCH SERVICE

Heyfield: 9.30am. Every Sunday,
apart from 3rd Sunday of the
month

Tinamba: 9.30am every 3rd
Sunday of the month.

Rev. Judith Lake

ST MICHAEL'S CATHOLIC CHURCH

Weekend mass times: Saturday
6pm, Parish Priest Fr Siju Xavier



0 784927 298657