

## LISMORE NEWS-



2025 Edition No.9 | Project of the Lismore Progress Association | Circ. 300

Donations are warmly welcomed to help keep our newsletter free. Details on p. 3.



Was born in the Lismore hospital and lived her 104 years in Foxhow, where she passed peacefully at home on 6 June 2025. Margaret is remembered for her many good works, including her contribution to the Lismore Bowling Club (Life Member) the local Red Cross (Life Member) and for her famous sponges at community events. She was the loved wife of Walter, mother of 9, grandmother of 13, great grandmother of 31, great grandmother of 17, and great great grandmother of 1 due in October.

Family and friends of Margaret are invited to attend a Service in the Lismore Presbyterian Church, High St Lismore on Monday June 16, commencing at 11am. The cortege will leave at the conclusion of the Service for the Lismore cemetery.

The community sends its condolences to her

very extended family.



## **GRANT**, Mandy Ingrid 18.11.1984 - 1.6.2025

Late of Vite Vite and Ballarat. Dearly loved daughter of Peter and Maree Grant, partner of John Gunner and sister to Jacqui & family. Our community condolences are extended to her family.



#### Joan PEMBERTON (nee Hosking)

passed away peacefully in May aged 87 years. Joan grew up in Lismore and farmed at Vite Vite with her husband Noel. Joan was active in the local community and is remembered as a very caring person. The community extends condolences and kind thoughts to her family.



Warm wishes to those celebrating their birthdays this month!



Steve Moore and Joy

All the best as you settle in - Welcome to the district!



THE LISMORE PROGRESS ASSOCIATION PRESENTS

THE LISMORE



## SAVE THE DATE!

#### FRIDAY 25TH & SATURDAY 26TH

POSTCARD ART SHOW - STARGAZING - RAFFLE
MUSIC - FACEPAINTING - FIREWORKS - AND MORE!

GO TO LISMORE.VIC.AU FOR UPDATES

NO DOGS ALLOWED DUE TO FIREWORKS. TOWNSFOLK ARE ADVISED TO ENSURE ANY ANXIOUS PETS ARE SAFELY ENCLOSED ON THEIR PROPERTY.

Entry forms for the Art Exhibition will be available on the Lismore Website, in the Lismore Craft Shop, Fairway Cafe and Derri Community Op Shop.

#### Foodworks Lismore.

your local supermarket now pricing the same as Woolworths.



#### Want to go paperless?

Lismore News is online!
Scan the QR code to read the newsletter on your device and in glorious colour!

Lismore Progress Association acknowledges and pays respects to the Wadawurrung people, the traditional custodians of the unceded lands where we live and work. We extend this respect to all First Nations Elders and people past, present and future.

Always was, always will be.

#### DIARY DATES 2025

#### **Next Newsletter June 25th**

Ed. No 10 2025

Typist: Shari McConachy. Staplers: Lyndel Buchholz, Bonnie Reading, Jenny Marquand

**JUNE** 

Mon 16 Positive ageing & inclusion session, Killara centre Camperdown 10 am. See Shire notes. Tues 24 "Developing the 2025 Victorian Transmission Line" submissions close - details pg 5

Fri 27-29 Robert Burns Celtic Festival: camperdownburnsfestival.com.au

<u>JULY</u>

Sat 5 Lismore Derrinallum Football Netball Club Ball. All community members (18+) welcome. Wed 9 Ballarat Chooks orders in for Lismore delivery of Hi Line Brown Hens Tel 0400 559 559

Thurs 10 Positive ageing & inclusion. Navigating support programs 1-3pm. Derri Library.

Sat 19 LDFNC - House Sports Night

Fri 25 Midwinter Festival - Post Card Art Show Opening.

Sat 26 Midwinter Festival. Activities. Fireworks etc. Lismore Rec. Reserve. Entry form in this edition

of newsletter.

**AUGUST** 

Fri 15 Women's Health Unfiltered. Health, Hormones & Happiness. RSVP 555 83 000

Social Support Group: Every Mon & Wed 10.30am-2.30pm, Lismore Community Health Centre

**Monthly Men's Bus Trips:** Ph: Lismore Community Health on 55 583 000.

Line Dancing @ Derri: Tues nights 7pm. \$10 for 2 hours and supper.

Power Pals Strength training: Every Thur 2-3pm, Lismore Community Health Centre.

Cars and Coffee Lismore Fairway Café: Last Sunday morning of the month. Bring your own wheels or come and admire those on display. Have a cuppa and a chat.

**DLCA History Rooms Derrinallum:** First Sunday of the month,1-4pm. **Derri Library Book Group:** First Thursday of the month, 2.30-4pm.

Mahjong: Derri Library, every Mon 1.30pm.

Mount Elephant and Visitor Centre: Sundays 1-4pm, unless unsafe weather.

**Council "Movie a Month" Seniors' free morning movie:** First Tues of month throughout Shire. RSVP Belinda or Lesa on 55 937100.

Scam Watch for seniors: being safe online—FREE: Killara Centre, 210-212 Manifold St, Camperdown, 10-11.30am, Wed 18 June. Ph: 55 937 100.

Creative Hub: 31 High St, Derri, 10am-2pm every Wed to Sat.

Please refer to ads within the newsletter for further event details.

To avoid clashes, please check dates and email your diary dates/times to lismorenews@gmail.com (or leave in box at Blue Yabby Café) to have them included in the newsletter.

## Lismore Cemetery Trust member vacancy

Are you interested in making a meaningful contribution to your community, learning new skills and preserving local history for future generations?

Our cemetery trust is seeking new volunteer trust members. In this role you will gain hands-on experience in managing a public cemetery and valuable governance skills as a member of a public board. Free governance training is provided.

Applications are welcome from people with a range of skills and experiences in particular <u>clerical</u> <u>administration and committee governance experience</u>. Young people, women and people from diverse backgrounds are encouraged to apply. Current trust members whose terms of appointment are due to expire are welcome to apply for reappointment.

More information about the role is available on the Department of Health website <a href="https://www.health.vic.gov.au/cemeteries-and-crematoria/class-b-cemetery-trust-appointments">https://www.health.vic.gov.au/cemeteries-and-crematoria/class-b-cemetery-trust-appointments></a>.

#### How to register your interest

Simply contact the cemetery trust on 0409 354 056 or <a href="lismore.vic.cemetery@gmail.com">lismore.vic.cemetery@gmail.com</a> before 31 July 2025. The Victorian Government is committed to ensuring that government boards and committees reflect the rich diversity of the Victorian community. We encourage applications from people of all ages, Aboriginal people, people with disability, people from culturally and linguistically diverse backgrounds and from lesbian, gay, bisexual, trans, gender diverse, intersex and queer people. The cemetery trust will provide adjustments to the recruitment process upon request.

#### **EXTRA! EXTRA!**

#### WHAT'S GOING ON WITH LISMORE NEWS

Collect your newsletter at the Post Office, Foodworks or the Blue Yabby Café.

#### SUBMIT TO LISMORE NEWS

To help keep our newsletter relevant, exciting and current, please send in your community events, news items and highlights to lismorenews@gmail.com or drop items into the Blue Yabby Café box.

Articles due by THURSDAY prior to publication.

#### **Lismore News small community** announcements are free.

We love to promote our organisations and share what is going on in the district. Due to increased printing costs, please try to keep the free organisation promotion and announcements to a quarter page or less.

#### **NEWSLETTER ADVERTISING RATES 2024 - 2025**

<b>Business Card</b>	Yearly	\$75
<b>Business Card</b>	1/2 yr	\$37.50
<b>Business Card</b>	Casual	\$7.50
1/4 page	Casual	\$12
1/4 page	Yearly	\$120
1/3 page	Casual	\$15
1/2 page	Casual	\$25
1/2 page	Yearly	\$260
Full page	Casual	\$40

\*Casual ads = One Off. (For Sale, etc.)\* 300 copies of newsletter and online = \$30.00.

Attachments are typed & printed externally to be stapled. Please send full page attachments prior to publication date.

Contact details must be included with ads.

All ads expire 30th June.

300 copies printed fortnightly, plus online (excluding school holidays). Approx 20 issues per year.

> Cheques made payable to **Lismore Progress Association**

**Direct Deposit to Bendigo Bank Account** A/C 209 390 525 BSB 633 000

Treasurer Adrian Nye 0419 342 683

~ The Lismore Newsletter is a Project of the Lismore Progress Association ~

#### **VOLUNTEER WITH US**

New typists and staplers are always welcome to join the Lismore News roster (usually 3 times a year). Training available.

Put your hand up to help our town newsletter remain free!

Please contact Shari on 0409 070 089

#### LISMORE NEWS ONLINE

Lismore News is available in digital format in glorious colour! Find it online at: lismore.vic.au/newsletters-media.html

(Facebook will notify when the newsletter is available.)

Lismore News is also on 'Trove' State Library at: nla.gov.au/nla.obj-3052561254 searchTerm=Lismore%20Newsletter%20Victoria

You can also register to receive Lismore News online via Mailchimp. Email your request and contact to: lismorenews@gmail.com



**Lismore News is run by** volunteers. Help keep it free by donating today! Direct deposit to our Bendigo Bank account (details below) or inperson via the Blue Yabby donation box.

A HUGE THANK YOU to all who contribute with donations, volunteer work and with articles.



## OUR SERVICES

Lawn mowing Garden clean up Pruning & trimming Plant care



Located in Lismore, Vic Servicing Lismore & surrounds ph- 0491 080 563

#### <u>Lismore's Biggest Morning Tea – Cuppa for Cancerheld on Saturday 24<sup>th</sup> May</u> at The Wooltrack Store, was an outstanding success - and it was a BIG one!

We held our first event 29<sup>th</sup> May 1999. Some of the original members returned again on Saturday to celebrate the 25<sup>th</sup> event. Many thanks to all of the supporters and also to the businesses who generously supplied items to be raffled. We had several apologies also.

Blue Yabby Café - chocolates (Spot Prizes),

Beleaf - Maidenhair Fern (winner Pat Laidlaw)

Sandra Wilson potted daisy (Amanda Hibbert),

**Lismore/Derrinallum Pharmacy** – First Aid kit (Adrian Bell),

Full on Food - \$25 voucher (Jeanette Devlin).

Smaller prizes were also donated as spot prizes throughout the morning. Thank you to all.

Congratulations to the winners.

Thank you to Carol Manifold who spoke regarding her experience as a survivor of breast cancer. Carol is also a Breast Care Nurse & Volunteer for South West Healthcare & supporter to so many people going through cancer treatment.

More than 50 people gathered to enjoy a cuppa, & a delicious home cooked morning tea and answered a guiz question or two?? It was lovely to see the volunteers & community members catching up. "Like old times," as someone said.

Attendees travelled from Ballarat, Geelong, Colac, Derrinallum, Willowvale, and surrounds. The total outcome was amazing.

Camperdown Clocktower Quilters made a generous donation of \$800, another individual donation was received of \$300, plus another of \$150. Many more generous donations added on the morning raising a total of \$3040.05. A magnificent total from a small community! Thank you to all who contributed in many ways. A great team effort... Sandy

#### Operation Coffee Break / Driver Reviver - 36 years on.

The Driver Reviver was abuzz on opening day of the King's Birthday Long Weekend. Ted had the fireplace roaring and wonderful Lismore & Derrinallum SES volunteers Tom, Grayson, Cath & Steve manned some shifts along with a visit from the National Director of Driver Reviver Ashley Pittard, SES Operations

Manager South West, Steve McDowell and SES Community Resilience Coordinator South West, Lisa McDonald. Lismore's inaugural "Operation Coffee Break" commenced in 1989 in response to the need to raise \$15,500 for the purchase of vital life saving equipment - the 'Jaws of Life' and associated items for the local SES.

At a meeting in April 1989 a unanimous motion was moved and passed that the Lismore Lions Club, with the help from others outside the club take up the project of raising funds to assist with the purchase of these crucial items. A working committee was formed, chaired by Barrie Webster, with representatives from various areas.

As such, a Jaws of Life display and "Operation Coffee Break" was planned for the Queen's Birthday long weekend in June 1989. From 3.30pm Friday afternoon to 11pm Monday the operation raised and incredible \$3,000 with an estimated 500 tourists, holiday makers and locals utilising the coffee break. The operation was conducted jointly by the Lismore Lions Club and SES with the public giving their services to pour tea & coffee. Thanks to the dedication and generosity of numerous community groups, volunteers, businesses, locals and passers by, as of late June 1989 the target figure of \$15,500 had been reached in just 7 short weeks and additional funds above the target amount allowed for the purchase of UHF radio's, pager equipment and high tensile chains.

This project is a true testament to the power of community and beyond coming together for a wonderful cause. Prior to the current shelter being built in 1993, a marquee donated by the Brett family was used. Ted recalls one winter long weekend sheltering in the marquee while the hail came down so ferociously it was coming in underneath the marquee walls and remained on the ground for over 3 hours. The shelter now boasts a small fireplace which is a welcoming addition for travellers stopping by for a cuppa and chat during their winter travels. Stocked with tea, coffee, milo and a variety of biscuits plus various brochures and items to entertain the family on a long journey we welcome travellers to stop and enjoy the hospitality Lismore has to offer. The walls are adorned with historical pictures from Lismore and surrounds and are a wonderful reminder of years gone by.

Donations raised by the current Lion's Club Driver Reviver have, and continue to support many community groups and events throughout our community to this day.

The Driver Reviver is open during long weekends throughout the year and always welcomes new volunteers who may be interested in a shift or two. Shifts are generally 2 hours duration starting at 9am until close at 5pm. Duties include making sure the urn is kept full, biscuits stocked and providing a friendly smile and a chat to passers by. If you would be interested in lending a hand, please contact Ted Goodacre on 55962080.



L-R: Steve McDowell, SES Operations Manager South West Steve McCann - local SES member, Lisa McDonald, Community Resilience Coordinator South West, Ted Goodacre - Lions Club, Tom Brett, Cath Berens & Grayson Tanner - local SES members.









Operation Coffee Stop & Jaws of Life demonstration - June 1989

Ashley Pittard -National Director Driver Reviver & Lion's Club member Ted Goodacre

#### "Developing the 2025 Victorian Transmission Line" submissions close 24th June

Where near Lismore do we want an extra High voltage (550kv) transmission line?

They are looking for a path for an extra line from Melbourne to Mortlake.

Where do we want more wind farms?

more solar farms? They have designated an area from Derrinallum to Beaufort which has so far no wind or solar farms. (In addition to the Berrybank, Skipton and Golden Plains area which has.)
We are part of the Central Highlands Renewable

We are part of the Central Highlands Renewable Energy Zone.

We can make submissions to the Government before 24 June. After then it may be too late. (Remember the Emergency services and volunteers fund (ESVF)?)

How and when do we do the negotiations?

Details of the "Developing the 2025 Victorian Transmission Line" are at <a href="https://lismore.vic.au/renewable-energy-zones/">https://lismore.vic.au/renewable-energy-zones/</a>

#### **Lismore Land Protection Group**

- VFF Stock Sense Webinar Series: Sheep Essentials: 6-7.30pm June 11 and 18; Lambing Webinar Series 6-7.30pm 24 and 25th June. Contact Lismore Land Protection Group facilitator or VFF.
- Autumn/Winter Feed base planning. A free practical workshop 9.30am -2.30pm Wednesday 4 June At Skipton Golf Course and Bowls Club register at: <a href="https://bit.ly/SFSWorkshopSkipton">https://bit.ly/SFSWorkshopSkipton</a>
- Victorian Government Farm Drought Grants SW Victoria for on-farm upgrades that provide immediate support in managing drought and building future resilience up to \$5k dollar for dallar for eligible farmers Apply: <a href="https://bit.ly/DroughtGrants">https://bit.ly/DroughtGrants</a>

#### **Lismore Craft Shop Update**

Are you a good bakery cook, love sewing, knitting or any other crafts or similar? Then the Lismore Craft Shop could use your talents. The only requirements are that you must be a member (\$10 annually), preferably be prepared to work in the shop 10am to 1pm once a month on a Friday or Saturday, must give a small percentage of your product sales to the shop, be responsible, have minimum money handling skills and be able of keep a record of sales. Only members can work in the shop but if you can't do any of the above we welcome volunteers. Our door may close if we can not get more helpers so please consider us. We reserve the right to refuse membership. Contact Lorraine 0407875102



## WHAT'S NEWS FROM THE DEE'S

## Netball Leading Goal Scorers after Round 6:

Congratulations to the following players for their fantastic goal scoring efforts so far this season.

U13: Alexis Henderson - 38 goals U15: Maddison Mitchell -19 goals

U18: Stella Horsepole - 110 goals (2nd in the league)

C Grade: Sophie Sumner - 64 goals (5th in the league)

B Grade: Stella Horsepole - 111 goals (3rd in the

league)

A Grade: Emily Murray - 103 goals (6th in the

league)

#### **Junior Representative Football**

On Sunday May 18th Lismore Derrinallum Football Netball Club had 3 junior players represent Mininera League in the South Wester Junior Carnival in Portland. A great achievement considering Mininera has not submitted a team in representative football for a number of years. Jack Fay was selected in the u14s team. Xavier Coutts and Jake Burleigh were selected in the u17s team. Both teams came up against strong competition throughout the day, however all three boys competed well for their respective teams and enjoyed their experience.

#### U12's Football

If the current season of the Lismore Derrinallum U12's football is anything to go by the future of the Footy Club is in wonderful hands.

Although not "officially" scored, the U12's, coached by Brad Moyle and Scott Wylie, currently stand undefeated this season!

Numbers are brilliant for this age group with a number of boys showing their true Dee's spirit and jumping across to opposing teams if numbers are low to ensure a fair game can still be played. A great deal of time and effort go into organising and running these grassroots teams which wouldn't be possible if not for the time dedicated by volunteer coaches, who are busy working parents, but set aside time week in and week out to support the kids and help guide and grow their love for the game. A huge shout out needs to be made to all volunteers in the club for their time and dedication in varied roles, both on game days and the many hours behind the scenes. Thankyou to you all!



## COMMUNITY INFORMATION

# Places of worship Lismore Presbyterian Church Morning Worship:

Services held on the 5th Sunday/month Elder S. McKerrow, Skipton. Ph: 5349 5553.

#### Catholic Church ~ All welcome!

Weekly Sunday Mass times: St John's Church Lismore @ 9am St Patrick's Church Camperdown @ 11am

#### **Derrinallum Transfer Station (rubbish tip)**

Open hours: FRI & SUN 1pm - 5pm Contact Emma on: 55 937 100

#### Want a book to read?

Adult's and children's books & some DVDs available in book boxes on the steps of the craft shop. Borrow what you like and add any of your own to share!

#### **Stamps & Spectacles for charity**

Donate unwanted spectacles to Lismore & District Lions Club. Drop used stamps off at the Community Shop/DISC for Sammy Stamps.

#### **CFA** update

Fire Restrictions have been removed for the Lismore area. Always burn-off safely: check and monitor weather conditions. Register burn-offs at www.firepermits.vic.gov.au.

#### Justice of the Peace

Derrinallum / Lismore district. Nola Landrigan 0417 014 635 Please leave a voicemail or text if unanswered.

## Lismore Foodworks Casual staff required. Ph: 0403 393 406.

FREE home delivery after 6pm. Minimum order of \$100. Delivery within 5-10km radius of Lismore township (exc. cigarettes or alco-

hol). Ph: 45 103 614.



#### **Lake Tooliorook**

Camping: The angling club which runs the camping ground does not have a booking facility. check availability phone Ray 0438 546427.

If it is full you can book a place at the Lismore Lions Club caravan park near the swimming pool.

Ring Gwenda 0417 071523 or Sherrill 0416 124778



#### **Lismore Progress Association**

#### **Midwinter Festival Update**

The post card and shoe box art show will have its opening on the evening of Friday 25th July, with works to showcase the environment, the community and the history of Lismore and district. There will be sections for adult, junior and preschoolers art; photography (post card size); and 3D shoe box art. Entry forms are attached to this newsletter.

The Midwinter Festival events on Saturday evening will be at the Rec Reserve and include face painting, music and star gazing if the night sky is clear. It will finish with a modest but thrilling fireworks display set to music

A special effort will be made to welcome newcomers. If you have newly arrived neighbours please bring them along. The Lismore Progress Association and the Derri Progress Association are working together to prepare welcome packs for newcomers to our district.

#### Lismore online

What's new at <u>lismore.vic.au</u>? Visit "Coming Events" at <u>lismore.vic.au/coming-events.html.</u>

Find us on Facebook at <u>face-book.com/lismorevic/</u>



## Tackling local crime



The increased police presence is valued, as is the recovery of property and arrests. The community can further assist by being vigilant. Take note of unusual activities, such as people wandering on property or suspected drug dealing (people frequently coming & going from a house or vehicle). Community members can also install cameras or spotlights for extra security.

It is crucial to report incidents to the police. You can report anonymously to Crime Stoppers
Phone 1800 333 000 to make a Crimestoppers

report, or go to crimestoppersvic.com.au

or phone our local officers.

To report a serious incident in real time Call 000

Let's keep Lismore safe!



#### LISMORE LAND PROTECTION GROUP

Promoting Sustainable Landscapes

**Tree Planting Program:** Contact Sarah for a tree order form if you are interested.

Dry conditions are taking a toll on land livestock and the farming community. **Rural Financial Counselling Service** provide free confidential, independent support for farmers across Western Victoria. If you are feeling the strain, please don't hesitate to reach out. Call 1300 735 578.

## DERRINALLUM & LISMORE COMMUNITY ASSOCIATION INC. HISTORY GROUP

Local history: people, families, towns, property, business, buildings, maps, photos, newspapers, events, clubs, schools, etc.

**OPEN 1st Sunday/month** 

1pm - 4pm \*except Dec, Jan & July\*
46 Main Street, Derrinallum, Victoria, 3325

P.O. Box 25, Derrinallum, Victoria, 3325

derrinallum.lismore.history@gmail.com



Contact: Avon Buchholz: 0490 078 420 President Sandy Gibson: 0427 962 987

#### LISMORE CRAFT SHOP

19 High St (service rd between P.O. & Hotel)



OPEN Fri & Sat 10am—1pm or when signs are out. (Cash only).

Variety of locally crafted, baked and preserved items as well as fresh produce, honey and eggs when available.

The shop is not a depot for recycled clothing or household items. Go to Derri Community Shop

Contact for info or after hours sales: Treasurer :Tracey 0418 315 295 President: Loris 55 410 015

#### DERRINALLUM



44 Main Street

Thursday 11 am - 12.30 pm & 1 pm - 5 pm

Friday 11 am - 12.30 pm & 1 pm - 5 pm

Saturday 10 am - 12 noon

Phone: 55976658 cmlibraries.com.au

#### LISMORE RECREATION RESERVE

Committee meetings held 3rd Monday every second month.

The Recreation Reserve has a variety of venues available for hire:

- Large hall with gas heating
- ♦ Hall kitchen
- Squash courts
- Smaller heated areas for meetings
- Social/club rooms with full kitchen
- Two kitchens fully equipped for catering

President: Matt Halloran 0437 245 244 Secretary: Shari McConachy 0409 070 089 Venue bookings: Barb Niblett 0429 336 151



Wednesdays 10-12 noon Fairway Café, Lismore. Bring snacks, water, hats, sunscreen.

More information contact Ella Hassell on 0407 571 726 (Thurs. only) or email Ella.Hassell@corangamite.vic.gov.au



## Come on in and have a coffee and a feed with Sophy and Julie

Freshly brewed coffee available. Enjoy, everyday, our freshly made sandwiches, wraps, rolls and hot subs, cakes, slices, muffins and much more

Value Meals & Specials and take-home Meals

#### Open every day

Contact 0436 444 437 and follow us on Facebook: 'Lismore Full on Food"

#### **HEALTH & FITNESS**

#### **Lismore Visiting GP Service**

Dr Anne Pushparajah is available at the Lismore Health Centre on Mondays. Appointments essential. Ph: 555 83 000.

#### Mental Health is Important

If you require info on mental health services, Lismore Community Health can give advice and referrals. Ph: 5558 3000, Mon-Fri, 9am - 4pm.

#### For free 24/7 counselling & crisis support: Beyond Blue 1300 224 636 or Lifeline on 13 11 14.

Visit beyondblue.org.au or lifeline.org.au to chat to someone online.



#### GoodSAM App

Free global smartphone app that alerts responders to someone nearby in cardiac arrest.

GoodSAM is linked to the Triple Zero (000) communications centre, so as soon as an ambulance is dispatched, a GoodSAM alert will notify you. To find out about becoming a GoodSam responder visit:

https://www.ambulance.vic.gov.au/goodsam/

#### Defibrillator (AED) locations around Lismore (accessible all hours)

Gorst Rural Australia Post (Lismore Post Office) Victoria Police

Full On Food Café (Outside west wall) Recreation Reserve

(Community Centre East Side)

135 High Street 35 - 39 High St 61 High St 24 High St Seymour St

#### **Gentle Exercises and Pilates Derrinallum Hall**

Gentle Exercises Monday 1-1.45pm - \$5 Pilates Monday 2-3pm - \$10 Enquiries Carole Manifold Ph 0427 406 699 If you would like to give a session a go Come along to a session at no charge

#### **Community Gym - Lismore Community Health Centre**

Lismore Community Health Centre has a small gym with exercise bikes, a treadmill, rowing machine, elliptical walker, weights machine and free weights.



As the gym is unsupervised, prior to attendance it is a requirement that a medical clearance form be signed by your GP and an orientation session held with the SWH physiotherapist. The physiotherapist can design a personalised exercise program to suit you.

The gym can be accessed Mon - Fri 9am - 3pm. Ph the Health Centre 555 83 000 for more info.

#### **Nurse on Call**

Nurse on Call is a telephone service that provides immediate, expert health advice from a registered nurse, 24 hours a day, 7 days a week.

The service, staffed by registered nurses, is accessible from any landline or mobile phone in Victoria for the cost of a local call (calls from "mobiles may be charged at a higher rate).

CALL 1300 60 60 24

#### TEAM TALK



New members welcome! For details contact Tom Brett: 0488 489 766

> SAT Golf comp from 12pm. Green Fees Welcome!

#### **Lismore Bowls Club**

William St Lismore

We are pretty much in recess now until next season although considering some options to generate further interest from prospective bowlers. Thanks to all who have participated in our endeavours.

President John Trotter on 0412 520 802 Secretary Lyn Brown 0429 358 483

## Lismore Golf Club Chook Run



Come play 9 holes and win a pizza

\$10 Entry

Kindly sponsored by the Fairway Cafe

#### **LOCAL SHOPS**

#### **FOODWORKS**

Works for me!

Heriot Street, Lismore | Ph/Fax: 5596 2113

For all your Beers-Wines-Spirits etc

Full Deli service & fresh meat packs

Easy Parking and Friendly Service

Open Mon—Sat, 7am to 6pm

Open Sundays 9am—6pm

Fresh fruit and veg deliveries Tue and Fri Butchery deliveries Mon and Thu

SPECIALS HAVE ARRIVED with Beer at a low price



**Promotion: Carlton Draught \$62/carton** 

Contact Javeer on: Mob 0403 393 406

#### BLUE YABBY CAFE

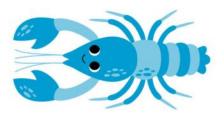
30 HIGH ST, LISMORE

OPENING HOURS: 7 DAYS 6.30am-7.00pm

Phone orders welcome on: 55 962 202 Egg and Bacon Rolls all day, every day!

Hamburgers, Steak Sandwiches, Souvlaki, Fresh rolls and sandwiches.

Cakes and slices. Coffee and a variety of teas. Cold drinks and ice creams.



#### 'FAIRWAY COFFEE & EATERY'

LISMORE GOLF CLUB

PETER & JITTIMA INVITE YOU TO BRING YOUR WHOLE FAMILY & ENJOY GREAT COFFEE, Breakfasts Meals & PIZZAS

Opening Hours: Thursday—Monday, 8.30am—2.30pm



PIZZAS
Thursday—Sunday 5pm - 8pm

Functions, Group meetings—contact Peter

TEL. 0479 163 496 FACEBOOK: FAIRWAY COFFEE & EATERY

Ring the above no. to check if OPEN



#### WOOLTRACK STORE



28 High Street, Lismore,

Vic, 3324 Ph: 0427 962 987

Monday- Friday 11am- 4.30pm Sat 10am - 1.30 Or by appointment

#### Great new ideas!

Red Tractor stock—Cotton Handkerchiefs, green tractors, red tractors, horses, kelpies, sheep pink and blue, Australia.

New designs RT Linen Tea-towels

New designs Mugs, Red Tractor Calendars &

Map of Australia Jigsaw (age 6+)

Large Pencil Case, Good RT designs

Local Jigsaw local scenes!

Red Tractor & Canvas Utility & Map Bags

Shopper bags, Overnight bags, Bags for wet bathers!

New cotton Nightdresses & shirts
Publications: Snapshots—local stories of
settlement. MAGNETS \$10 New!

2025 History Calendars !!

Socks all sizes, patterns, Stockpiles

Please shop locally

GIFT VOUCHERS AVAILABLE



# Crackajack Creations Gift & Homewares

Thursday 10am to 5.30pm Friday 10am to 5.30pm Saturday 10am to 4pm

31 Heriot St <u>Lis</u>more Vic Text 0427 597 212 crackajackereations @ bigpond.com



Meeting 1st Thursday of each month 7.30pm at our Club Rooms Old Lismore showgrounds Seymour St, Lismore

Phone Nathan Micalleff 0421 825 006

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Have you got a job you need help with???
There may be someone at the Men's Shed who will be able to help with just what you need to complete that project!

Call in any Wednesday 10.00am—4.00pm to talk with any of the members and see the shed in action.

ALL WELCOME!

Stan Foote (Sec) 53 402 036 Jim (Pres) 0417 008 818

You can donate your 'deposit scheme containers' into the Men's Shed drop-off bin to support the Men's Shed

Remember this is the Community's shed so if you have an hour or two to spare, call in and share ideas on what we are doing. We are presently refurbishing garden seating for various community members.

#### Wildlife Rescue

Val Carter is registered with Wildlife Victoria to collect, transport and care for injured wildlife to go to Wildlife Refuges. Val has worked with Wildlife Victoria for 16 years and operated out of Lismore for 5 years.

It is helpful to report wildlife that are hit by vehicles, and if safe to do so move them off the road. Take care, particularly on the hwy between Lismore and Derrinallum.

Val Carter Mob 0493 231 028 Wildlife Victoria Tel. 03 8400 7300 Mob 0429 170 036

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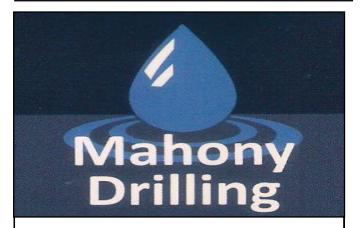
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(Gwenda Shaw, Manager. 0417 071 523)



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team@camperdownvet.com.au



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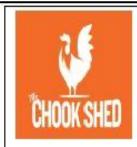
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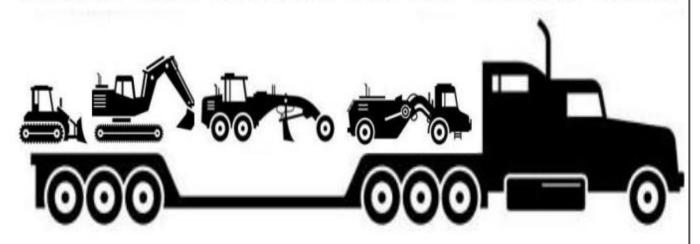
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#### CORANGAMITE SHIRE

## Noticeboard



#### Feedback wanted

#### Draft Budget 2025-2026

The draft budget is available at corangamite.vic.gov.au/ draftbudget where you can leave feedback until 5 pm, Sunday 1 June.



We are also seeking community feedback on the following plans.

Council Plan 2025 - 2029

Community Vision 2040 update

Financial Plan 2025-2035

Revenue and Rating Plan 2025-2029

Asset Plan 2025-2035

#### Road Management Plan

They are available at <u>corangamite.vic</u>. gov.au/Conversation2025 where you can leave feedback until 5 pm, Sunday 8 June. You can also submit feedback at

#### shire@corangamite.vic.gov.au

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or 5593 7100



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#### Positive Ageing & Inclusion

#### World Elder Abuse Awareness Day

Wear a splash of Purple and join us for Morning tea for World Elder Abuse Awareness Day

#### Monday 16 June, from 10 am Killara Centre, Camperdown

Join our Positive Ageing & Inclusion team for a free mornina tea with talks from:

- Dementia Australia "worried about your memory and the risk of elder abuse?"
- Victoria Police "Elder abuse"
- Elder Rights Australia Recognising the signs of elder abuse & how to report it

Bookings essential for catering, please call us on 5593 7100

#### Navigation Support Program

Come to Derrinallum Library to learn how our Navigation Support Program can help you.

#### Thursdays 10 July, 7 August, 4 September and 13 November, 1-3 pm

For more, scan the QR code or go to corangamite.vic.gov.au/Community/ Ageing-and-Inclusion

#### Active Seniors Program

#### Tue 3 of June, Timboon Hall, 10am-12pm, 'Rams' (Sam Neill, Michael Caton)

Two brothers are at war raising separate flocks of sheep from their family's prized bloodline. Can they save their herds from a deadly disease and bring their community and family back together?

FREE to senior residents. Bookings essential, call 5593 7100 and ask for Belinda or



corangamite.vic.gov.au Off @





Enrolments for 2026 are now open. An information booth will be at the Camperdown Clock Tower, on Friday 30 May, 8 am-12.30 pm

Speak to the team about the benefits of kinder, how to access more hours next year and don't forget to pick up a free lunch box.





#### Drought support for farmers

State Government support is available for drought-affected farmers. Eligible farmers can receive up to \$5,000 co-contribution for water infrastructure upgrades to pipes, tanks, troughs, dams, stock containment areas, and grain and fodder storage.

Counseling and advice are available for farmers experiencina financial and emotional distress. For more information, go to agriculture vic.gov.au/dryseasons or scan the QR code.

Specialist help is available to people in the agriculture industry affected south-west Victoria's ongoing drought and fires.

The Rural Financial Counselling Service offers a free and independent service to farmers, with wellbeing counsellors and financial counsellors.

1300 735 578 wswrcs.com.au/wellbeing.

The National Centre for Farmer Health distributes mental health resources and information for managing stress and

mental health, tailored for Victorian farmers and agricultural communities.

farmerhealth.org.au/support-hub-victoria

The Public Health Network Western Victoria commissions qualified and experienced health providers to deliver mental health support throughout the region.

westvicphn.com.au/for.../mental-healthsupport

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