

Dunoon and District

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Gazette

Issue No 164

December 2017 – January 2018

www.dunoongazette.com



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Dunoon and District Gazette

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**Next Issue:
April – May
2018**

**Copy Deadline:
March 21st**

Thank you to all contributors, distributors and advertisers

A FEW WORDS FROM THE EDITOR...

The layout and editing for this issue has been done by Mez Fisher, and it was with much relief that I was able to leave this important task in the hands of such a competent and capable person while I was away for a few weeks.

Thank you to all of you who sent copy for ads and articles on time for her to work with. Mez has finalised the issue when I was completely unavailable via phone or e-mail, so please forgive us if there is anything that has slipped through in the handover. Please continue to liaise via the editor@dunoongazette.com e-mail address which comes through to both of us.

I will be doing the next edition of the Gazette and we plan to share the editing and layout of the Gazette in the future. It will be very good for the community to have the backup of two editors and we also intend to train another person in how to use the software required to further manage the risks associated with key personnel not being available or overloaded.

It is both a pleasure and a privilege to be the editor of our local paper, but is occasionally a challenge to fit in with other work and personal commitments. I am very pleased that I will be able to share this in future, and it has the added bonus of getting some fresh new ideas that

we will try to gradually implement.

If you have any suggestions of themes or items you would like to introduce to the Gazette, please feel free to forward them. In the meantime we will try to continue with our vision of capturing the history as it happens of our village and wider district; providing opportunities for locals to publish articles on items of interest; and promoting local events, businesses, community organisations and happenings.

On the subject of events, we have a workshop coming up for people with a disability or for family, friends or professionals working with someone with a disability – see the details in this edition. We have some new advertisers – Seacastles Coastal Property and Norm Smith's Bowen Therapy. Please continue to support our advertisers – they are the ones who make it possible for you to receive the Dunoon and District Gazette for free!

We have some photos from Australia Day and the exciting news that we received not one, but two Australia Day awards in our local community. Mike Berry received a much-deserved Australian Day award for services to the community (individual), and the Dunoon United Football Club

received an award for Sports team or group. Thank you to Lismore City Council for their presentation of these awards and for running a very enjoyable Australia Day ceremony – and like them, we welcome the new Australian citizens who have joined our community.

I look forward to seeing this latest edition, and to preparing the next edition for you after a much-needed rest. Remember that we have football season coming up, so register yourself or your children – it is a great way to stay fit and to be an active part of your community.

Until next time.

**Bronwen Campbell, Co-editor
Dunoon and District Gazette**

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DUNOON UNITED FOOTBALL CLUB – 2018 AUSTRALIA DAY AWARD RECIPIENT FOR SPORTS TEAM CATEGORY

The Dunoon United Football Club Committee has again been recognised for its efforts, today being recognised in the Lismore City Council's 2018 Australia Day Awards. Acting as a central hub for the community of Dunoon and District, the Club uses sport to enhance its vision for inclusion, fun and fitness through football.

Nominated by members of the community in both the sports and services in the community (group) categories of the Australia Day Awards is acknowledgement of the strength of the Club and the commitment of its Committee. Being a recipient of an Australia Day Award is something to be proud of and Dunoon United Football Club congratulates all nominees and award winners.

Many would say that after the achievements of 2017, culminating in the awarding of the 2017 Northern NSW Community Club of the Year that there is not really much this



Scott McNeill and Richard Jones proudly display the Dunoon United Football Club award.

small community club could do to improve, but no one seems to have told the Dunoon Committee that.

After the announcement today that the club had been awarded an Australia Day Award for their contribution to the community they have just announced a series of new initiatives to take place in 2018.

Club president Rob Gatt said that the Committee was humbled and



incredibly pleased to have received the Award and that it was excellent recognition of the type of work that not only the Dunoon United Football Club Committee do for the community, but all sporting clubs.

"This year with the introduction of the NSW Government Active Kids Voucher Program I hope to see many more children involved in football," Rob said.

"In 2018 Dunoon United Football Club has some exciting new initiatives targeted specifically at younger players and their initial experience of football. We will be providing a development opportunity for children that want to take their football to the next level."

Australia Day at Koonorigan Hall



People gathered at Koonorigan Hall to celebrate Australia Day with a special breakfast event and flag-raising ceremony, organised by long-time Koonorigan resident Mary Moss.

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CONGRATULATIONS MIKE BERRY!

WINNER OF AUSTRALIA DAY AWARD FOR SERVICES IN COMMUNITY (INDIVIDUAL)

Michael has been an active member of his community for more than 30 years, volunteering with the Modanville P&C, the Dunoon Fire Service, the Dunoon Community Group, the Dunoon & District Sports & Recreation Club and Dunoon United Football Club. He has worked tirelessly to make Modanville and Dunoon safer, healthier and more inclusive communities.

Mike Berry started his long and committed community service in the mid 1980s when he joined the Modanville Public School P&C Association. He initially took on the role of treasurer and then president. During his term as president and following the tragic death of a young child who was hit after alighting from the school bus on Dunoon Rd, Mike led a campaign that eventually saw a visit from then Deputy Premier Wal Murray. Soon after, the NSW Government announced the introduction of 40kph school speed zones progressively across the state and later 40kph limits around school buses.

Mike joined Dunoon Rural Fire Service in 1986 and has now completed 31 continuous years as an active member of that brigade. During his 31 years of service Mike has attended virtually all his own brigade fire callouts as well as attending numerous campaign fires all over NSW. He was also deployed to major fire events at Canberra in 2003, Victoria's black Saturday fires in 2009 and Tasmania's major fires in 2016. He has been president of the brigade for more than 20 years and is currently senior deputy captain of the brigade.

He became a director of the Dunoon & District Sports & Recreation Club in 1987 – long before the club was built. He initially served as treasurer for a number of years before becoming president in 1990. He drove the many fundraising events and lobbied governments to raise the funds needed to build a sports club in Dunoon. He was a key person throughout the planning and then building stages of the club premises adjacent to Balzer Park that was constructed by 100% volunteer labour. He was president when the club opened its doors on 1 September 1993 and although he stood down from that role soon after he has

served as president on a number of occasions over the past 24 years. He rejoined the board two years ago after the club suffered significant losses and now holds the positions of president and treasurer as well as being licensee.

"Mike was the driving force behind numerous projects at Balzer Park to accommodate the demands of the rapidly growing soccer club"

In 1994 he was the founding member of Dunoon United Football Club becoming its inaugural president – a position he held for the next seven years.

During his time and since Mike was the driving force behind numerous projects at Balzer Park to accommodate the demands of the rapidly growing soccer club. The oval was remodelled a number of times and he raised funds to build the new amenities block followed by floodlighting the entire oval – all the time helping numerous volunteers

with the physical tasks associated with these projects to maximise the use of the valuable funding that he worked hard to raise. The outcome has provided facilities at Balzer Park that are a credit to the community and the envy of many others.

Mike was awarded Life Membership of Dunoon United Football Club in 2004 and a Life member of the Dunoon Sports Club in 2006.

He joined the board of Football Far North Coast as a voluntary director in 2010 and served his maximum six-year term on football's peak body in the northern NSW area.

In about 2010 he became a member of the newly formed Dunoon Community Group who fought a successful campaign to stop a proposed development in the village of Dunoon that was considered totally inappropriate by the local community.

Mike has been an active and integral member of his community for more than 30 continuous years and has made a considerable and outstanding contribution across a wide range of activities over this time.

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2018 BRINGS THE START OF ANOTHER EXCITING YEAR OF LEARNING AT DUNOON SCHOOL.

It has been wonderful to feel the enthusiasm emanating from the students as they begin a new year, some with new teachers, new rooms and new shoes! We have 86 eager students commencing the school year, including 13 new Kindergarten

students. A huge welcome to all of our new students across the school. We are sure you will settle in quickly!

This term our K-2 students look forward to participating in the Get Grubby! program, designed to provide schools with innovative educational opportunities in sustainable living. Our wonderful P&C volunteers have regenerated our food garden over the holidays and the students can't wait to get their hands dirty!

Years 3-6 will be busy engaging with STEM projects, which have become a big focus for our older students. It is remarkable to see them approach STEM challenges creatively and intelligently.

All students will participate in hockey lessons this term as part of the Sporting Schools program and our swimmers will have the opportunity to represent our school at the annual carnival.

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The Dunoon Primary School's food garden was regenerated by volunteers over the holidays.

LOOKING OUT FOR THEILERIA

North Coast Local Land Services District Veterinarians are reminding North Coast cattle producers to be on the lookout for cases of bovine anaemia caused by Theileria orientalis group, following several recent confirmed cases of the disease on local properties.

Theileria are protozoan parasites that can be carried by ticks. The bush tick, which is widespread on the North Coast, is known to carry this protozoal parasite.

There have been several reports of deaths in calves attributed to the blood parasite Theileria on the North Coast in recent weeks. Affected calves are typically in the 2-3 month age bracket (although older calves have also been diagnosed with the disease), and, are found to be suddenly lethargic and down. Some farmers have reported finding the best calf in the paddock unexpectedly dead.

On clinical exam calves will often be in good body condition, with or without a fever and either pale or yellow gums. The most striking feature seen at necropsy is an enlarged

ochre coloured liver.

The blood parasite is transmitted via the bush tick (Haemophysalis) and the clinical signs in affected calves can be attributed to an anaemia caused by the destruction and removal of red blood cells from circulation.

Liz Bolin, District Veterinarian said, "Current treatment options for cattle that are affected with Theileria are limited and responses to treatment are often poor especially in severely affected animals. There is currently no vaccine available for Theileria and treatment with antimicrobials has produced variable results."

Tick control won't prevent transmission of the disease however studies have shown that treatment of cattle for ticks has been linked to lower detections of the blood parasite. Stress minimisation is also an important aspect of managing affected cattle as the



Yellow or Pale mucous membranes are a common finding in calves with bovine anaemia caused by theileriosis.

stress associated with mustering and yarding can frequently lead to death.

For more advice contact your private veterinarian or the North Coast Local Land Services District Veterinarian team.

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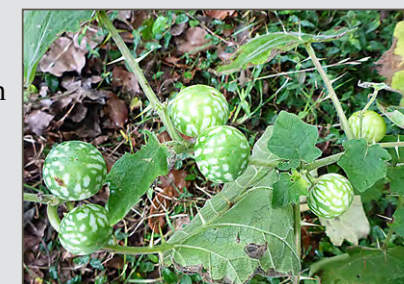
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CONTROLLING TROPICAL SODA APPLE

Seasonal conditions through December and January have created a prime opportunity for the increased germination of Tropical Soda Apple, and landholders are asked to be vigilant in ensuring that their land is free of the plant.



Tropical Soda Apple, a high risk weed for the north coast area, is an aggressive, prickly shrub that readily invades riverside and pasture areas. The plant fruits quickly following rain and produces a large number of viable seeds which have the potential to spread and germinate rapidly.

Landholders are asked to be aware that allowing this plant to go to seed, or controlling it and not removing the fruit is a breach of the control order, as is the movement of stock, machinery or fodder off infested properties without suitable quarantine actions in place. Landholders should hold stock in Tropical Soda Apple free paddocks for seven days prior to sale and movement off infested properties.

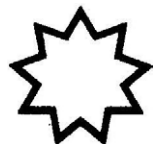
The Control Order also specifies that individuals must report occurrences of this weed within 24 hours of detection. If you believe you may have Tropical Soda Apple on your property, please notify your Local Council Weeds Officer who can also provide further advice on the best methods of control.

Georgina Murray, JP
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Birth of Bahá'u'lláh Bicentenary Celebrations



In late October it was 200 years since the Birth in northern Persia (now Iran) of the Prophet-Founder of the Bahá'í Faith, Bahá'u'lláh (meaning the Glory of God.)

In the Northern Rivers, most of the Bahá'ís live in or near one of the four main centres: Lismore, Ballina-Lennox, Byron Bay and South Tweed. Each of these four communities hosted one or more special events, spread over the last two weekends in October.

In Lismore we held an Interfaith Celebration of the life and legacy of Bahá'u'lláh on Sunday afternoon October 22, in the Fountain Room under the City Hall.

It included live and recorded music, a 10-minute video of Bahá'u'lláh's very dangerous life, and a couple of short prayers from each of God's sequence of religions. These prayers all focussed on the never-ending universal themes of Love and Unity, as the only path towards our ultimate goal – an end to wars and suffering and the establishment of a society based on justice, peace and unity.

Then we had afternoon tea, followed by a short second film about what the Australian Bahá'ís are now doing around the country, to contribute to a better world for everyone.

Bahá'u'lláh Bicentenary presentations to schools

We offered the local public schools where there are Bahá'í classes a special presentation for the whole school about the life of Bahá'u'lláh, to see near the time of the bicentenary. Three schools agreed immediately and scheduled it to happen last term, a couple of weeks after their Christian teachers' regular big annual presentations to all the children about the birth of Jesus. Corndale's special history lesson was in late November and Coffee Camp and Albert Park early in December. We've offered this presentation to our other local Bahá'í schools for early next term, because they couldn't fit it in before the end of last term.

School Baha'i Classes starting up again

The school year has just begun and Bahá'í classes are being offered initially in the same six local public schools as last year: Albert Park, Barkers Vale, Bexhill, Clunes, Coffee Camp and Larnook. These are the local schools where at least a couple of families have asked the school to provide a Bahá'í class for their children during the weekly scripture period.

Hardly any of these families identify as Bahá'ís, but they do want to help to build a better world, and they believe that the Bahá'í founder Bahá'u'lláh (1817-1892) has brought us some useful new guidance from God for this modern age.

Our school Bahá'í classes introduce and acknowledge the Founders of all of God's religions, each one taking His turn to advance civilisation during the last 5000 years. We call this process 'God's progressive revelation to mankind'.

But our main focus is on character and behaviour – knowing about and practicing the virtues that make the world a better place for every person that we contact.

Bahá'u'lláh teaches that it is now time for us to go beyond treating others as we wish to be treated, and start selflessly putting others ahead of ourselves. That's even better. And harder.

Local Bahá'í New Year party

The Bahá'í New Year falls on the Equinox in late March, the day when night and day are equal length, everywhere. Bahá'ís call it Naw Ruz, from the Persian for New Day.

We'll be having a Naw Ruz party in Lismore and all are most welcome to attend.

It'll be over before the next issue of the Gazette comes out, but you can get the venue and time details on radio in early March, during the weekly Bahá'í Hour from 9 to 10am on Sundays, on Lismore's community radio station 92.9 River FM. We hope to see many of you at the party.

Bill Henderson
billh6@bigpond.net.au

Bali Holiday with a difference

I have just returned from a far too short trip to Bali. Despite most people's worries Mt Agung has settled down and no longer threatens to spoil anyone's holiday. The fear has, however, had a negative effect on the tourism business there. These days a major part of the population depends on tourists for its livelihood. There have been many people laid off by this downturn – locals have estimated that there are up to 50% less foreign tourists in Bali at present though you wouldn't notice – the road traffic is still as bad!

I have been begged by Balinese business owners to please let Australians know that it is safe to come back now. Another thing that seems to deter the misinformed public is the fear of terrorism and religious restrictions. Although Indonesia is predominantly populated by Muslims, Bali is an exception. Its indigenous population is Hindu and the only Muslims are migrants from the nearby island of Java. While Java and Sumatra are starting to restrict the sale of alcohol and look askance at skimpy clothing, Bali is still the same relaxed, happy place it has always been.

As I have visited Bali many times before (I lost count after 10) I didn't bother sightseeing or shopping for souvenirs. I spent time with my long-time friends and enjoyed the mild weather and great food. I did have one goal planned before I left home, however.

A couple of years ago I watched a TV programme called "What really happens in Bali" and I heard about an animal rescue organisation set up by an Australian lady called Elizabeth Henzell. It is based near Ubud in the centre of the island and is called Villa Kitty. Staffed by volunteers (mostly locals), it is currently home to nearly 200 cats and 30 dogs. The animal residents have mostly been rescued from the streets by caring locals and visitors. The aim of Villa Kitty is to not euthanise healthy animals but to "immunise, sterilise and rehome" them.



Annabelle at the Pool Bar with her friend, Kopi.

I really wanted to help these caring people so, after speaking to Elizabeth, I bought some of the things they badly need such as expensive worming tablets and kitten food in Australia and delivered them personally to Villa Kitty. For those who care about our less fortunate animal friends it is a rewarding way to spend a day – the trip from Kuta to Ubud takes about an hour and if you go on Sunday you can share a Balinese vegetarian lunch with the staff and visitors.

Villa Kitty is a very unimposing building, hidden down a lane amongst the overgrown trees and vines of the Ubud area. Visitors are asked to wash their hands and remove their shoes before entering so as not to introduce any disease or contaminants. The animals aren't kept in cages but rooms, some open to concreted yard areas with trees to climb. Everywhere you look there are comfy cat beds, as well as "adventure playgrounds". One section houses the "hospital" where sick and injured animals are treated and another segregated area is the nursery where tiny kittens are looked after until they are old enough to be immunised.

My heart went out to one tiny two-week-old kitten that had been found in a garbage bin with its siblings. The rest of the litter died despite all efforts – they were just too young to be taken from their mother. It was being fed milk from a small baby's bottle and bundled in a warm blanket



Local Balinese people care for unwanted animals at Villa Kitty.

in its little cage. The kittens are not difficult to find homes for, but the older cats and dogs are not often wanted by anyone. So there are quite a few dogs and adult cats that live there permanently. They are all loved and cared for by the Villa Kitty staff.

We often think of Asians as disregarding animals but the majority of the volunteers at Villa Kitty are local Balinese. I found it heart-warming to see the effort put into looking after these abandoned animals.

If you plan a visit to Bali consider making a visit to Villa Kitty and, even better, take a gift of something they need such as dog or cat treats, worming tablets, old towels or blankets, etc. You can also make a donation online – go to www.villakitty.com or check out their Facebook page.

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AUSTRALIA DAY AT DUNOON

Australia Day on 26 January at the club was a fantastic day, bringing back memories of what it used to be like a few years ago.

The celebrations began at 3pm with a jumping castle for the kids and food and drinks for everyone.

At 4pm the first of our bands began. Mal Eastick and his guys had us mesmerised with his great guitar work and fluid riffs. After a break to draw the raffles, Cath Simes band set up and they got the dance floor filled in no time.

Charlie and crew kept everyone fed with an Australian focused menu and the bar staff of five were very busy to put it mildly!

– Annabelle Crow



For enquiries please
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THE DECK RESTAURANT OPENING HOURS

Until further notice, the club and restaurant will be open from 9am to 7pm on Sundays.

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Information for members and their guests



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From Small Beginnings to Worldwide Acclaim

Commemorating Tom Bowen, the Original Australian Bowen Therapist (1916-1982)

Bowen Therapy, often referred to as Bowtech, or the Bowen technique, is an alternative type of therapy which involves gentle physical manipulation of muscles and tendons. It was named after the Australian man who created the technique in the 1950s, Thomas Ambrose Bowen. 2016 marked the 100th anniversary of his birth and was a cause for commemoration for all those involved in the Bowen Therapy practice, both here in Australia and around the world.

Tom Bowen was born on 18 April 1916 and was the third of four children born to William and Norah Bowen, immigrants from England.

With a working class background, Tom Bowen left school at the age of 14, common at that time. He obtained employment as a labourer with several different employers before eventually moving into the building trade and becoming a general hand at Geelong Cement Works.

In 1941, he married Jessie McLean and they lived for a short time with Tom's parents in Geelong. They eventually moved to their own home, choosing to stay part of the local Geelong community, and raised three children together.

Tom Bowen is described by those who knew him as being an extremely caring and kind individual, particularly to those who were young and/or disabled. He was also deeply interested in the connection between many painful conditions and other health issues, including neurological or musculoskeletal, and the body's ability to resolve these issues. He recognised that a link existed between these conditions and their resolution, that being the soft tissue or fascia of the body. His interest in the body's healing process, together with his genuinely caring nature, culminated in the beginnings of what would later become known as the Bowen technique or Bowen Therapy.

Tom Bowen began his first patient treatments while he was working at the Cement Works. After completing a full day's work, he would then run after-work clinics, which quickly became popular and would stretch long into the night. Eventually, he recognised the need to establish a full time clinic and he began to practice from a rented property in Geelong. His treatments involved gentle manipulation of the muscles and tendons lying just under the soft tissues of the body. The aim was to **stimulate the body's own repair mechanisms** and help alleviate many of the often painful and ongoing conditions his patients suffered from.

It seems that Tom Bowen was extremely perceptive in



The Tom Bowen Memorial, Geelong.

his understanding of a patient's condition, and in the approach he took to provide remedial therapy.

After years of much study and clinical work, Tom Bowen had developed **a unique set of specific moves with different sequences and timing intervals**. The moves along the body's fascia, or soft tissue, **stimulated a number of physiological responses**, and often resulted in immediate and long term resolution of many problems and conditions for his patients.

Although Tom Bowen had no formal training in healthcare and didn't have a therapeutic background, he became an established healthcare therapist. In 1975, the Webb Committee of Inquiry into Chiropractic, Osteopathy and Naturopathy in

Australia reviewed Tom Bowen's work and noted he was treating over 13,000 patients a year, with a success rate of over 80% of presenting conditions

Tom would have up to four rooms active with patients, at any one time. This could be easily managed due to the time delays between each set of moves or sequences. **These time delays are considered crucial to the correct application of the Bowen technique and are necessary to allow the body time to adjust and respond to the treatment.**

Tom Bowen would often treat children with disabilities without charge. He would also regularly make house calls to patients who could not attend his clinic, sometimes even in the middle of the night. He was generous in both his time and expertise, driven by a genuine care of his patient, and a unique insight into the connection between realignment of the body and patient recovery.

Tom Bowen died in 1982, but the Bowen Therapy technique developed by him was passed on to other physical therapists who had worked with him. The Bowen Therapy Academy of Australia was established after Tom's death by one of these therapists and close friend, Ossie Rentsch, who continued to teach the technique as Tom had taught it to him. It is now 30 years since the Academy was established.

THE BOWEN THERAPY TECHNIQUE AND PRACTICE CAN NOW BE FOUND ALL OVER THE WORLD IN MORE THAN THIRTY COUNTRIES.

It's estimated that over 26,000.00 people have completed the basic Bowen technique course. **From small beginnings in Geelong, Australia, Bowen Therapy is now a recognised therapeutic therapy throughout the world, and all thanks to one man – Tom Bowen.**

BOWEN THERAPY NEGATES NEED FOR BACK SURGERY

Pamela Busite, a local Casino farmer from Mongogarrie Road, came to see Norm Smith of Bowen Therapy Northern Rivers in late 2015, suffering from extreme back pain.

Pamela had successfully owned and managed a 1255 acre grazing property in the Casino District for many years. This had included the management of up to 250 head of Charolaise cattle at any one time, as well as the maintenance of the farm property. She regularly worked 10-12 days, assisted only by her four reliable kelpie working dogs.

In mid-2015 disaster struck. Pamela began suffering from excruciating back pain, which travelled down her left leg. She went from working 12 hours a day to only an hour, as a result of the debilitating pain.

She recalls "I had two treatments of morphine into my left bursa. The first injection lasted for 10 days and was somewhat successful in reducing the pain. The second injection didn't help at all".

As a result of the ongoing pain and inability to adequately manage the farm, Pamela was forced to sell her prized herd of Charolaise cattle, along with her Moongool bulls. Fortunately, all her cattle were able to go to

restocks, however Pamela was still left in constant and severe pain.

An X-ray showed that a worn spinal disc was pinching her sciatic nerve. After consultation with a neurosurgeon in late October, Pamela was booked for spinal surgery, to be performed in early December. It seemed there was no other course of action available to her.

Pamela says "I remember I was shopping in Casino, in late November, and a shop assistant noticed I was having trouble standing. She recommended I go and see Norm Smith, of Bowen Therapy Northern Rivers. I had my first treatment of Bowen Therapy the following Thursday. Within three days I had no pain! I followed the initial treatment up with two further treatments to make sure the pain stayed at bay. If I hadn't have experienced this for myself, I wouldn't have believed it."

Pamela's scheduled back surgery never took place. She cancelled the surgery as it was no longer necessary. She was amazed at the results of her Bowen Therapy treatments and cannot speak highly enough about her positive experience.

"My advice is, if you have a problem, make an appointment with Norm Smith – you may be as surprised as I was!"

Patient Testimonials

Dunoon resident, Merle Smith, says:

"Following years of wear and tear and injuries to my right knee, I was desperate. Three Bowen Therapy sessions with Norm Smith found me pain free, and walking briskly. I give my full recommendation for Bowen Therapy."

Casino woman, Trish Brown, says:

"After a head-on car accident and suffering from whiplash, I found myself needing assistance to get out of bed. I went to see Norm Smith and after just one Bowen Therapy treatment, the pain was gone. I could get up normally, without assistance, the next day."

Gentle, safe and very effective pain relief

Norm Smith, from Bowen Therapy Northern Rivers, has been practising Bowen Therapy for over 20 years. He is a certified practitioner (BTAA, BAA Certificate IV Bowen Therapy) in Bowen Therapy and believes in taking a 'whole-body' approach in order to facilitate optimal realignment and patient recovery. Bowen Therapy can help and improve:

Circulation
Lymphatic and venous draining
Assimilation of nutrients
Elimination of toxins
Joint mobility
Normalisation of cellular physiology and tissue integrity

Sport and accident injuries
Frozen shoulder
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Musculoskeletal pain and imbalance

Respiratory and asthma complaints
Acute and chronic fatigue
Stroke
Bed wetting
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Learning difficulties

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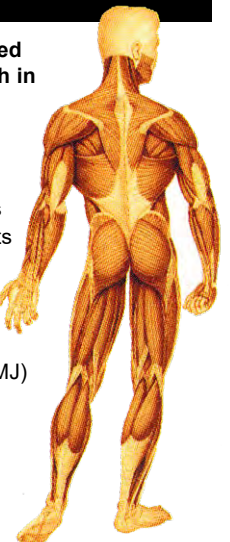
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www.bowentherapynorthernrivers.com.au

Contact the Clinic today for more information or to make a booking:

Lismore: 23 McIntosh Road, Goonellabah Tel: 02 6624 4424

Casino: Kwong Sings Arcade, Casino Tel: 02 6662 2829



UNSTABLE PAPUA NEW GUINEA

In the last issue of the Dunoon Gazette I told of the story of the 2,200 Papuan New Guineans who were killed in the two tsunamis (tidal waves) that struck in the Aitape area in July 1998. Not only were tsunamis renowned throughout Papua New Guinea but also earthquakes and volcanic eruptions that still exists nearly each day and I've been through some "exciting" events but also through some very dangerous ones too.

The 1906 earthquake is now only dimly remembered in the Sepik villages as the people who experienced it are long dead. Few written records about it seemed to have survived. Richter, the man who devised the Richter Scale for measuring earthquakes lists an earthquake in New Guinea on September 14th 1906 with a magnitude of 8.4 on his own Scale. The epicenter



A Talair aircraft at Hoskins airport. Note the 4 dormant volcanoes in the background so close to the runway.



Volcanic eruption of Kadover Island near Wewak on 12 January 2018.

was probably off-shore a few kilometers and shortly after the main shock the coastal plain near Sissano sank between 4 and 8 meters to form the Sissano Lagoon.

Now readers, imagine the whole township of Ballina from near the Big Prawn out to the end of the sea wall suddenly sinking up to 4 to 8 meters into a big hole in the ground and the sea rushing in to cover it all with sea water to form a big lagoon, and all of this happening in less than one minute, for that's how it happened back in 1906 at Sissano.

Volcanic situations are just as unpredictable for very recently two small inhabited islands off the coast of the mouth of the mighty Sepik River (about 100 kilometers east of Wewak) came into full eruption and these two islands have not erupted for hundreds of years. The volcanic ash from these two eruptions has caused considerable concern all along that coastal area of the East Sepik region and naturally aircraft flights in and out of Wewak were canceled for several days and for the first time ever that volcanic ash has fallen on Wewak. My wife and I were stationed in Wewak between September

1974 to November 1979 as I was then the branch manager of Ela Motors, (and our daughter Ursula, was born in Wewak in October 1975). There were no volcanic eruptions then.

About two hundred natives living on these two islands had to be moved off by canoes etc and that took several days to do because of not enough canoes and small boats to take the people to the mainland near the mouth of the mighty Sepik River which is nearly 1,500 kilometers long. These two volcanoes sit on "The Ring of Fire" which is a major area in the basin of the Pacific Ocean where a large number of earthquakes and volcanic eruptions occur in

a 40,000 kilometer horseshoe shape. It is associated with a nearly continuous series of ocean trenches, volcanic arcs, and volcanic belts and plate movements. It has 452 volcanoes along its Pacific Rim.

The "Ring of Fire" passes close to the top part of New Guinea from Rabaul to the east to Vanimo to the west a distance of nearly 1,500 kilometers. On my many visits to East and West New Britain and especially to Kimbe which is about 500 km west of Rabaul it is amazing to see so many volcanoes along the seashore and on land and on one drive out to Talasea (a distance of 55 km) I counted 33 volcanic cones

alongside the road and onto islands just off shore. These "inactive" volcanoes are from about 100 meters to nearly a thousand meters in height. There is one "giant" volcano, Mt. Uluwin, some 1,500 meters tall is the 6th most dangerous volcano in the world and it is a giant for around its circumference at the base it is 45 kilometers to drive around it.

On the mainland between Kimbe and Rabaul there are numerous "hot springs" where boiling mud and water are bubbling away all day and night and even these can erupt like a true volcano.

– Charles Betteridge



One of the many boiling hot springs next to the main road between Hoskins airport and Kimbe township.

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Fire Permits will continue to be required until 31 March unless advised otherwise.

As I will be leaving the area on 17 February I will no longer be available to issue Fire Permits after that date. Refer to page 23 for contact numbers for Fire Permit Officers in your area.

I will also be standing down as captain but the brigade will be left in good hands. Mike Berry, who has over 30 years experience will take over with a strong, reliable team to service the Dunoon and neighbouring areas.

Dunoon brigade has recently assisted The Channon brigade with a couple of incidents. The brigade also responded to hay shed fire at Skyline Road, Monaltrie. Two

NSW Fire & Rescue appliances as well as Caniaba and Tullera brigades where also in attendance.

Crews from across the Northern Rivers have been assisting to extinguish a large fire which has been burning in the Pilliga forest, south of Narrabri for the last couple of weeks. Working in very hot conditions the crews now have it under control, although it still continues to burn. The fire has burnt out over 59700 ha.

Thank you to locals who have been vigilant over the dry summer holiday period. Remain so even after any periods of rain as there is plenty of fuel on the ground.

In an emergency – Dial 000

– Ross McDougall



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DUNOON UNITED FOOTBALL CLUB

The year of 2017 was a fantastic year to be a part of Dunoon United Football Club. Players from 4-54+, males and females, took to the field each week to represent DUFC. The year culminated with the finals being held at our home ground, Balzer Park, and the honour of DUFC being awarded 'Northern NSW Community Club of the Year'.

I feel privileged to belong to such a community-minded club – a club that values and supports players of all ages, both male and female. While many clubs are working toward achieving a female participation rate target of 25%, DUFC enjoys a healthy rate above 40%.

With the increasing success and improved publicity surrounding Australia's women's national football team – The Matildas – more females, both young and old, are looking to participate in The Beautiful Game. And why shouldn't they? Participating in football brings with it a mass of benefits that often appear on the annual 'New Year's Resolution' list. The obvious advantage of improved fitness and physical health is accompanied with the positive boost to mental health that regular exercise, social interaction and being part of a team brings.

A 2017 UEFA (Union of European Football Associations) study involving more than 4,000 girls has indicated that teenage girls who play football report 'higher levels of self-confidence, and that football

can have a greater positive impact on the self-confidence of teenage girls than other popular sports'.

Behind the scenes, the very dedicated members of the DUFC Committee continually work to provide players with a positive football experience. As a result, two new initiatives will be offered in 2018: Midweek MiniRoos for kids aged 5-7 (reclaim your weekends!), and the DUFC Development Squad for girls and boys aged 8-11. Check out www.dunoonunitedfc.org to find out more!

Muster days for both senior and junior

males and females have begun and will run each Sunday 5-6.30pm as we head into the pre-season. Come along and see what all the fuss is about! Please wear shin pads and football boots to muster, if you have them. MiniRoos musters will be announced soon, so keep an eye on the website.

Registrations for Dunoon United Football Club 2018 winter season are now open at
www.myfootballclub.com.au

– Ali Elliott

DUFC Female Participation Officer



presents

NEW 10 week program!

MidWeek MiniRoos
 Ages 5 - 7

One training & game session/week (Wed 5-6pm)
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 No travel! No weekends!
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 Each player receives a ball, hat and medal
Exclusive to DUFC

\$100 for Term 2, continue in Term 3 for only \$30



presents

25-week program

DUFC Development Squad
 for girls and boys aged 8 - 11

participate in an extra training session each week to further refine skills

participate in junior carnivals and special tournaments as Development Squad teams

receive a squad training shirt and ball

Cost: \$80 (in addition to DUFC season registration)

To find out more, go to
www.dunoonunitedfc.org



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www.lismore.nsw.gov.au



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What is happening at the Anglican Church of St Matthew's

On 4th February we will begin our services again, after the holiday break, every Sunday morning at 10.00am in our beautiful new Church.

Our first Guild Meeting and Annual General Meeting of the year will be held on 1st March at my home.

In December we celebrated the forthcoming festive season with our Guild Christmas Dinner at the Dunoon Sports Club. We invited husbands and families as well as members from the other churches in Dunoon. About 20 people came and what a pleasant evening we had, with a lot of laughter and good fellowship as well as a good meal from the Dunoon Club restaurant.

On 17th December our church was full again when we held our annual 'Carols in the Church'. It was wonderful! We had very few children in attendance so we called upon adults to form the Tableau. Thanks must go to all those who took part – it was very entertaining. A big 'thank you' to Santa for calling in and THANK YOU all for coming. Wasn't it great?!



December's Carols in the Church event.

The World Day of Prayer will this year be held in our beautiful new building in James Street and hosted by us, the Anglican Church members on Friday 2nd March at 7.30pm. This is an ecumenical service held every year all over the world on the same date. The service this year has been prepared by the Christian Women of Suriname and promises to be very interesting. The World Day of Prayer is about sharing. As we listen to the Word of God and to the voices of the women we share their hopes and fears, their joys and sorrows, their opportunities and needs. The theme this year is 'All God's Creation is Very Good'. I look forward to seeing you

there – everyone is welcome and we shall have a good supper afterwards!

– 'Gina Murray, Anglican Women's Guild of St Matthew's, Dunoon

NEW MEMBERS! WEDNESDAY COMMUNITY GROUP

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KOALA RESCUE NEWS

OUR KOALAS NEED KOALA WATCHERS

Friends of the Koala is calling for Lismore City Council locals to become Koala Watchers, and will be holding a **free workshop-field trip on Saturday 3rd March, 9.30am-12.30pm at the Goonellabah Community Centre, 27 Oliver Avenue, Goonellabah.**

Susannah Keogh, Koala Care Coordinator, will be delivering the workshop.

"Early reporting koalas in need of care can improve chances of successful treatment, rehabilitation, and release back into their natural habitat," Susannah said.

The workshop will provide information on:

- becoming a koala watcher
- recognising the signs of healthy, sick, injured and distressed koalas
- situations where koalas may need koala watchers
- what you can do to help support a healthy koala population in your local community.

Refreshments will be provided. Koala Watch is a NSW Environmental Trust Project.

If you would like more information or to register for the workshop-field trip contact Maria Matthes, Koala Watch Project Officer, on 0467 855 990 or email maria@healinghistory.com.au or phone Friends of the Koala on 6621 4664.



Finn the koala is in good health.

KOALA RESCUE

24-hour hotline

6622 1233

Put it in your phone!



SAVE a life!

WET BOTTOM, RED EYES, SITTING ON THE GROUND OR IN UNUSUAL PLACES means the koala needs help.



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Whatever time, whatever weather, we'll respond to your call.
www.friendsofthekoala.org

PHOTOGRAPH BY LILL BAILLY & DESIGN BY LIBBY LAWLER

WHAT ARE YOUR THOUGHTS ABOUT KOALAS? TELL US AND WIN!

When was the last time you saw a koala?

We are interested in both your observations and your thoughts on koalas. We are collecting information about sightings of koalas as well as attitudes toward koalas in your community.

Your responses will provide valuable information about how community land could be best managed to help koalas living there.

On completing the survey, you can go into a prize draw for your choice of a two-day break at The Byron at Byron five-star resort or a 2017 iPad Pro.

Go online and make your opinion count!
www.northcoastkoala.net



THE UNIVERSITY OF QUEENSLAND
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Cancer Council NSW launches interactive Healthy Lunch Box website for NSW Far North Coast families

The task of creating a healthy school lunch is now easier for NSW Far North Coast parents with Cancer Council NSW's newly launched Healthy Lunch Box website (healthylunchbox.com.au).

The website includes recipes, ideas and tips – and it also features an interactive lunch box builder that enables parents and their kids to plan a healthy lunch box at home, or on the move with their smartphone or tablet.

The Healthy Lunch Box shows NSW Far North Coast parents how easy it can be to add more fruit and vegetables into daily lunches and pack a lunch box that kids will love to eat while encouraging behaviour that has lifelong cancer prevention benefits.

One in three cancer cases can be



prevented by adopting a healthy lifestyle, which includes eating well, being active and maintaining a healthy weight. But only 7 per cent of NSW children eat enough vegetables and 22 per cent of children are overweight or obese.

The website has been launched as part of Cancer Council NSW's *Eat It To Beat It* program which runs free sessions and workshops across Byron, Tweed, Ballina and Kyogle for parents of primary aged school children, helping them to understand why fruit and vegetables are so important.

Cancer Council NSW's Nutrition Project Officer Juanita Nantes said parents want quick and easy access to healthy recipes and inspiration on how to vary lunch box content.

"Parents want to ensure they are providing their kids with the energy and nutrients they need to learn and play," Ms Nantes said.

"With one child eating about 2,500 lunches throughout their years at school, many parents report that packing lunch boxes can be a chore, especially when it comes to getting kids enthusiastic about healthy options such as fruit and vegetables.

"The lunch box builder is a great way to get your kids involved and excited about what they'll find in their lunch box each day."

"Adding fruit and vegetables to the lunch box every day is a simple way to ensure children are getting the vitamins, minerals and fibre they need to fuel concentration in the classroom – and the cancer prevention benefits of eating a healthy and balanced diet are so important too."

Visit healthylunchbox.com.au and pack a tasty healthy lunch box today!

Lismore Community Solar launch shines light on renewable energy partnerships

Lismore Community Solar – a project that includes the construction of Australia's largest floating solar farm – launched on Tuesday 30 January, with Parliamentary Secretary for Renewable Energy and Northern NSW, Benjamin Franklin MLC, officially 'switching on' of solar farm.

Mr Franklin joined Lismore Mayor Isaac Smith and local solar farm investors, as well as Professors Will Steffen and Lesley Hughes from the Climate Council. They welcomed 35 new councils to the Cities Power Partnership, a network of local councils working to tackle climate change, of which Lismore was a founding member.

The Lismore Community Solar initiative is a partnership between Lismore City Council and community solar energy facilitator Farming the Sun, to break new ground in working with communities to fund renewable energy projects that power Council facilities.

As part of the Lismore Community Solar initiative, Council has built two 100kW solar farms – a rooftop solar farm at Goonellabah Sports & Aquatic Centre that has been operating since March and the floating solar farm at East Lismore, which will begin powering the treatment plant this month.

The rooftop solar farm is now providing 15% of the aquatic centre's power requirements while the floating solar farm's 280 solar panels generate 12% of the East Lismore Sewage Treatment Plant's energy requirements.

The innovative floating design provides capacity for the solar farm to expand across the overflow ponds and Lismore City Council's aim is to eventually power the sewage treatment plant from 100% solar energy.

"This is an historic occasion for

Lismore. We have demonstrated that you can collaborate with your community and provide renewable energy solutions for a regional city," Lismore Mayor Isaac Smith said.

"I am excited that we will have our local investors here to celebrate the milestone. Their conviction and passion to see a renewable energy future is what has made this project a reality."

Both solar farms were funded by companies made up of 20 local investors, with the funds loaned to Council under a financial model that is the first of its kind in Australia.

"It has already generated interest both nationally and internationally as a model for government and community cooperation, with investors receiving a return better than that of a bank," Lismore City Council's Environmental Strategies Officer Sharyn Hunnisett explained.

"The project has not been without its challenges to establish and get operational, but now that we have done the hard work we have a

model others can emulate. We hope to see renewable energy projects like this taken up between councils and communities right across Australia, whether that's using sun, wind or wave technology."

The two solar farms are one of many measures in Council's Renewable Energy Master Plan to achieve Council's goal of self-generating all its electricity from renewable sources by 2023.

Both solar farm projects have been assisted by funding from the NSW Office of Environment and Heritage Growing Community Energy grants program plus donations from private philanthropists.

The official launch of Lismore Community Solar included a tour of the floating 100kW solar farm led by Lismore City Council Environmental Strategies Officer Sharyn Hunnisett and Suntrix Solar.

The Climate Council presented a petition with over 20,000 signatures congratulating Lismore on its achievements.

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DEVELOPING COMMUNITY CONNECTIONS

Strategies for supporting people with disability to connect with community around shared interests and experiences.

Experiencing a sense of belonging in our communities is important for everyone. For many people with disability this can be difficult to facilitate and support. Are you needing direction, ideas and tools to make this happen?

Then this is a workshop for you!

Receive a free workbook that will help you continue the process.

A FREE workshop for people with disability, family members and friends. \$50 for professionals.

February/March Workshops

Coffs Harbour - 27 February 2018
Lismore - 28 February 2018
Tweed Heads - 1 March 2018

Workshops run from 9:30 AM to 3:00 PM and include morning tea and lunch. Registrations begin at 9:00 AM.

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6 weekly 6:30 pm Film Night	Mark Roberts 0419 831 424
Thursday 7:30 pm Euchre	Charles 6628 2064
Sunday 9:30 am Sunday School Sunday 11 am Church Service	Christadelphians Ray Patch 6689 5229
Community members welcome. For all bookings please contact: Dunoon Post Office 6689 5101	

Tullera Hall	6628 2060
Corndale Hall	David Hunter 6628 4364
Dorroughby Hall	6689 5013
Whian Whian Hall	Trevor Tuckey 0417119142
The Channon Hall	General Store 6688 6240

CHURCH SERVICES

DUNOON ANGLICAN
Holy Communion Every Sunday 10.00 am
Guild meets first Sunday of month 11:30 am

CHRISTADELPHIAN ECCLESIA
Sunday School 9.30am
Memorial Meeting 11am each Sunday
Bible Address on occasions 6689 5229

DUNOON CATHOLIC CHURCH
1st & 3rd Sundays 9.30am

GOOLMANGAR CATHOLIC CHURCH
2nd & 4th Sundays 9.30am

COMMUNITY MARKETS

TUESDAY	Lismore Organic Market Every Tuesday 7:30 – 11 am Lismore Showgrounds
EVERY SATURDAY	Lismore Farmers’ Market 8am Lismore Showgrounds Alstonville Farmers’ Market 8am – 12 noon Bugden Lane Car Park
1ST SATURDAY	Lismore Makers Market 10am – 2pm Cnr Keen and Magellan
1ST SUNDAY	Lismore Car Boot 8am – 2pm Lismore Square Carpark Byron Bay Market
2ND SUNDAY	The Channon Craft Markets http://thechannonmarket.org.au/
3RD SATURDAY	Mullumbimby Market http://www.mullummarkets.com.au/
3RD SUNDAY	Lismore Car Boot Bangalow Market 9am – 3pm http://www.bangalowmarket.com.au/
4TH SUNDAY	Nimbin Markets 4th and 5th Sunday 8am – 4pm Market coordinator 0458 506 000

SPORTS AND GROUPS

Channon/Dunoon Pony Club Fiona Wilders	6628 2690
Channon Tennis Club	6688 6165
Dunoon Sports Club Enquiries & Cricket	6689 5444
Dunoon Social Golf Chris Gulliver	6689 5147 0428 428 165
Dunoon United Football Club Rob Gatt (President) Matt Hill (Secretary)	0428884222 0438509284
DunoonTennis Call Sports Club	6689 5444
Tullera Tennis Club Pauline Leeson	6628 2224
Girl Guides Helen Hargreaves	6618 9169

BUS TIME TABLES

HALLS BUS COMPANY
WHIAN WHIAN – LISMORE
School Days Only School Bus Service
Please flag driver / 0421 566 460

DEPARTS	Whian Whian (cnr Starkey Rd)	7:57am
	May St, Dunoon (Nthn end)	8:08am
	May St, Dunoon (Sthn end)	8:10am
ARRIVES	Trinity	8:40am
DEPARTS	Lismore Square - Brewster St (opp taxi & bus zone)	3:18pm
	Trinity Bay 1 (opp Menins)	3:30pm
ARRIVES	Dunoon Shop Whian Whian	4:00pm 4:15pm


DUNOON BUS SERVICE
Wheelchair Accessible
6624 8734/0412 248 503
Service is ‘Hail & Ride’ along the route

Bus For Hire
DURING SCHOOL TERM:

DEPARTS	Dorroughby Hall	7:50am
	Dunoon Store	8:00
	Modanville Store	8:10
	Tullera Hall	8:16
	Minschull Cres.	8:21
	R.R High school	8:25
	Woodlark St	8:30
	Lismore Square	8:32
	Trinity interchange	8:35 Bay 10
DEPARTS	Lismore Bus Terminus	3:30pm
	Lismore Library	3:33
	Trinity interchange	3:37 Bay 10

DURING SCHOOL HOLIDAYS:

DEPARTS	Dorroughby	8:30am
	Dunoon	8:40
	Modanville	8:45
	Tullera	8:52
	Minschull	8:56
	Woodlark	9:00
	Lismore Bus Terminus	9:07
DEPARTS	Lismore Bus Terminus	3:30pm
	Lismore Library	3:33

FIRE PERMIT OFFICERS

DUNOON	
Barry Watts	6689 5359
Aline Feebrey	6689 5438
TULLERA	
John Hildebrand	0408 282 224
John Mace	0415 499 929
THE CHANNON	
John Hutchison	6688 6480
Tony Roden	6689 1562
J.J. Bruce	6688 6453
Russell Johnston	6688 6185
ROSEBANK	
De Condos	6688 2163
Dave Hughes	6688 2023

WILDLIFE CARERS



Northern Rivers Wildlife Carers 6628 1866



WIRES Animal Rescue 24hr Hotline
6628 1898



MOBILE LIBRARY

Tuesday Week 2 Michael Riddle Enquiries: Phone 6625 5100	Feb 6 and 20 Mar 6 and 20 Apr 3 and 17 May 1, 15 and 29 Jun 12 and 26
Clunes	9–10am School
Dunoon	11:15am–12:15pm School
Modanville	2:00–3:30pm School

OTHER USEFUL NUMBERS

Dunoon Lodge Gordon Starkey	6689 5166
Northern Rivers Animal Shelter Robyn	6681 1860

LOCAL BUSINESS PHONE DIRECTORY

Advertising	Dunoon Gazette	6689 5954
Aged Care & Respite	Nimbin Aged Care & Respite	6689 1709
Auto-Electrician, Rewinds and Electrics	Marcus Rewinds & Electrics	0408 215 696
Bolts and Fasteners	Bolt Barn*, 183 Union St, Sth Lismore	6621 9090
Bottle Shop	Dunoon General Store	6689 5225
	Mary G’s	6622 2924
Bus Service	Dunoon	6624 8734
	Whian Whian	0421 566 460
Cafe/Bakery	Henry’s Bakery*, 87 Keen St, Lismore	6621 7035
Carpenter	John Ferronato	0429 895 130
Celebrant	Gina Murray	6689 5104
Childcare	Northern Rivers Family Day Care	6621 6437
Doctor	Dunoon General Practice, James St	6689 5811
Driveway repairs	R & J Field Contracting – Adam	0423101206
Earthmoving	Tom Thumb – Jeremy	0457 895 414 6689 5414
	Dugright – Michael	0412 230 982
	Backhoe – Des	0409 952 068
Electrical Services – including solar	Warren Lewis, Whian Whian	6689 5034
Fencing Contractor/ Firewood	Martin Mader	0429 891 555
General Store	Andrew Shepherd	0431 095 583
Holiday house	Dunoon General Store	6689 5225
Insurance	Dianne Flynn (Port Macquarie)	0408 614 113
Laundry Service	Dudgeon & Berry, 5/76 Woodlark St	6621 3000
	Clean & Green Laundry, 50 Terania St	6622 1359
Plumber	Nik Hyde	6689 5174 0428753796
Postal and Services	Dunoon Post Office – Fiona	6689 5101
Real Estate	Elders Alstonville, Darryl Rose	6628 0000 0418270975
Refrigeration	Russell’s Refrigeration	6621 3992
Restaurant	Dunoon Sports Club, Cowley Rd, Mary G’s, Cnr Woodlark/Keen St	6689 5469 6622 2924
Septic Tank Pumping	Summerland Environmental	6687 2880
Slashing	R & J Field Contracting - Adam	0423101206
Sports Club	Dunoon Sports Club	6689 5444
Takeaway/Restaurant	Little Delhi*, 32 Carrington St, Lismore Modanville Takeaway	0422 938 248 6628 2005
Tipper/Handyman	Darren Bassey	6628 2147
Towing Service	Bruno Zambelli, OL90247,Modanville	6628 2230
Tractor Repairs	Lismore Tractor & Machinery Centre, 30 Tweed St, Nth Lismore	6622 2842
Transport	Northern Rivers Community Transport	6628 8806
Travel	Schirelle Donski Cruise1st Australia	8985 9462
Tyres	Pirlos, 30 Union St, Sth Lismore	6621 3561
Wine	Imogen’s Farm Wines	0411 518 096
Wired4 – Home Theatre	Iain Thompson	0421 871 144

*Free directory listing for flood-affected businesses. Please give these (and all our local businesses) your support.

SCHOOLS
PRESCHOOLS
PLAYGROUPS

Dunoon Public School	6689 5208
Modanville Public School	6628 2234
Corndale Public School	6628 4305
The Channon Public School	6688 6236
Whian Whian Public School	6689 5240
Dunoon Pre School	6689 5396
The Channon Children’s Centre	6688 6330
Dunoon After School/ Vacation Care	6689 5930
Tullera/Modanville Playgroup	6689 5381



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>>> info@dunoonpreschool.com >>> www.dunoonpreschool.com

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Volunteer Resource Centre is here to make
volunteering easy.
Call NRCG VRC 6621 7397
Email vrc@lnci.org.au



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[www.channondunoonponyclub.
pcansw.org.au](http://www.channondunoonponyclub.pcansw.org.au)

THE CHANNON /
DUNOON PONY CLUB

For further details please contact:

Fiona Wilders Club President Hm: 6628 2690

Lisa McFadyen Vice President Hm: 6629 1023

Mykaella Gosper Club Secretary Hm: 6629 3486

Irene Brockhill Treasurer Hm: 6686 4798



Dunoon General Practice 100

James Street, Dunoon

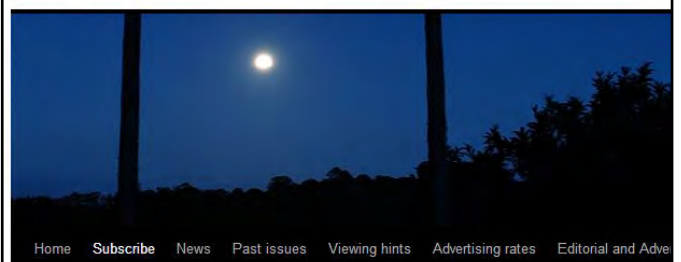
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