



Loch Sport Community House Inc.
The Heart of Our Community

THE LINK

Aug Sep 2025
Volume 28 Issue 4



Price-Gold coin donation



After meetings, grants, discussions, negotiation and specifications being drawn up, Starlink installation has commenced at the Hall. This means that further to power being available at the Hall to the community during

extended power outages, once fully connected the internet will now be accessible during town loss of coverage too. Many thanks to Wellington Shire Council for the incredible amount of work in securing the funding and arranging the works. The Community House will be taking on responsibility of the monthly cost of Starlink which will replace our current internet provider and Aussie Broadband are providing LSCH voip. We will keep you updated once these services are accessible. If you're able to support the Community House and Public Hall with the ongoing costs of this initiative, or to donate to support our operations, we have donation boxes in shops and businesses around the town, usually alongside our Link newsletters where we would gratefully accept your generosity. Donations to the Community House are tax deductible, so you can also provide a donation via bank transfer or in person and we will provide you with a receipt. Just a reminder that the policy for Hall Activation during extended power outages is attached to the Hall front entrance glass, on the Community House Noticeboard opposite Foodworks and is also placed in the Loch Sport Link Newsletter seasonally. You can also request a copy directly: on manager@lochsportcommunityhouse.com P 5146 0145

or in person

222 - 236
National Park Rd
Loch Sport



FRRR
Foundation for Rural
Regional Renewal

FRRR recently provided a very generous grant for us to refresh the Public Hall kitchen and

meeting room areas. This involves removal of old wall heaters, plaster patching, some moving of power points and a ton of painting and storage in the meeting room.

A huge thank you to Val for two years of volunteering at the Loch Sport Community House and Public Hall. We've really enjoyed having Val as a team member with us and we're sorry to see her go. Join us in wishing her the very best on her next adventure!



The Community House has offered space at the Arrawarra building temporarily while renovations are happening at the Post Office and Post Office Gallery. This is a great opportunity for the gallery to stay open during the renovations.

The gallery will close at its current address in August. We expect to

have the Arrawarra space ready to display artwork by the second week in August if not before. We will keep you posted and welcome you to bring in your work.

We will be holding a paper crafting exhibition and workshop on Sun 2nd, Mon 3rd and Tues 4th November 2025



(Melbourne Cup weekend). If you are a paper crafter for example quilling, decoupage, paper flower making, scrapbooking, card making or card art and would like to hold a workshop/demonstration please contact Christine on 0419 319 809. If you would like to attend a workshop phone the Community House on 5146 0145 to register your interest.

222-236 National Park Rd
PO Box 587
Loch Sport Vic 3851
Monday-Friday 9.30am-3pm
P 5146 0145



E manager@lochsportcommunityhouse.com
W lochsportcommunityhouse.com
Loch Sport Community House produces the Link with contributions from the community, for the community. Please find below a list of our current distribution points:

BP Service Station
CFA Op Shop
C Shell Real Estate
FoodWorks
General Store/Post Office
Loch Sport Bakery
Loch Sport Community Health Centre
Loch Sport Community House
Loch Sport Pharmacy
Lochy Coffee
Loch Sport Medical Centre

Online: Click on The Link tab on our website
lochsportcommunityhouse.com

The closing date for your contribution to the next edition of The Link is **Sept 8 2025**.

All articles and new advertisements should be emailed to lochsportlink@gmail.com.

Please find below upcoming Link publication, article and advertising submission dates for 2025.

Edition	Submission Deadline
Oct-Nov 2025	Sep 8
Dec-Jan 2026	Nov 3

Please feel free to email lochsportlink@gmail.com with any constructive feedback or suggestions.

DISCLAIMER Loch Sport Community House accepts no responsibility for grammar or typing errors, the accuracy, error or omission of the information contained in articles and advertisements, and does not endorse or take responsibility for any views, opinions or material contributed for publication. Any photos provided for The LINK, Loch Sport Community House assumes consent has been sought by article provider prior to use.



Ambulance, Fire, Police **000**
SES **132500**
Poisons Information 131 126
Wildlife Rescue 0400 079 337
Sale Hospital 5143 8600
Loch Sport Police Station 5146 0556

For a comprehensive listing please see our Community Directory on the centre page of the Link.



DEFIBRILLATOR Locations CALL 000
Ambulance National Park Rd Outside
Boat Club 14 Charlies St Outside
Bowls Club 14 Charlies St Inside
Foodworks 48-52 Lake St Outside
Loch Sport Caravan Park Outside
Loch Sport Fishing Assoc Portable
(Cnr Cliff St/National Prk Rd)
Loch Sport Golf Club Outside
Loch Sport Mens Shed Charles St Outside
Loch Sport Medical Centre Lake st Inside
Public Hall National Park Rd Outside
Public Toilet Seagull Drv Outside
Public Toilet The Boulevard Outside
RSL Charles St Reserve Outside
Tennis Club Charles St Reserve Inside



Are you looking to get involved in your community, meet people and help out? Did you know that LSCH is registered with Centrelink for mutual obligation?

We are currently seeking team spirited, positive and enthusiastic volunteers to assist with supporting our Community House operations in the following areas:

- Administration
- Events and fund raising planning/coordination
- Facilitating activities.

Do you have a skill, ability, art or information you'd like to share? We have some space available for additional activities, so let us know if you have a suitable activity you might like to facilitate at Loch Sport Community House. You can help as little or as much as you like!

WEEKLY ACTIVITIES 2025



COMMUNITY HOUSE WEEKLY ACTIVITIES

Keep an eye out on our Facebook page, or call to see one off or short-term activities and programs.

All activities are \$5 unless otherwise stated. Some activities may be numbers dependent or on break and therefore may be subject to change. If you are new to the group, please always contact the community house office to confirm class details and book 5146 0145 or manager@lochsportcommunityhouse.com

Day	Time	Activity
MONDAY		
Office open 9.30am – 3.00pm	11.00am-12.00pm 1.30pm-3.00pm 3.00pm-5.00pm	TAI CHI – Hall SINGING GROUP - Hall BOOK CLUB – Arrawarra (1 st Monday each month)
TUESDAY		
Office Open 9.30am – 3.00pm	9.30am-12.00pm 1.00pm-3.00pm 1.00pm-3.00pm 3.00pm-5.00pm	CRAFT – Hall Meeting Room LINE DANCING *Returning in September* – Hall IT TRAINING/SUPPORT – Arrawarra *Bookings essential FAMILY HISTORY – Arrawarra
WEDNESDAY		
Office open 9.30am – 3.00pm	11.45am-12.45pm 1.00pm-4.00pm	YOGA – Hall \$10 *Resuming 6 August TABLE TENNIS – Hall
THURSDAY		
Office open 9.30am – 3.00pm	9.30am-11.00am 11.00am-11.45am 12.30pm-3.30pm 1.00pm-3.00pm	PLAY GROUP for pre-school aged children & parent/carer – Hall \$2per child + a piece of fruit / healthy snack to share GUITAR LESSONS - Call ahead to confirm – BYO guitar Meeting Room - \$25 LIBRARY – Hall CREATIVE WRITING – Hall Meeting Room
FRIDAY		
Office Open 9.30am – 3.00pm	9.30am 10.00am-1.00pm	WALKING GROUP – No fee - Meet at <u>Lochy Coffee</u> PATCHWORK & QUILTING GROUP – Meeting Room
SATURDAY		
Office closed	9.30am-3pm 10.00am-11.00am	FAMILY HISTORY – Meeting Room (3 rd Saturday of month) ZUMBA AND GENTLE ZUMBA - *Alternating Saturdays & Sundays – *Call to confirm - Hall \$10
SUNDAY		
Office closed		

Other usual activities (always call prior to confirm):

- Latrobe Health Carer Network Meetings 4th Tuesday monthly 10am – 11am (Arrawarra)
- Loch Sport Lions – 2nd Tuesday monthly 4pm – 6pm (Meeting Room) lochsportlions@gmail.com
- Loch Sport Senior Citizens Group – 3rd Monday monthly 10.30am – 12.30pm (Meeting Room) secretary.lochsportseniors@gmail.com
- The Vets – call directly to book appt 5143 0577 (undercover space at rear of Hall between Hall and Arrawarra)
- Country Pine Kennels Doggy Day Care pick up / drop off point Wednesdays 7.30am/5pm - call directly to book 0448 922 886
- Information Sessions, Town Meetings & other Hirers - keep an eye on our Facebook Page and in the Link Newsletter

SERVICES AVAILABLE

Meeting place for Justice of the Peace appointments, daily activities, community referral service and Fridays cash for cans. Other services include provision of

- Domestic quantities of:

- Printing
- Scanning
- Laminating

- Spaces for hire

- Computer/Internet access

- Computer access for:

- MyGov, My Aged Care, NDIS, Centrelink

- Assistance with some aspects of computer, internet and mobile phone issues.



We provide a huge variety of general support, so if you're not sure if we can help, just ask. Our services are either free or very low cost.

Please call 5146 0145 or visit our website lochsportcommunityhouse.com

NOMINATE US TODAY

AS PART OF THE RITCHIES COMMUNITY BENEFIT PROGRAM

and help us generate extra funds.

- 1 Download or update the Ritchies Card App




- 2 Search and select our name when prompted to nominate a club, school or charity
- 3 Every time you shop at Ritchies and scan your app or card, Ritchies will contribute a percentage of the total to us

*CONDITIONS APPLY. Go to ritchies.com.au/loyalty for further information.

Did you know that Loch Sport Community House has DGR status (deductible gift recipient status) therefore any donations made to us are **tax deductible**?

What's on at the Community House

Monday Tai Chi
11am-12pm
\$5
All levels welcome



Tuesday Craft Group
9.30am to 12pm in the meeting room \$5
Bring your knitting, crochet, sewing or any craft project and join in with the group for a cuppa and morning tea.



Wednesday
Yoga with Bianca
Public Hall
11.45am to 12.45pm
Cost: \$10
Commencing Aug 6
All levels, all abilities, all welcome!



Thursdays
Playgroup for pre schoolers. T
9.30 am
\$2 per child
and a piece of fruit to share



VICTORIA'S CONTAINER DEPOSIT SCHEME

FRIDAYS 10AM-1.30PM
LOCH SPORT
COMMUNITY HOUSE

MAKE YOUR CHANGE HERE

Look for the 10c mark on the back of your drink containers to check eligibility

10c

RE TURN IT CDS VIC VICTORIA State Government

Thursday Wellington Shire Library attend the Public hall 12.30-3.30pm. Pick up loan bookings, drop off your returns or browse books, magazines, dvds and more.



Friday Patchwork & Quilting 1
0am to 1pm in the Meeting Room
\$5 per person
BYO project.



SALE BUS INFORMATION				PT>	
Route 7 Sale via Longford					
				Service operates from 08.03.2021 until further notice	
				Monday to Friday	
Wheelchair Accessible Services					
Day Restrictions:	S42	S42			
Morning (am) / Afternoon (pm)	pm	pm			
National Park Ent/National Park Rd (Loch Sport)	12:00	5:45			
Goodlett Ave/National Park Rd (Loch Sport)	12:01	5:46			
Cameron Rd/National Park Rd (Loch Sport)	12:03	5:48			
Simon Ct/National Park Rd (Loch Sport)	12:03	5:48			
Cliff St/Lake St (Loch Sport)	12:04	5:49			
First St/Lake St (Loch Sport)	12:05	5:50			
Charles St/Government Rd (Loch Sport)	12:06	5:51			
Golden Beach Community Hall/Longford-Golden Beach Rd (Golden B...)	12:35	6:20			
Glencoe Trailers/Longford-Loch Sport Rd (Longford)	12:58	6:46			
Longford Kindergarten/Longford-Loch Sport Rd (Longford)	12:59	6:47			
Brennans Rd/South Gippsland Hwy (Longford)	12:59	6:48			
Sale Station (Sale)		6:55			
Gippsland Shopping Centre/Cunningham St (Sale)	1:05	7:00			
Sale Hospital/Guthridge Pde (Sale)	1:15	7:10			
Service Information					
S42 = Operates not on Tuesday and Thursday					
= Wheelchair Accessible					

Get Police Assistance



For all emergencies and immediate Police assistance
Call: 000



To report non-urgent crimes or events 24 hours a day
Call: 131 444



To report information about a crime, contact Crime Stoppers on
1800 333 000

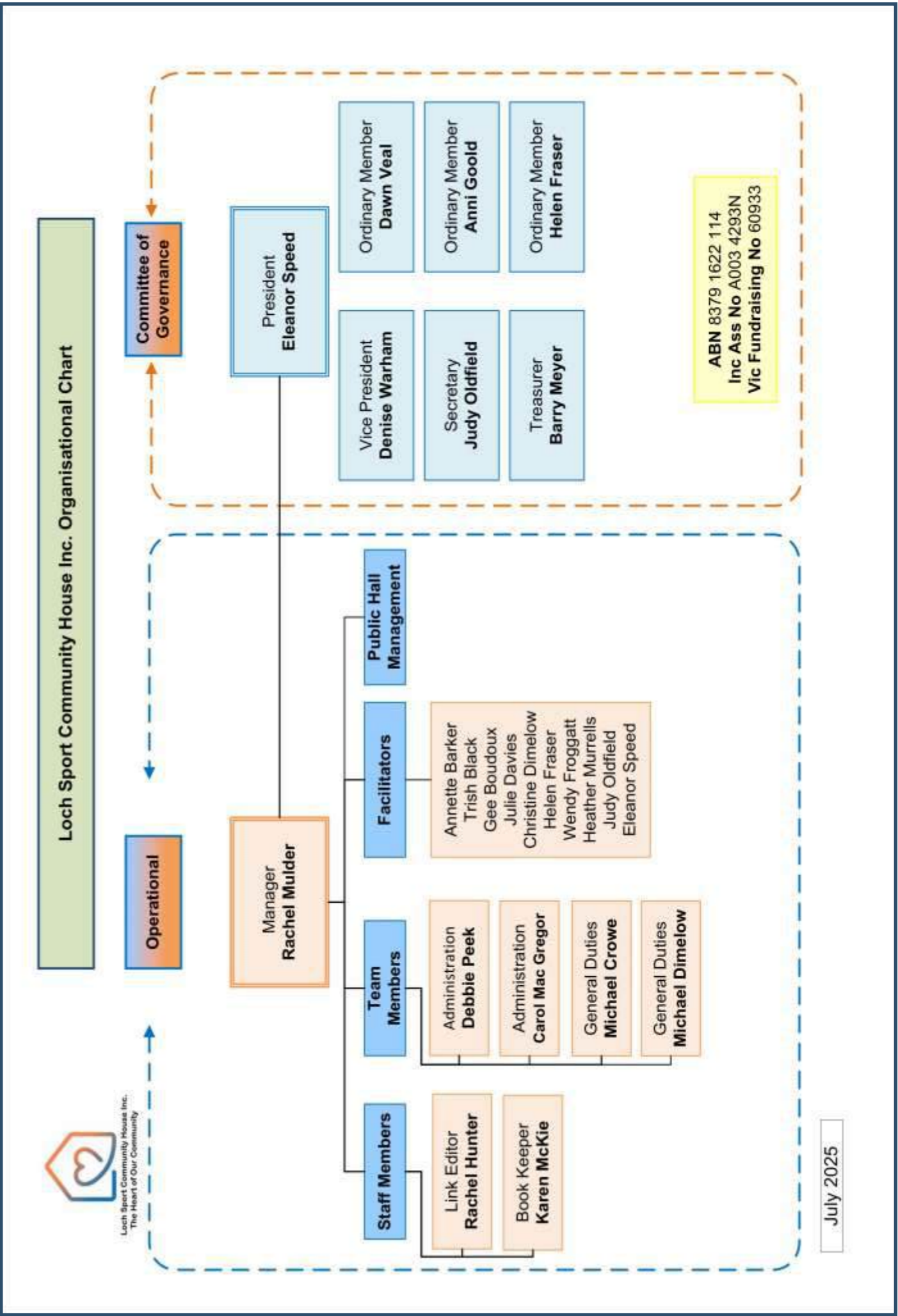
What is a Neighbourhood House?

Neighbourhood Houses are the heart of our communities. They bring people together to connect, learn and contribute to their local community through social, educational, recreational and support activities. Also commonly known as community centres, learning centres, community houses or neighbourhood centres, these inclusive community-based organisations welcome people of all ages, abilities and walks of life, creating opportunities for people to enrich their lives through connections they might not otherwise make. There are over 400 Neighbourhood Houses across Victoria, but no two Neighbourhood Houses are ever the same. Guided by a community development approach, they each engage and respond to the needs and priorities of the communities they work in. They also play a key role assisting in emergency management and building community resilience during and in the aftermath of local emergencies such as bushfires, floods etc. In a nutshell, Neighbourhood Houses are the key to your local community.

Benefits of Neighbourhood Houses

Neighbourhood Houses have a significant and meaningful impact on the individual lives of everyday Victorians and hundreds of local communities across the state. They strengthen community connection. Neighbourhood Houses bring people within the local area together to meet, socialise, and mobilise to achieve positive community outcomes. They strengthen community spirit, pride and connection. Neighbourhood Houses combat social isolation and loneliness by being accessible, non-threatening and inclusive spaces that welcome people from all walks of life, regardless of age, gender, ability or economic status. They provide the opportunity for people to mix, learn from each other, and support each other. Many Neighbourhood Houses are also involved in community partnerships with other local service providers, small businesses, and community groups to maximise their impact and form stronger connections within the local community. They are responsive to community needs "No two Neighbourhood Houses are ever the same!" This is because Neighbourhood Houses are flexible and diverse in their delivery, responding to the needs of their communities at any given time. The services, program and activities which may be relevant for one Neighbourhood House may be completely different to another. For example, for areas with low socio-economic populations, the Neighbourhood House may run a food pantry to ensure people have the essentials to put food on the table. For a community with a high migrant population, the Neighbourhood House may deliver programs that help migrants settle

into Australian life and gain independence. When communities are impacted by emergencies such as bushfires, Neighbourhood Houses are often on the frontline supporting responders in any way they can and play a significant role in disaster recovery. They improve job skills. Some provide assistance to people with the job seeking process including how to search for a job, resume and cover letter writing and interview techniques. Neighbourhood Houses also have diverse volunteering programs which increases a participant's skills and experience working in a professional work setting. They improve personal wellbeing, health and confidence Neighbourhood Houses have a positive impact on the mental and physical health of the people that participate at them. Many provide health and wellbeing activities such as soft exercise and yoga classes, walking groups, tai chi and healthy cooking classes to promote healthy living. Many provide arts and crafts activities, or musical groups, for people to engage creatively in a relaxed, social setting. For seniors, they promote an active and positive ageing experience. Some Neighbourhood Houses host support groups for parents, people with disability, people struggling with mental health issues, addiction issues so they receive the care and support they need. More broadly speaking, Neighbourhood Houses open up people's interpersonal networks and break down social isolation through community participation and inclusion. People make new friends, share time with others, and feel a deeper sense of purpose by contributing to their community in a meaningful and impactful way. They engage in many other contracts and agreements Neighbourhood Houses are usually funded for 25 hours per week and further to their DFFH contract, often they have many more commitments and agreements. Some also manage local facilities such as council owned public halls. Many are not for profit organisations as well as incorporated associations dependent on fundraising so audits, grant applications and acquittals, registration and reporting requirements with CAV, DFFH, ACNC form a large part of the management of Neighbourhood House. Most have a combination of paid employees and volunteers with many legislative requirements as well, such as Centrelink, ATO, pay roll, PLSL, Super, Fairwork, OHS, committee and team meetings and employee / volunteer support etc. Neighbourhood Houses are busy and effective, uniquely designed for the needs of their communities.



Recipes

Lamb & lentil (or chickpea or both) soup

Ingredients

- 2 tbsp olive oil
- 2 large brown onions, coarsely chopped
- 2 celery sticks, trimmed, coarsely chopped
- 1 large carrot, peeled, coarsely chopped
- 1 baby fennel bulb, trimmed, thinly sliced
- 600gm lamb shoulder diced (lamb mince can be substituted)
- 400g can diced tomatoes
- 1L (4 cups) chicken stock or vegetable liquid stock
- 400g can brown lentils, rinsed, drained or you can use chickpeas instead
- Salt and pepper to season
- 450g chopped potatoes, thickly sliced (optional)
- Optional herbs and spices you can add when frying off your onion and veg
- Garlic cloves
- 1 tsp ground ginger
- 1 tsp cumin seeds, toasted
- 1 tsp ground coriander
- ½ tsp ground turmeric
- 1 cinnamon stick
- 2 tsp paprika
- Chilli to your liking
- Greek yoghurt to serve on soup
- Fresh coriander to serve on soup
- 1. Heat the oil in a large saucepan over medium-high heat. Cook the onion, stirring, for 2 minutes. Add the celery, carrot and fennel. Cook, stirring, for 3-4 minutes or until the vegetables are light golden.
- 2. Add the lamb and cook, stirring, for 2-3 minutes or until just browned. Add the tomato and stock. Bring to the boil. Reduce heat to low. Cover and simmer for 1 hour.
- 3. Add the lentils and potato. Cover and simmer for 1 hour or until the lamb and potato are tender.



1 minute microwave mug cake

- 1 tbsp butter
- 1 tbsp sugar
- 1/4 tsp vanilla
- 2 tbsp room temp milk
- 3 tbsp plain flour
- 1/4 tsp baking powder
- (Use Baking POWDER not baking soda)
- Sprinkles (Optional)



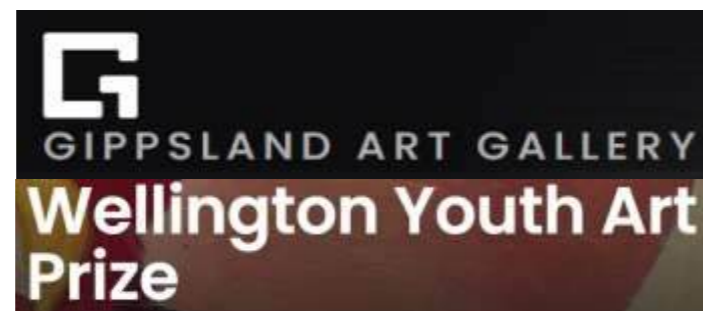
Mix all ingredients in a mug. Every microwave is different and mug cakes can take anywhere between 1 minute - 1 minute and 15 seconds to cook. Be careful to not over cook your cake.

Variations:

- Add a pinch of cinnamon and 1-2 tbsp frozen blueberries
- Add 3 tbsp choc chips (and 3 tbsp peanut butter)
- Add 1.5 tbsp cocoa

Or a complete cheat is to use 6 tbsp cake mix, 4 tbsp water or milk & 2 tsp oil/butter. Mix and microwave for 1 minute.

Always let the cake cool for a few minutes before eating.



Open to all young artists aged 12 to 25 who live, study or work in, or have studied in Wellington Shire in the past four years. Theme: My True Colours.

Artworks in all mediums are accepted (some limitations apply). Please read the Terms and Conditions and contact Youth Council on 5142 3044 with any queries.

The Wellington Youth Art Prize is a non-acquisitive prize generously sponsored by FReeZA and the Wellington Shire Youth Council.

Entries open until Aug 24. Entry to the Wellington Youth Art Prize is free and entrants may submit only one entry in any medium.

What's on



Women of Wit 2025

Stratford at the Courthouse Theatre

Friday Aug 8 from 7pm-10:30pm

Phone: 0431 513 579

Website: www.stratfordcourthouse.com.au

Women of Wit is coming back to Stratford at the Courthouse Theatre on Friday 8 August with Alex Ward, Urvi Majumdar, Jordan Barr, Freddie Arthur and a very special surprise local act. Don't miss out on tickets - last year's event sold out quickly. The amazing line-up of comedians had the packed courthouse audience rolling in the aisles.

Elvis Rock & Roll Dance

Sale Memorial Hall

Saturday Aug 16 from 7:30pm-10:30pm

Phone: 0407 290 756

It's Now or Never – Let's Rock n' Roll!

Lakeside Rockers Gippsland are all shook up to bring you a night of hip-shakin' fun with the sensational BOOKMAN – live and loud! Put on your blue suede shoes, grab your dancing partner and get ready to rock the night away! Whether you're a hunk of burning love or just looking for a little less conversation and a little more action, this is the night for you. You bring the moves, we'll bring the music.

Member: \$20, Non-Member: \$25, Child: \$5

BYO food and drinks

Gippsland International Winter Festival Dog Show Championships

Friday Aug 22, Saturday Aug 23 & Sunday Aug 24

Email: salemaffrakennelclub@gmail.com

This year our annual championship dog shows will be held at the Maffra Recreation Reserve. With a jam-packed schedule, hundreds of different dog breeds and an international judging panel, this is an event not to be missed! Talk to breeders, see or discover your favourite dogs, and find out all you need to know about owning a pedigree dog. This year's judges will be from Denmark, Japan, South Africa, Singapore, New Zealand (2) & Western Australia. We can't wait to see you there! There will also be a "Best Variety Dachshund" award judged, after Group 4 Specials, on Saturday morning. Camping is available. Go to showday.online/show/maffra to book.

Entry Fee: \$19

Baby Puppies: \$12

Local Member Classes: \$8



Local fauna & flora

The *Hydromys chrysogaster* or rakali is also commonly known as a water rat (this name was phased out in 1990s to remove negative connotations for the animal) or "Australian otter" and is a unique, semi-aquatic native rodent. Shy and nocturnal, they are identifiable by their large size (similar to a platypus). The rakali is the largest member of the Australian native rodent family though they are more similar to otters in their behaviour and unlike most rodents, they spend much of their time in or near the water.

An adaptable animal that is resilient, the rakali can survive in most conditions either salt or freshwater environments and even polluted waterways throughout Australia. They also inhabit coastal mangrove habitats, brackish estuaries and sheltered ocean beaches.

This semi-aquatic mammal plays an important role in Australia's ecosystem. Rakali eat fungi and help to spread the fungi spores throughout the soil through their droppings. These spores then allow native plants to extract water and nutrients such as phosphorous and nitrogen from the soil in which they grow. Nocturnal hunters, they eat a varied diet including: fish, aquatic insects, aquatic plants, crayfish, clams, mussels, crabs and even water birds and their eggs, frogs, and turtles. Rakali help our native species by hunting invasive species such as carp and cane toads. The rakali is one of Australia's only mammals to safely enjoy a meal of the highly toxic cane toad. Intelligent and resourceful, it flips the toad over to avoid the poisonous glands found on the back of the toad's neck and uses surgical-like precision to neatly remove the heart, liver, and toxic gall bladder before eating the rest. They consume their prey on flat feeding sites such as logs, rocks or sheltered areas on the river bank, returning to these sites for each meal. Rakali are intelligent animals, they remove mussels from the water and leave them in the sun to open prior to eating and use rocks as tools to crack open shells.

It also has a remarkable array of sensory whiskers on its head, which it uses to forage underwater at night, black to brown fur with an orange to white belly, and a dark tail with a white tip and waterproof fur that dries quickly once on land. It has an elongated body shape which is perfectly adapted to glide through the water. Its small ears can be folded against its head and has partially webbed hind feet. The rakali can grow up to 70 cm in length from nose to tip of the tail and weigh a little over a kilogram.

They are mostly solitary and territorial living in grass-lined nests at the entrance to burrows, usually hidden among vegetation on low banks of waterways. Like most native rodents, the rakali produces several litters of young each year when conditions are favourable, after reaching maturity at 1 year old. Litters usually consist of 2 to 4 young which arrive in the warmer months of the year, around one month after mating in late winter or early spring.

So keep an eye out for their distinctive V-shaped wake in the water





Art Gallery

Located at the General Store

Boat Club

Open for drinks and nibbles overlooking the lake.

Live Lake Victoria webcam/weather station

Bowls Club

Casual bowls, darts night

Caravan Park

CFA

9am weekly Sunday garage sale

Community Garden

Check out what's in bloom

Community House

Open for group activities, workshops and events

Explore

The many walking tracks

Foodworks Supermarket

Open 7 days

Fishing Association

Merchandise, live 90 Mile Beach webcam/weather station and fishing events

Golf Club

Play a round or walk the course to spot the local wildlife

JKs Loch Sport Bakery

National Park Rd opp (BP)

Lake Foreshore Trail

Walk, ride, pram or wheelchair the lake foreshore and enjoy:

- Viewing art by local artist Simon White
- Working out on outdoor gym equipment
- Using skate park or playground
- Visiting the jetty
- A picnic or cooking in the Lions BBQ shelter
- Reading the flood history on the rocks
- Spectacular sunsets and alpine views along the entire trail

Lakes National Park

Car, walking and bike trails. Camping, BBQ and picnic facilities. Local and unique flora and fauna either on walks or on the water, including dolphins, kangaroos, koalas, echidnas, wallabies, a vast range of birdlife and rare orchids, fungi and native plants.

Pelican Point

Lake Reeve Nature Trail and Lookout Tower

Sperm Whale Head

Trapper Point

Point Wilson

Dolomite Picnic Area

Trouser Point

Cherry Tree Picnic Area

Emu Bight Campground

parks.vic.gov.au/places-to-see/parks/the-lakes-national-park

Lake Reeve and 90 Mile Beach

Spectacular sunrises 90 Mile Beach

Fishing

Kayaking

Boating

Swimming and beach activities

90 Mile Beach Lookout

Whale Watching (May-October) with our binoculars

Superb sunsets over Lake Victoria

Loch Sport Hire

Kayaks and Paddle Boards

Made by Beck and other stuff

Locally made hand crafted gifts, check Facebook

Marina Hotel Bar and Bistro

Views over Lake Victoria, meals, bar and events

Loch Sport Post Office/General Store

24/7 Fuel

Laundromat

Loch Sport BP Service Station and Kebabs

Lochy Coffee Café

Neirbos Eats

Check Facebook for trading hours.

Night Life

Keep a torch handy to spy our local wildlife out and about. Look up and enjoy the Milky Way, constellations, stars and planets with awe inspiring clarity.

stargazinggippsland.au/locations/loch-sport/ or check out the signage and QR code at Stockyard Hill

Rotamah Island and Little Rotamah

Various walking tracks with exceptional views and bird watching opportunities and bridge from Rotamah island over to Little Rotamah.

RSL

Open for meals and events

The Gourmet Shed

Fresh, homemade, jams, relish, butters and baked goods. Check Facebook for trading hours

Tennis Court Hire

Contact Hardware and Garden Centre



WELLINGTON SHIRE

COUNCIL HARD RUBBISH

DATES AND INFORMATION

wellington.vic.gov.au/environment/hard-waste-collection#hard-waste-collection-dates

About hard waste collection

If your property receives the council kerbside bin collection service, you are eligible for hard waste collection.

Hard waste collection dates

Hard waste collection runs over 5 weeks, with each bin collection day assigned a specific week. In 2025, hard waste collection will commence on the following dates:

If your bin is collected on a Monday, your hard waste collection will begin on **Monday 27 October**

When to put out your hard waste

You can place your hard waste out up to 7 days before your scheduled collection. It must be out by 6am on the Monday of your designated collection week.

Council now accepts e-waste as part of its hard waste collection. E-waste is any item that requires a battery or plug to operate. Please pile e-waste items separately.

When placing your Hard Waste out for collection, please ensure:

- Hard waste is not placed on nature strips more than 7 days prior to your collection dates
- Hard waste products are placed on your nature strip only
- The limit for hard waste materials is 1.5m³ per household
- No hard waste is placed over a fire plug or water valve or near a power pole
- Hard waste must be able to be lifted / handled safely by two (2) persons in accordance with Occupational Health and Safety standards
- Steel and scrap metal are piled separately to all other waste items, as are e-waste items

Unacceptable or rejected items left behind by collectors are removed from your nature strip within 48 hours of notification

The following items will not be collected:

- Asbestos
- Building Materials (Such as concrete, bricks, plaster, windows or demolition waste).
- Building Waste (Including excavation waste).
- Engine Blocks
- Fencing Wire
- Gas Bottles
- Green Garden Waste (Such as tree prunings, flower cuttings, rocks, soil or grass clippings).
- Household Rubbish
- Industrial Waste
- Liquid Waste (Including containers filled with liquids).
- Mattresses and Bases
- Poisons
- Recyclable Materials (Such as newspapers, cardboard and plastic containers).
- Sewage and Sewage Pipes
- Tins of Paint
- Trade Waste
- Tyres

To assist the community with fire preparation efforts, Wellington Shire Council will offer no-fee green waste disposal at waste facilities in Kilmany, Maffra, Loch Sport, Seaspray, Heyfield, Stratford and Yarram leading up to the summer period.

Loch Sport will offer no-fee green waste disposal **for from Saturday 18 October to Sunday 30 November and has extended hours over the Melbourne Cup long weekend, opening from 9am-5pm on Friday 31 October until Monday 3 November.**

No-fee green waste disposal is for residential properties only. Commercial businesses disposing of green waste will still be liable for the standard gate fees.

This includes commercial businesses who are completing clean up works within the Wellington Shire Municipality during the program.

Below is a list of EXCLUDED green waste items:

- Timber (Painted or with metal attached)
- Manufactured Board
- Treated Pine Timbers
- Stumps

Tackling the spread of myrtle rust

Protecting against biosecurity threats

Australia is constantly threatened by exotic species entering the country, but early detection is the best defence in combatting invasive species. **Myrtle rust is an invasive species of fungus that infects plants in the Myrtaceae family**, including more than 1,500 species of Australian native trees and shrubs like tea trees, bottlebrushes, paperbarks, lily-pillies and eucalypts, as well as non-native Myrtaceae species. **The Atlas of Living Australia (ALA)** helps to tackle invasive species by making more than 132 million species occurrence records open and accessible. You can help detect myrtle rust in your area and contribute to the ALA through **citizen science**, to track the abundance, spread and impacts of this species across the nation.

How to identify myrtle rust



Bright **yellow spores** are the most visible sign of myrtle rust.



Purple-brown spots on leaves may be a sign of early infection but can have other causes.



Myrtle rust affects new growth. In severe cases, myrtle rust can cause the plant to die back and appear scorched.



Without touching the plant photograph the stem, fruit and flower, and both the top and bottom of affected leaves.



Remember: Myrtle rust spreads easily on hands, clothes, and equipment. Practice correct hygiene and regularly clean gardening and hiking equipment to avoid accidental spread.



Citizen science data collection

Citizen science apps like [iNaturalist](#) and [NatureMapr](#) capture data on Australian invasive species which then feed into the ALA. When uploading your myrtle rust species records, you can include **multiple pictures and helpful information** to better support researchers in understanding myrtle rust spread. Other information to include:

- What are the species of host plant (if known)? Take a picture of the whole plant to help with identification.
- Is the plant young or old? E.g. seedling, sapling, mature, dead or re-sprout after fire damage.
- How affected is the host plant? E.g. A few leaves, one branch, several branches, most of the plant, or the whole plant.
- Are there other affected or unaffected plants at the location? E.g. none, fewer than 10 plants or dense vegetation affected.



Loch Sport

Many portable devices today are powered by rechargeable lithium-ion batteries. These types of batteries pose a higher risk of fire than others. Lithium-ion batteries are popular because they are light-weight and long lasting compared to other rechargeable batteries. You

will find them in many devices such as phones, tablets, power banks, laptop computers, toys, appliances and tools, as well as mobility equipment such as e-bikes and e-scooters. They can also be found in many other modern devices that need power.

What causes lithium-ion batteries to catch on fire?

Lithium-ion batteries release toxic and flammable gases when they short circuit, which may lead to them catching fire. If the battery is fully charged, violent fire behaviour with sparks and jet-like flames may be experienced. The main reasons lithium-ion batteries short circuit and catch fire - a process called thermal runaway - are because they:

- Are incorrectly charged using a charging cable that was not designed for the device or battery. This can result in overcharging or overheating.
- Have been damaged by an impact, cracked, dented, punctured, crushed or exposed to overheating.

It is therefore very important that you dispose of old or damaged lithium-ion batteries correctly.

Use the correct charger

- Using chargers with incorrect power delivery (voltage and current) can cause damage to the battery including overheating that can lead to fires.
- Only purchase and use devices and equipment from reputable manufacturers and suppliers.
- Always follow the manufacturers' charging and operation instructions.
- Disconnect a device or battery once it indicates that it is fully charged.
- Only use chargers that meet Australian Standards - look for the Regulatory Compliance Mark.

Don't help your devices to overheat

Devices left on soft surfaces like beds and couches can overheat and catch fire. Don't charge batteries or devices on soft surfaces such as beds, couches and carpet. Keep batteries and devices away from items that can easily catch fire like blankets, clothing and paper. Never charge a device under a pillow. Don't leave charging devices unattended. There is a higher risk from fire if you are not in

attendance or sleeping while devices are charging. Avoid charging batteries or devices overnight. Avoid leaving batteries or devices unattended while they are on charge.

General charging safety

Only plug in one device per outlet, and always keep power boards and cables neat and tidy.

Don't use battery charging devices with worn or damaged cables.

Always ensure the battery charger is switched off from the electrical power supply before connecting the batteries. This will minimize the risk of shock and sparking while connecting the batteries.

Lithium-ion batteries can be sensitive to heat and therefore must be charged and stored in moderate temperatures.

Never store or leave batteries and devices in areas where they can be exposed to heat or moisture.

Do not leave devices such as phones, computers or charging devices in direct sunlight or in parked vehicles where they can quickly heat up.

Larger batteries and equipment such as power tools and especially electric bikes, scooters or skateboards should be charged in the garage, shed or carport away from living spaces.

Victorian fire services recommend that interconnected smoke alarms are installed in areas where devices are often charged.



The SES members have been busy with training. We have received a new rescue vehicle and our team is training up their skills. The unit has a new member Michelle. Welcome to the unit, Michelle. While winter is

hitting hard this year we are still looking for new members so if you think you can see yourself in orange and helping the community we will train you, supply uniforms all at no cost to you. So drop in to the Loch Sport SES at 105 National Park Road at 5 pm on a Wednesday night and we'll have a chat.

Looking forward to having a cuppa and meeting you. Keep warm

Regards Chris Wood
Loch Sport SES Controller.

F Loch Sport SES
A 105 National Park Rd Loch Sport
P 13 25 00



We now have eight voluntary Ambulance Community Officers with two more in training, which will be great to support our community.

**LOCH SPORT
AMBULANCE AUXILIARY
ANNUAL MEETING
TUESDAY SEPT 9 7PM
AMBULANCE STATION
233 NATIONAL PARK RD**

It would be great if we could get a good crowd as we are in need of more members to enable us to facilitate larger fundraisers.

Secretary -Helen Boon

0418 578 928

helen.boon22@outlook.com



We are delighted to welcome our new members, Terry Harley and Lyn and Peter Krejci. It's great to have you on board.

We will be doing a roadside clean-up later in the year, date to be advised closer to the time. A BBQ lunch and refreshments will be provided for anyone who has a few hours to spare on the day.

The Club continues to have the lucky envelopes machine at the Marina Bar & Bistro and you will find Noleen and Christine selling raffle tickets on Saturdays. We thank everyone who continues to support both the lucky envelopes and raffles. All monies raised go directly to various great causes such as Lions Eye Health, Childhood Cancer Research, Need for Feed and Disaster Relief.

We are always looking for new members. If you have some spare time and would like to join our club, you would be most welcome. We meet on the 2nd Tuesday of the month. There is a lot of satisfaction in helping others in need, and also to be part of assisting those who have experienced disasters here and around the world.

Up-Coming events:
Roadside Clean-up – (date to be advised)
December - Children's Christmas Party
January 3rd – Bush Market
January 26th – Loch Sport Citizen of the Year, Australia Day

Secretary Wendy Dodd

0402 503 190

lochsportlions@gmail.com.



The CRG has had a meeting with Danny O'Brien MP last week

Assistances for Loch Sport being:

- Flood Overlays
- Fire Breaks
- Cleaning up around Town (Removal of fallen trees and having a clean area to enjoy .

- Having a secondary exit along the Ninety Mile Beach.
- What Action Plans are in place for Loch Sport.

We have had a response from Danny O'Brian MP on the Fire Brakes

Dear Tony,

Thank you for meeting with me recently to discuss your concerns surrounding fire safety in Loch Sport.

As discussed, I have made representations to the Minister for Environment to seek his advice in this matter. I note that a response from the Minister can take up to eight weeks and I will be in touch as soon as I have one to hand.

Yours sincerely,

Danny O'Brien MP

The CRG is thankful to the Loch Sport Caravan Park for their donation from the cans fund to assist with our insurance payments. We are moving forwards with the rebuild of our Community Notice Board and waiting for insurance to proceed with the rebuild.

Our next meeting Tuesday 5th August 5 pm held at the Health Centre Opposite BP.

Our statement of purpose is to provide a forum for discussion and dispersal of information regarding matters that concern the Loch Sport Community. To discuss, plan and fundraise for projects that benefit the Loch Sport Community Rules of inc.

The Secretary

Loch Sport CRG

PO Box 129

LOCH SPORT VIC 3851

Email- crglochsport@gmail.com

A0052889P – ABN 79910982432

Loch Sport BOAT CLUB

As winter settles in, many of our locals have headed north in search of warmer weather. For those of us who remain, we get to enjoy the peaceful beauty of the lake in its quiet season — a time for crisp mornings, still waters, and gathering around a warm fire while looking forward to spring.

The Loch Sport Boat Club recently held its Annual General Meeting, resulting in a few changes to our leadership team. We're pleased to announce that Des Crossley has been elected Commodore, while Hal Olguner continues in his role as Treasurer. The position of Secretary remains vacant for now.

Michael Riky, our outgoing Commodore, along with Darren Christie remain on as committee members, and we're excited to welcome Michael Winks and Jimmy Mullans to the team for the next two years.

We extend our sincere thanks to Michael Riky for his leadership over the past two years, and to outgoing committee members Nicole Stevens, Andrew Ford, and Kate Norton for their dedicated service to the club and the community.

While the new committee is still formalising plans for the year ahead, one thing is certain — we remain committed to our social sailing, strengthening our community ties and continuing to develop Peli's, our shared venue with the Loch Sport Fishing Association. Whether it's for members, locals, or visitors, we hope Peli's becomes a vibrant hub for connection, events, and enjoyment by the lake. I look forward to working with the new committee and introducing fresh ideas to showcase our wonderful town and club.

Warm regards,

Des Crossley

Loch Sport Boat Club

W loch-sport.net

F Loch Sport Boat Club

I instagram.com/lochiethpelican

P 5146 0004

A Charlies St Loch Sport

Club lake weather cam and information:

loch-sport.net/weather-cam



Winter is now upon us, but that doesn't mean there's nothing to do in the garden. The garden's zucchini has finished for the season, as have the tomatoes and all the summer crops. There is still much work to be done,

such as building the soils and compost to ready the beds for winter and spring which will be here before we know.

Coriander can be planted now. It's not to everyone's taste but it's a very useful herb as all parts of the plant can be eaten. Coriander is related to parsley, carrots and celery! Plant some seeds now and enjoy some fresh garden herbs. Did you know that if you allow the coriander plant to go to seed that you can save the seeds. Either to use in cooking or to grow more coriander. There's nothing better than a free fresh plant in our eyes.

Strawberry plants can be planted now, this yummy berry will be ready to harvest in December.

Snow peas and peas can also be planted now. The flavour of freshly-picked Peas is something everyone should experience, especially when they're so easy to grow at home. There are lots of different types of Peas to choose from. There are crisp and crunchyp-snow peas and shelling peas grown for their deliciously sweet and tender baby peas inside. Plus versatile sugarsnap peas that can be enjoyed either shelled or eaten pod and all. There are also climbing and dwarf varieties of peas, so there's a pea for every taste and space!

Don't forget that the garden is always on the lookout for more members/volunteers. If you are interested why not pop down to the garden on a Wednesday morning, join us for a cuppa and see what we are all about. The community garden is registered with Centrelink for volunteers looking to gain their hours. You can find the garden via no 17 Central Ave, just follow the track to the end and there we are. There is also pedestrian access via the track on Toorak Ave opposite Mary St.

Ph Trish 0456 123 005



We are very excited to announce that we have been successful in gaining two more grants - a Wellington Shire Council Community Assistance Program Grant and a Coastal Public Access

and Risk Grant from DEECA. We thank these two organisations very much on behalf of our foreshore and our community. When applying for grants, the scope of the work, implementation plans and costs are detailed. It is then up to the Committee to ensure the work is completed, these goals are successfully met and then report the outcome in detail.

Wellington Shire Council Community Assistance Program Grant

We have already completed the re-topping of the track along the Seagull Drive foreshore to the boat ramp. We have planned two working bees as announced on our Facebook page.

Working bee one will be held on Saturday 20th September 10am till 2pm when we will undertake a planting session at an eroded site needing revegetation, followed by a walk and talk about weeds within the foreshore reserve. A catered lunch will be provided to those attending.

Working bee two will be held on Saturday 15th November and will involve the installation of walking track guide posts along the foreshore walking track to guide users on location and distances. Again a catered lunch will be provided to those attending.



If you are interested in participating, please rsvp to sec.lsforeshore@gmail.com or via our FaceBook page to help with catering and organisation. Reminders will be given closer to the dates.

DEECA Grant: Coastal Public Access and Risk Grant

The committee applied for the DEECA grant to gain funds to improve beach access along the Loch Sport Foreshore. The work will include:

- Upgrading the old stairs from the Toorak Ave/ Boulevard track to allow beach access from this high point.
- Work on the track in this area to provide a safe access to the stairs and enjoyable walk over the Bluff. Other track work will also be funded.
- Developing maps and sign boards that will highlight our beautiful walks for residents and visitors as well as providing extra information of the area.

The Committee met with DEECA Gippsland to discuss permits and processes to implement the work and will update on Facebook as more details are available. We hope you are enjoying visiting and walking our beautiful foreshore despite the wintery weather. There is so much to see on the foreshore, including the work around the Seagull boat ramp. So much sand has been delivered from the Marina Hotel pier to this area and rocks delivered to make groynes. Very interesting to watch the progress.

sec.lsforeshore@gmail.com

PO Box 126 Loch Sport 3851

FaceBook: Loch Sport Committee of Management
www.lochsportforeshorecommitteeofmanagement.com.au



Public Notice from the President - Loch Sport RSL

To quash all rumours that are currently being shared around the area regarding the Loch Sport RSL - we make this statement. Loch Sport RSL is currently in debt

- the amount is approximately \$50,000. This debt has accrued during the periods from 2020 forward to today, with Covid occurring, and the Australian Taxation office (ATO) now changing the Tax Rules for not for profit organisations. Loch Sport RSL is endeavouring with the help of the current Committee, our local community and members who support the Club to trade out of this debt. Please be patient with our team as they are all volunteers. If you have any time to spare to support our Committee please volunteer your time. Please see one of our Committee when the club is open.



Update on the Flood Overlay campaign – co-ordinated by the Loch Sport Business & Tourism Association

The Loch Sport Flood Overlay Action Group has been actively engaged in the collation of information to understand the Flood Overlay (FO) situation, from which to make a fully qualified submission to the State Government. Comprehensive details, photos, videos, communications, etc are all available publicly on our new website www.gippslandfloodoverlay.com.au.



The working group has gathered a vast amount of information and has had valuable assistance from several qualified sources. We have also made a couple of Freedom of Information (FOI) applications after earlier requests for information were unanswered – some very significant material has now been discovered which will materially assist our case. From all of this, the working group has compiled a draft of a “Position Statement” based on the facts identified so far, the key factors that may impact places like Loch Sport, the possible mitigation opportunities and finally, a fully substantiated list of outcomes that we expect to achieve. This will then ultimately be submitted to the responsible Ministers and Government agencies. As indicated at the public meeting in March, we will be convening a second public meeting on Saturday 9th August at the Community Hall so that all residents have an opportunity to endorse the submission before it is finalised.

Thanks go to the Loch Sport community (including Port Albert and Port Welshpool) for your support for the petition. On closing, there were 4335 signatures – an outstanding effort. The petition has now been presented to the Minister for Planning and it is up to the Minister to choose how, or if, to respond. That said, Danny O’Brien will certainly be keeping the pressure on the Minister to acknowledge the support behind the petition and he will be raising the success of the petition in local media. Outside of Parliament, Danny has continued conversations with WGCMA and Wellington Shire Council representatives and he is keenly awaiting updated mapping that is currently in progress. However, Danny is advised that due to the technical detail and complexities associated with this work, the process is still a number of months away from completion. Danny has also written to the Minister to seek advice on the detailed technical questions we have outlined – a response from the Minister can take up to eight weeks. Danny has renewed his assurance that he will continue to advocate strongly for commonsense to prevail.

Details of the community information session being held on Saturday August 23 from 10am until 12 noon will be posted on the “Loch Sport Notice-board” Facebook page as they are confirmed.

For further details of the activities of the Loch Sport Business & Tourism Assn, please contact:

Tony Patchell

E: secretary@visitlochsport.com.au





The Annual Brennan Contracting "Black Bream Bash" is over for another year. A beautiful day was spent out on the lakes and along the McLennan Straits and while not a lot of fish

were caught (and released), everyone who had a go had a fantastic day on the water. There were winners, grinners and losers but in the end, third largest fish and guest category went to Damien Hurst and his son-in-law with a 38cm catch (they are now our one hundred and seventy-second members), second went to Marcus Fitzpatrick with a lovely 40cm fish (he also caught four more in the canals at Paynesville) but the champion award went to Tom Flattie with a stunning 42cm beast, caught with prawn on a running rig off the bank in Loch Sport. The post-event function at Peli's was well supported and many thanks go to Mick & Samantha Brennan for their continuing generous sponsorship. See you all next year.



Flood Overlay threat to Loch Sport's future: LSFA is represented on the local Working Group seeking to challenge a recent Government decision to raise the flood overlay AHD from 1.9m to 2.7m—this will have a devastating effect on the future growth of Loch Sport. The Danny O'Brien hosted Flood Overlay petition closed with 4335 signatures – a mighty effort by all. The petition has now been presented to the Minister for Planning and it is up to the Minister to choose how, or if, to respond. That said, Danny will certainly be keeping the pressure on the Minister to acknowledge the support behind the petition and he will be raising the success of the petition in local media. Outside of Parliament, Danny has continued conversations with WGCMA and Wellington Shire Council representatives and he is keenly awaiting updated mapping that is currently in progress. However, Danny is advised that due to the technical detail and complexities associated with this work, the pro-

cess is still a number of months away from completion. Danny has also written to the Minister to seek her advice on the detailed technical questions we have outlined – a response from the Minister can take up to eight weeks. Danny has renewed his assurance that he will continue to advocate strongly for commonsense to prevail.

Give us your best! Since our new joint venture with the boat club and the launch of the new Peli's venue that officially kicked off on January 5th 2025, it has grown from strength to strength with the Wednesday and especially the Saturday sessions drawing lots of members, locals and visitors to drop by for a chat about all things boating and fishing, a beer, a nice hot fire and, as we get organised, a food offering. We have held several events such as the recent Black Bream Bash based around the venue - many thanks go to those of the LSFA crew who have obtained their RSAs and who are now manning the volunteer roster - your efforts are ensuring that this venture is certainly on a path to success. We have commenced a program of upgrades to the facility, the amenities and the grounds - Peli's will soon become the go to club hospitality venue in Loch Sport - exciting times ahead for sure. To give the venue a fishing feeling, work has commenced on the LSFA Wall of Fame - a gallery of fishing feats captured in full colour. So, find your favourite fishing photo(s) and email them to info@lochsportfishingassociation.com (providing your name, species of fish, where caught, etc - high-definition JPG format preferred). We will soon have them starring in the gallery. Just before the Annual LSFA Awards dinner to be held on Saturday Dec 6th 2025, the Committee will select the "Photo of the Year" with the winner receiving two tickets to the dinner. See you at Peli's soon.

Thanks are due to the Victorian Fisheries Authority for providing us with a generous grant from the Recreational Fishing Licence Fund (RFL), to replace the ageing weather station down at the Stockyard Hill lookout, and to assist in programming the new



web camera to resume live streaming, now that we have reliable connectivity to the internet via a new Yagi directional antenna. Taken a while so nice to have some of the fishing licence fees invested back into Loch Sport.

And talking of the Victorian Fisheries Authority – we were truly delighted to welcome Travis Dowling (CEO), Craig Ingram (Operations Director) from VFA plus Chris Padovani (CEO) of Better Boating Victoria and Nikki Bryant (Purple Patch Fishing) to Loch Sport on 14th May as guests of LSFA for a catered dinner meeting at Peli's, to discuss all things boating and fishing on the Gippsland Lakes. They spoke about the three iconic species in the lakes – KG Whiting, Black Bream and Dusky Flathead – and all shared considerable knowledge with us covering habitat, spawning grounds, stocking programs, citizen science and more. This Meeting of Minds was a unique opportunity to spend time with the leaders of the recreational fishing and boating sector in Victoria, while watching the sun set over the lakes, with a beer in hand. In addition, VFA & BBV have asked LSFA to host the Gippsland leg of the industry forums that they run throughout Victoria each year. This will bring keen boaties and fishermen from clubs all around Gippsland to Loch Sport for a dinner meeting and industry news and updates – this event will be held at Peli's on Tuesday 9th September – more details will be announced soon.



After five years of trying to get Parks Victoria's approval to upgrade the information board at the Stockyard Hill lookout and to install a set of panoramic viewing binoculars donated by Esso Australia, we have reluctantly yielded to Park's alternative inferior plan that at least will get the binoculars installed - Parks are doing the work at their cost. Part of their plan is to remove the information board as they think it cluttered the area so given that we had already renovated it, we have retained ownership and will use at another location in town. So a big "thank you" to Smithy (Smithy's Excava-

tions) for bringing his machine on site and doing a professional removal job for us - much appreciated Smithy - your expertise made light work of a big job.



If you would like to be part of the action, go to the LSFA website and use the Membership Application page to send us your details. All applications will be processed promptly and we will soon have a "Welcome" pack on its way to you, including your Membership card that entitles you to the following discounts:

Loch Sport Foodworks – 12.5% off all tackle, bait and ice purchases.
Stratford Marine – 10% off the labour component of all servicing charges.

In the meantime, stay in touch with the latest news and planned activities.

For further information, call President Craig Holland on 0418 342 927 or Vice President Peter Wickens 0478 682 146

Craig Holland President

F Loch Sport Fishing Association
W lochsportfishingassociation.com
E info@lochsportfishingassociation.com

Club 90 Mile Beach weather cam and current weather information:

lochsportfishingassociation.com/live-webcam





Loch Sport Bowls Club



With winter upon us the Bowls Club is still open for social bowls every Wednesday and Sunday. We are gearing up for the start of the pennant season 2025/2026 with practice to begin soon. The season kicks off in October and we will be entering a team in the Saturday competition. If you are interested in playing pennant bowls, come on down either on Wednesday or Sunday and have a chat to anyone of our pennant players.

Green Fees

Due to increased running costs incurred by the club the committee has made the decision to reintroduce green fees to all bowlers. All affiliated members will now be charged \$5 green fees except for authorized pennant practice days Social members will now be charged \$10 green fees.

Our Sponsors

Each month we would like to give thanks to our Sponsors. Without them we would find it so much harder to keep the club running. Thank you to Randfords Butcher who sponsor us each year and we are grateful for their support. We highly recommend them.

Function Venue

Why not make Loch Sport Bowls Club the venue for your next function. We offer a fully functional kitchen, excellent indoor and covered outdoor dining areas and a fully licensed bar. We can cater for small or large groups. Enquire via our Facebook page. Recently chef Guy Bondoux hosted a Mediterranean/Moroccan feast.



The night was well attended and everyone enjoyed the food Guy had prepared. These dinners are always popular and he has others planned. Keep an eye on our Facebook page.

Triva.

Triva is held each month with our host Bec Webb. Come on down for a great afternoon of fun and laughs starting at 3pm, \$10 entry, BYO snacks.

Dates for the remainder of the 2025:

24th August,

28th September (School Holidays)

26th October

23rd November

There'll be raffles, tea and coffee provided and the bar will be open. Come along and catch up with old friends and make some new friends. Book your table on the Loch Sport Bowls Club Facebook page or message Bec Webb.

Bowls Lessons

Learn to bowl lessons are held on Wednesday afternoons from 12.30pm. Come along and our friendly members will help you learn about the fun game of bowls. Green fees are \$10, the bar will be open.

Social Bowls

Social bowls are held every Wednesday and Sunday afternoons from 12.30pm. Green fees are only \$10 or just have a drink from the bar and a catch up with friends.

Darts

Social Darts is held every Monday night. Only \$5 to play. A light supper and tea and coffee is provided and the bar is open. Blocks of chocolate to be won and club darts are available to use if you don't have your own. So if you would like to join us just turn up and enjoy the night. Stay tuned to our Facebook page for upcoming events. Visitors and new members are always welcome



Loch Sport Bowls Club Inc

For all enquires please call
M:0400 675 571 / 5146 0688
FB Loch Sport Bowls Club.



We'd like to thank everyone who purchased a ticket in our raffles. Winners as follows:

Mother's Day raffle

1st prize Amanda ticket Y98

2nd prize Daniel ticket H 17

3rd prize Alan ticket H92

Congratulations to everyone, we hope you are enjoying your prizes. We'd like to sincerely thank the contributors to the raffles. Loch Sport Foodworks and Loch Sport CFA, were very generous in their donations towards the easter raffles, thank you.

A huge thank you to the following businesses:

Star Hotel Sale

Loch Sport Pharmacy

BP Kebabs Loch Sport

Salon 64771 Longford

Lions Club Loch Sport and

Lochy Coffee Loch Sport.

Your kind contributions go a long way in supporting the Loch Sport Seniors Club. A sincere thank you.

Our June meeting saw us catching up with Noleen and Christine, which was lovely.

Our president Di presented Noleen and Christine with

our new LSSC brooches/pins, acknowledging their many years of contribution to the senior citizens with the lifetime membership brooches/pins.

June 25 together with our Golden Beach Seniors club we headed off for our mystery trip with Porky Mowbray our bus driver. Our first stop was Knobs Reserve just out of Stradford. This reserve was previously known for holding various school events and music festivals. There was a short walk to gain amazing views of the Avon River. Morning tea was enjoyed by all before we headed off for our mystery destination. Along the way Porky provided a wealth of information about various landmarks and their history.

Our mystery destination was the Dargo Hotel, where we all enjoyed a very filling meal, everyone



enjoyed their meal and a good time was had by all.

Our thanks to everyone for such great outings.



Upcoming events

Thursday August 28 we are planning a trip to Wonthaggi, looking at a few venues in the area.

September sees us taking a trip to the Tulip Festival garden at Monbulk. Cost covers the bus and entry; we are to seek or bring our own lunch and refreshments.

October, for Senior's Week we are planning a tour of Gumbya Park.

November Morning Melodies either in Sale or Warragul.

December, we plan to enjoy the beautiful location we all live in by having a meal at the Marina Hotel.

You can follow us on the Loch Sport Seniors Club Facebook page for information about previous and planned events and trips.

Whether you're new to the area or not you are most welcome to come and join us.

We always encourage more members to join our LSSC. If you're not a member we encourage you to contact us and attend one of our outings to join in the fun.

You can follow us on the Loch Sport Seniors Club Facebook page. Whether you're new to the area or not, come and join us.

Contact the secretary at
secretary.lochsportseniors@gmail.com

COMMUNITY DIRECTORY

Organisation	Phone	Web	App
Ambulance, Fire, Police	000	triplezero.gov.au	Emergencyplus
SES	132 500	cfa.vic.gov.au	VicEmergency app
		police.vic.gov.au	
		ambulance.vic.gov.au	GoodSAM Responder
VicEmergency	1800 226 226		
Wellington Shire	1300 366 244		
13YARN Aboriginal & Torres Strait Islander crisis support	139 276	13yarn.org.au	
1800RESPECT domestic, family and sexual violence supp	1800 737 732	1800respect.org.au online chat available	
AusNet Services (power/outages)	131 799	outagetracker.com.au	
Beyond Blue	1300 22 4636	beyondblue.org.au online chat available	The Check-in App
Bureau of Meteorology (BOM)	1300 754 389	bom.gov.au	BOM Weather App
Crime Stoppers	1800 333 000		
Dept Energy, Env & Climate Action	136 186	deeca.vic.gov.au	
Emergency Vic	1800 226 226	emv.vic.gov.au	VicEmergency app
Family Support (Orange Door)	1800 319 354	orangedoor.vic.gov.a	
Family Violence (Safe Steps)	1800 015 188	safesteps.org.au online chat available	
Fisheries Victoria	133 475	vfa.vic.gov.au	Vic Fishing
Gambling Help Online	1800 858 858	gamblinghelponline.org.au	
Gippsland Water	1800 057 057	gippswater.com.au	
Head to Health Counselling & Support	5143 7984		
Justice of the Peace	0423 304 603		
Kids Helpline	1800 55 1800	kidshelpline.com.au online chat available	Niggle
Lifeline	131 114	lifeline.org.au online chat available	
Loch Sport Boat Club	5146 0004	loch-sport.net	
Loch Sport Bowls Club	5146 0688	facebook.com/LochSportBowlsClub	
Loch Sport Business & Tourism Association	0414 635 587	discoverlochsport.com.au	
Loch Sport CFA	5146 0997	Facebook.com/CfaLochSport	
Loch Sport Community Care	0437 529 411	facebook.com/groups/656252641392802	



Winter Golf Update

Great playing conditions despite the chill.

While the cooler weather has settled in, the course continues to play exceptionally well, offering

rewarding conditions for those willing to brave the elements.

Some days call for a bit of extra determination, but most players find themselves quite comfortable once they get into the swing of things.

Thanks to the local kangaroo population, the grass is being naturally trimmed, and when combined with the work of our mower rollers, we're enjoying plenty of run across the fairways.

We're also pleased to report that the Course has only needed to close once this year due to temporary flooding of the greens following heavy rainfall, a testament to the resilience and maintenance of our grounds.

Loch Sport Welcomes East Gippsland District Veteran Golfers

On Monday 16 June, Loch Sport Golf Club proudly hosted the East Gippsland District Veteran Golfers Association for the very first time, and what a fantastic day it was!

We welcomed a strong turnout of players from eight clubs across the region, all coming together for a great day of golf and camaraderie.

The feedback from organisers and players was overwhelmingly positive. One organiser shared:

Special thanks to those people at Loch Sport who helped prepare the course, which was presented in excellent condition, and my first visit to the clubhouse, a tremendous facility.

Thanks to the ladies who provided lunch and extra food on the day. Golfers had great comments on the course and the lunch.

A huge thank you to our volunteers and



LS Plate Team 1 Winners

catering team, whose hard work and hospitality helped showcase our club at its very best.

Loch Sport Golf Club Plate – A Triumphant Day for the Home Team!

The Loch Sport Golf Club Plate held on Sunday 22 June was a fantastic event enjoyed by all who attended, with visiting teams travelling from as far as Drouin to take part.

We're proud that our Plate has returned home, with Loch Sport Team 1 taking out the win and Team 4 finishing as runners-up.

Team 1 Champions:

Nick Barned, Chris Bailey, Craig Bennett, and Gary Paull.

A special congratulations to Chris Bailey, who also claimed the Individual A Grade title, and to Richard Harvey, our B Grade winner.

Big thanks to our major event sponsor, Sale Greyhounds, for their generous support in helping make the day a great success.

New Players Always Welcome!

Thinking about taking up golf or joining a club?

Come down to the clubhouse on a Wednesday or Saturday afternoon and have a chat with one of our friendly volunteers. We're always happy to welcome new faces!

Full membership, including Golf Australia affiliation and official handicap, is still just \$210 per year, making Loch Sport Golf Club one of the most affordable clubs in Victoria.

Prefer casual play? Green fee players are always welcome!

Just \$20 per adult and free for kids under 16, it's an excellent way to enjoy the great outdoors surrounded by the natural beauty of Loch Sport.

Need gear? Clubs and buggies are available by arrangement.

Just give Dave a call on 0419 008 730 to organise.

We would love to make you welcome.

Adrian Froggatt

Secretary Loch Sport Golf Club

P: 0458 705 567

E: lsqcinc@gmail.com.au

F: Loch Sport Golf Club



Responsible pet ownership

Cats and dogs are wonderful companion animals. However, they are also very efficient predators of our native wildlife and kill and injure many wild animals every year. Even well fed and

cared for cats and dogs instinctively hunt and chase. Unchecked dogs can harass and kill native animals such as kangaroos and koalas while cats will hunt and kill native birds, possums, frogs and lizards. Rare and threatened species such as bandicoots are particularly at risk from domestic pets. The responsibility for managing domestic animals rests with owners. By encouraging responsible pet ownership in your family and neighbourhood we can continue to enjoy our pets and help native animals. You can reduce the effects cats and dogs have on wildlife and better care for your pet by following a few simple rules:

Keep your cat indoors. Roaming cats do large amounts of damage to local wildlife populations. Putting a bell on your cat can help, although keeping it inside is the best thing you can do. Keeping your cat indoors will also protect it from fights and reduces the risk of your cat being injured.

Ensure your dog is kept under control at all times. Put dogs on leashes when in nature reserves or in the bush. Keep your dog confined in the backyard, particularly when you're not there.

Desex your pets. Desexing can prevent unwanted litters of kittens or pups that contribute to stray and feral populations. Desexed pets are also less territorial and tend to wander less.

Microchip your dog or cat. Microchipping ensures lost pets can be returned safely and quickly to their owners and reduces the amount of time they can spend hunting native wildlife.

Minimising your pets' contact with wild creatures also decreases their chances of catching diseases and parasites, including the Australian bat lyssavirus, which is similar to rabies. Limiting contact prevents your pets from passing diseases to wild animals as well.

Thank you.

Theresa and Tony (Scruff) Matthews

Shelter Registration No. 14334592

Registered with ACNC & Consumer Affairs

ABN 70692483806

Telephone: 0400 079 337

Email: t.1962@hotmail.com

Facebook: Our Haven Wildlife Shelter Inc non profit

Website: <https://ourhavenwildlifeshester.org.au>

Loch Sport-Karen and Wayne 0414 982 611

Golden Beach-Dale and John 0438 288 641

Help for Wildlife

Our Haven Wildlife Shelter

0400 079 337

Loch Sport-Karen McKie (and Wayne) 0414 982 611 or via Facebook/Messenger

Golden Beach-Dale and John Cassidy 0438 288 641

Did you know if you find an animal that requires medical care and you take it to your local vet you don't incur any out of pocket expenses?

Don't forget to check pouches for living joeys.

The Vets Mobile Service and Mason House Surgery

36 Cunninghame St, Sale Vic 3850

P: 03 5143 0577

Fur Life Clinic

25 Foster St, Sale Vic 3850

P: 03 5144 3100

Ark Vet

320A York St, Sale Vic 3850

P: 03 5143 3118



Further Information

Please contact the Police regarding wild animals with devastating injuries, broken legs or that have no chance of survival:

Loch Sport Police P: 03 5146 0556

Sale Police P: 03 5142 2200

For the removal and collection of deceased animals on major roads call VicRoads P: 13 11 71

For the removal and collection of deceased animals on Council land or public property including (local) streets, footpaths, nature strips, parks, reserves, car parks and shopping areas please call Council or Council Ranger P: 1300 366 244

Wildlife Marine Rescue Emergency: P: 1300 136 017

The Wildlife Rescue App is for anyone that would like to or is able to assist with the rescue of an animal ifaqw.org.au/resources/wildlife-rescue-app

Injured Native Wildlife Tool wildlife.vic.gov.au/injured-native-wildlife/wildlife-tool

DELWP P: 13 61 86

Wildlife Victoria P: 1300 094 535/03 8400 7300

Wildlife Rescue Australia P: 1300 596 457 P.A.W.S.

Wildlife Services P: 0459 255 173

Snake removal and Relocation Services

Gippsland Snake Catchers

ph: 0475 034 609/0402 804 184

Sale Wildlife Service and Snake Catcher
ph: 0459 255 173

Pest Management Services

Albert Ford Pest Control

ph: 0433 966 095

Sale Pest Control

ph: 03 5144 4548

Gippsland Pest Control

ph: 13 15 46





Rakali/water rat This water rat is common across the country, mostly in the Eastern parts of Australia. It can occur in similar areas to the platypus, however, is less effective at staying warm, and cannot maintain its body temperature for long periods in water under 20°C. It lives in wetlands and creeks, sheltering in burrows and hollows in logs. The Rakali can be more common in urban and degraded creeks than the platypus and can eat introduced and on-land species.

Activities

1	9				8		6	
			1		4	5		
	4			7				8
3	6					4		
		5					3	1
4				5			2	
		3	9		1			
	5		3				7	6

PLANTS AND HABITATS

Find each of the words listed below.

o	n	b	d	e	c	m	y	e	o	a	a	s	h	d
p	e	l	y	t	k	h	u	e	y	t	t	s	b	p
i	l	g	t	a	f	l	l	r	i	u	n	h	t	
v	y	t	l	p	e	n	e	p	g	b	y	a	o	a
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b	h	k	r	p	d	e	r	p	l	o	t	b	r	p
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e	n	i	v	d	o	o	w	r	a	e	p	s	m	k
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i	p	w	e	v	r	y	e	u	d	a	r	p	a	e
u	i	t	s	u	v	b	l	o	o	d	w	o	o	d

Pila
Toli
Puli
Karu
Ngaru

Mulga
Spinifex
Desert oak
Kata Tjuta wattle
Spearwood vine

Parakeelya
Witchetty bush
Paper daisy
Puti
Bloodwood

LOCH SPORT BUSINESS DIRECTORY

Business	Phone	Email
A & B Septic Cleaning/ Andys Water Cartage	0427 347 655	abseptics@andbron.com.au
Adams On Time Plumbing	0490 841 952	adamsonstimeplumbing@gmail.com
Albert Ford Pest Control	0433 966 095	
Barry & Annette Lett Funeral Directors	5143 1232	bja-lett@nex.net.au
BLA Fabrications Pty Ltd	0418 360 540	sheds@blafab.com.au
C & Z Concreting	0418 346 128	zara@lochsporthardware.com.au
C-Shell Real Estate	5146 0946	rachelle@cshellrealestate.com.au
Dougie's Mowing& Maintenace Service	0456 123 088	douglasblack1961@gmail.com
Foodworks	5146 0300	lochsportfoodworks@gmail.com
Gippsland Business Machines	1300 441 911	tom@gbmachines.com.au
Gippsland Butchers Block	5143 3020	info@gippslandbutchersblock.com.au
Gippsland Funeral Services	5143 2477	
Greg Heawood Concreting	0412 295 321	gregheawood6@gmail.com
Kajak Water Cartage	0419 444 428	kay@kajaktransport.com.au
Lakeview Healing & Wellness	0429 080 172	kazbar08@hotmail.com
Laurie's Driveways	0412 542 140	
Leaps & Hounds Dog Grooming	0432 863 708	dannyfreddy1961@gmail.com
Lineal Homes	0403 287 810	admin@linealhomes.com.au
Loch Sport General Store	5146 0300	lochsportgs@bigpond.com
Loch Sport Hardware & Garden Centre	5146 0513	zara@lochsporthardware.com.au
Loch Sport Medical Centre	5144 6899	info@lochsportmedical.com.au
Loch Sport Pharmacy	5146 0873	lochsportpharmacy08@gmail.com
Loch Sport Physio	5144 6899	
Loch Sport Mental Health Social Worker-Seagulls Healing	0494 549 921	seagullshealing@gmail.com
Loch Sport Plumbing & Air Conditioning	0407 505 567	grazia.thomas@gmail.com
LS Plumbing & Gas	0401 115 253	Lsplumbingandgas@gmail.com
Marina Hotel	5146 0475	
Mick Luke Electrical	0438 460 641	mick.luke@live.com.au
Mittens Real Estate	0408 403 800	susan@mittensrealestate.com.au
Murray Black Roof Plumber	0406 612 230	murrayblack02@gmail.com
Paul Kenna Law	0413 825 479	office@kennalaw.com.au
R & C Water Cartage	0408 514 884	fmorgantransport@bigpond.com
Sayers Repairs-Mechanic & LPG Gas Supplier	0419 365 423	kevin.sayers@hotmail.com
Smithy's Bobcat & Excavator Hire	0419 361 268	smithys.g1@bigpond.com
The Vets	5143 0577	thevets36@gmail.com
Yogi Bear's Mowing & Gardening Service	0404 264 822	gtucker64@live.com





Red Cross Patient Transport
redcrossportal.tripssoftware.com.au/
 Provides transport with volunteer drivers for eligible people to access essential medical services within Victoria, for up to six weeks. The service operates Monday to Friday in regional Victoria, appointments must be between 10am to 2pm– subject to location coverage

Non emergency Medical Transport Options

If you require medical transport and do not have family or friends who can assist, the information below may be useful, depending on your requirements and eligibility.

Royal Flying Doctors Mobile Patient Care
 03 7046 4664

flyingdoctor.org.au

RFDS Victoria provides non-emergency patient transport from 21 bases located throughout Victoria such as admission, discharge, medical appointments and inter-facility transfers across hospitals, rehabilitation facilities, specialist medical services, nursing and retirement homes.

Ambulance Victoria

ambulance.vic.gov.au/about-us/our-services/patient-transport/
 1300 366 313

Bookings submitted by medical professionals for patient transport then AmbVic dispatch available resources based on the patient's acuity and clinical requirements. Ambulance Vic determine the most appropriate service for the patient on a case-by-case basis.

Vic Patient Transport Assistance Scheme (VPTAS)

VPTAS office on 1300 737 073 or
vptas@health.vic.gov.au

health.vic.gov.au/rural-health/victorian-patient-transport-assistance-scheme-vptas
 VPTAS provides financial assistance to eligible Victorians who must travel a long way for specialist medical treatment. VPTAS is a subsidy scheme and not intended to reimburse all costs associated with accessing specialist treatment.

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Loch Sport Community Health Centre
 200 National Park Rd
 Mon-Thurs 9am-1pm
 Loch Sport P 5146 0349
lochsport@cghs.com.au

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Iain Nicolson

Nurse Practitioner
Rachel Hawkes-Bennett

General Practitioner
Jarrad Altimari

General Practitioner
Chloe Kummer

loch sport medical centre

General Practitioner
Andrew Siegmund

Physiotherapist
Robert Hughes

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 Skin Checks
 Prescriptions
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 Women's health
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 5144 6899
lochsportmedical.com.au
 56 Lake St Loch Sport
info@lochsportmedical.com.au

How do you know if someone's having a stroke? Think...

F.A.S.T.

Check their **FACE**
Has their mouth drooped?

Can they lift both **ARMS**?

What? I don't know what you mean. Could you explain? (word and tone)

Is their **SPEECH** slurred? Do they understand you?

TIME is critical. If you see any of these signs, call 000 now!

Think F.A.S.T. Act FAST! CALL 000

Basic Life Support

D

Dangers?

R

Responsive?

S

Send for help

A

Open Airway

B

Normal Breathing?

C

Start CPR
30 compressions : 2 breaths

D

Attach Defibrillator (AED)
as soon as available, follow prompts

Continue CPR until responsiveness or normal breathing return

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on bistro menus and entertainment events
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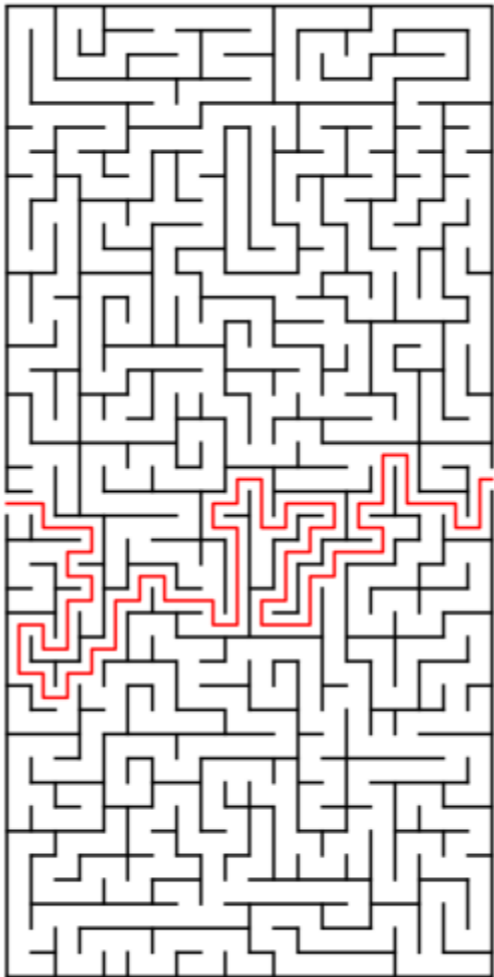
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6	3	8	1	2	4	5	9	7
5	4	2	6	7	9	3	1	8
3	6	1	7	9	5	4	8	2
7	8	4	2	1	3	6	5	9
9	2	5	4	8	6	7	3	1
4	1	6	8	5	7	9	2	3
2	7	3	9	6	1	8	4	5
8	5	9	3	4	2	1	7	6

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Useful contacts

If you are concerned for your safety or the safety of others, seek immediate assistance by calling Triple Zero (000).

You can also seek support from your doctor or one of these support services (24/7).

Lifeline

13 11 14

lifeline.org.au

Beyond Blue

1300 224 636

beyondblue.org.au

MensLine

1300 78 99 78

mensline.org.au

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1300 659 467

suicidecallbackservice.org.au

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Loch Sport Lawyer

Paul Kenna Law

Conveyancing

Family Law

Wills & PofA

Witnessing Documents

03 4137 4000

04 1382 5479

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office@kennalaw.com.au

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Oct - Jun 8am-8pm

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Our friendly staff can help with all services and products including a coin laundry, bike repair station, ice creams, groceries items, fishing tackle, camping equipment, basic hardware and plumbing products, batteries and automotive products with a good range of oils and boat and caravan storage. It is all here at the General Store.

Standard Opening Hours: Mon-Sat 8.00 – 5.00 Sundays 9.00 – 3.00

P: 5146 0300

E: lochsportgs@bigpond.com

W: loch-sport-general-store.business.site

[facebook.com/Loch-Sport-General-Store](https://www.facebook.com/Loch-Sport-General-Store)





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LAKES ENTRANCE – VICTORIA

LAT 37° 53' S LONG 147° 58' E

Times and Heights of High and Low Waters

AUGUST				SEPTEMBER				OCTOBER			
Time	m	Time	m	Time	m	Time	m	Time	m	Time	m
1 0036 0.95		16 0126 0.94		1 0345 0.83		16 0445 0.87		1 0432 0.85		16 0016 0.37	
0728 0.68		0730 0.64		0818 0.78		0912 0.73		0846 0.77		0607 0.92	
FR 1345 1.07		SA 1413 1.15		MO 1508 1.06		TU 1637 1.17		WE 1541 1.05		TH 1115 0.67	
● 2056 0.79		● 2051 0.58		2325 0.61		2348 0.36		2259 0.48		1808 1.11	
2 0222 0.89		17 0315 0.88		2 0455 0.85		17 0528 0.90		2 0503 0.88		17 0053 0.38	
0810 0.72		0823 0.69		0917 0.76		1017 0.69		0946 0.71		0642 0.95	
SA 1437 1.09		SU 1532 1.18		TU 1638 1.10		WE 1733 1.20		TH 1641 1.09		FR 1221 0.60	
2244 0.74		2247 0.51		2358 0.53				2335 0.41		1855 1.09	
3 0405 0.87		18 0438 0.88		3 0533 0.88		18 0031 0.33		3 0533 0.92		18 0121 0.39	
0857 0.74		0920 0.70		1015 0.72		0606 0.93		1045 0.64		0719 0.98	
SU 1555 1.11		MO 1647 1.22		WE 1732 1.15		TH 1120 0.62		FR 1721 1.13		SA 1315 0.54	
2353 0.66						1821 1.21				1936 1.06	
4 0510 0.89		19 0000 0.42		4 0024 0.45		19 0105 0.32		4 0010 0.34		19 0147 0.42	
0947 0.74		0535 0.91		0606 0.91		0645 0.96		0606 0.97		0757 1.01	
MO 1710 1.15		TU 1020 0.69		TH 1107 0.66		FR 1215 0.55		SA 1139 0.55		SU 1402 0.49	
		1747 1.27		1812 1.20		1903 1.20		1757 1.16		2015 1.03	
5 0031 0.58		20 0052 0.34		5 0054 0.37		20 0133 0.33		5 0045 0.30		20 0213 0.45	
0554 0.91		0621 0.94		0639 0.94		0724 0.98		0742 1.01		0832 1.04	
TU 1037 0.73		WE 1120 0.65		FR 1156 0.59		SA 1304 0.51		SU 1330 0.47		MO 1447 0.46	
1801 1.20		1838 1.30		1846 1.23		1943 1.16		1934 1.17		2050 0.99	
6 0100 0.51		21 0132 0.29		6 0128 0.31		21 0200 0.36		6 0218 0.29		21 0237 0.50	
0630 0.93		0704 0.96		0715 0.98		0802 1.00		0822 1.07		0901 1.06	
WE 1125 0.70		TH 1215 0.60		SA 1244 0.53		SU 1352 0.48		MO 1422 0.40		TU 1530 0.44	
1844 1.25		1925 1.32		1917 1.26		2016 1.12		2018 1.16		● 2124 0.95	
7 0128 0.43		22 0207 0.28		7 0201 0.27		22 0228 0.41		7 0251 0.32		22 0253 0.55	
0705 0.95		0746 0.97		0755 1.01		0838 1.01		0907 1.12		0926 1.08	
TH 1211 0.66		FR 1308 0.56		SU 1330 0.48		MO 1438 0.48		TU 1515 0.34		WE 1613 0.44	
1921 1.29		2007 1.30		1949 1.26		● 2045 1.06		○ 2111 1.12		2200 0.92	
8 0200 0.37		23 0238 0.29		8 0237 0.27		23 0255 0.46		8 0326 0.38		23 0254 0.60	
0742 0.97		0830 0.98		0839 1.05		0906 1.03		0956 1.16		0954 1.10	
FR 1256 0.62		SA 1358 0.54		MO 1420 0.45		TU 1524 0.50		WE 1611 0.31		TH 1653 0.45	
1957 1.31		● 2046 1.26		○ 2026 1.23		2109 1.01		2210 1.06		2241 0.90	
9 0235 0.32		24 0310 0.33		9 0313 0.31		24 0316 0.53		9 0405 0.46		24 0302 0.64	
0822 0.98		0913 0.99		0926 1.09		0925 1.05		1045 1.20		1030 1.11	
SA 1340 0.59		SU 1447 0.55		TU 1515 0.43		WE 1609 0.53		TH 1710 0.29		FR 1735 0.47	
○ 2030 1.32		2119 1.20		2110 1.18		2142 0.96		2313 1.00		2325 0.87	
10 0313 0.30		25 0342 0.39		10 0350 0.37		25 0314 0.59		10 0451 0.56		25 0322 0.68	
0907 1.00		0953 1.00		1014 1.12		0948 1.07		1135 1.22		1110 1.11	
SU 1427 0.58		MO 1536 0.57		WE 1615 0.43		TH 1656 0.56		FR 1812 0.30		SA 1818 0.49	
2100 1.31		2143 1.14		2204 1.11		2226 0.92					
11 0350 0.31		26 0415 0.46		11 0431 0.46		26 0312 0.64		11 0020 0.93		26 0014 0.85	
0955 1.03		1028 1.01		1100 1.15		1022 1.07		0547 0.65		0345 0.72	
MO 1518 0.57		TU 1627 0.61		TH 1717 0.44		FR 1744 0.59		SA 1228 1.21		SU 1151 1.09	
2130 1.28		2158 1.07		2308 1.02		2320 0.87		1915 0.33		1904 0.51	
12 0430 0.35		27 0445 0.53		12 0518 0.56		27 0330 0.69		12 0137 0.87		27 0111 0.83	
1045 1.06		1054 1.02		1149 1.16		1103 1.07		0651 0.72		0413 0.76	
TU 1616 0.58		WE 1718 0.65		FR 1821 0.45		SA 1834 0.61		SU 1328 1.18		MO 1234 1.07	
2208 1.22		2225 1.01						2024 0.36		1955 0.52	
13 0511 0.40		28 0512 0.61		13 0023 0.92		28 0025 0.83		13 0307 0.85		28 0215 0.83	
1133 1.09		1118 1.04		0611 0.65		0353 0.74		0754 0.76		0448 0.80	
WE 1721 0.59		TH 1811 0.69		SA 1245 1.16		SU 1153 1.06		MO 1443 1.14		TU 1322 1.05	
2253 1.14		2308 0.94		1930 0.47		1929 0.61		2208 0.38		2048 0.51	
14 0555 0.48		29 0522 0.67		14 0156 0.86		29 0141 0.81		14 0622 0.87		29 0330 0.84	
1221 1.12		1152 1.05		0708 0.72		0420 0.78		0857 0.76		0810 0.80	
TH 1827 0.60		FR 1907 0.71		SU 1358 1.14		MO 1256 1.04		TU 1604 1.12		WE 1418 1.04	
2353 1.04				● 2107 0.46		2032 0.60		● 2326 0.37		2146 0.48	
15 0641 0.56		30 0024 0.87		15 0334 0.85		30 0319 0.82		15 0537 0.89		30 0434 0.87	
1312 1.14		0500 0.72		0808 0.75		0745 0.80		1003 0.73		0912 0.77	
FR 1934 0.60		SA 1237 1.06		MO 1526 1.15		TU 1415 1.03		WE 1713 1.12		TH 1519 1.04	
		2010 0.71		2251 0.41		● 2202 0.55				● 2244 0.44	
		31 0201 0.83								31 0512 0.91	
		0715 0.76								1014 0.71	
		SU 1340 1.05								FR 1618 1.05	
		● 2150 0.68								2332 0.39	



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