

Meet our new coach for 2021—**Dan Bunworth**.

Our **Annual General Meeting** is scheduled for 7 November at Anakie Reserve. Due to Covid restrictions, advise interest in attending: [secretary@anakiefnc.com](mailto:secretary@anakiefnc.com). Bec **0408 435 380**

## Scrap steel collection Anakie Reserve, De Mott's Road Friday 20 to Sunday 22 November



### Note prohibited items:

Gas bottles (camping or LPG)	Oils/fuels
Oxygen, acetylene bottles	Fire extinguishers
Hazardous chemicals of any kind	Asbestos
Insulations (rockwool, fibre glass)	Loose rubbish
Accumulators (stored energy vessels)	Radio active materials
Biological (hypodermic syringes)	Military ordinance
Ozone depleting substances (AC compressors)	
Batteries of any kind *	

\* Car & truck batteries and aluminium cans can be left at Anakie Community House carpark for recycling & fundraising purposes.

# Anakie Advocate

November  
2020

Anakie Community House 2115 Ballan Rd Anakie 3213  
currently closed due to Covid-19 restrictions see page 5  
phone/fax 5284 1359 email [AnakieHouse@outlook.com](mailto:AnakieHouse@outlook.com)



A few activities  
have returned -  
mainly outdoors.  
See page 5.

An automated external defibrillator has been relocated to the outside of the building at Anakie Community House allowing 24/7 access. See page 8 for more information.

The **Anakie Advocate** is printed each month. Distribution covers **Anakie, Balliang, Maude, She Oaks, Staughton Vale and Steiglitz**. Submissions for next issue must be submitted by **18 November**. Anakie & District Community Group has no affiliation with any political party.



### Anakie and district church services



#### St Bridgid's Catholic Church:

Ballan Rd Anakie. Mass times 11am

**Sundays** fortnightly. **5286 1230**

**Anglican Church: St Georges, Balliang.** Vicar: **Revd Richard Litjens.**

**Services: 2nd Sunday 10.30.**

**Communion, 4th Sunday 9am**

**morning prayer. 5367 5362.**

**Uniting Church:** **Thelma Ross**

Memorial, Parwan Sth. **Diane**

**5367 3097.** Services suspended.

**Lara Uniting Church:** Cnr Flinders

Avenue/Forrest Rd. Lutheran public divine service 3rd Sundays **1.30am.**

**5278 2443.**

The *Anakie Advocate* is published monthly by **Anakie & District Community Group** (ABN 59 938 073 014; Inc. # A1477P).

Letters and articles must include names and addressed (these will be withheld upon request). Submissions will be published in the next issue, space permitting.

#### advertising costs

(GST inclusive): full page \$35; ½ page \$20.00; ¼ page \$12; 1/8th page \$6.00. Minimum fee \$6.00. Discount for advance payments of 12 or more: 12 x 1/8th page \$60; 12 x ¼ page \$120; 12 x ½ \$220; 12 x full \$360.

### Anakie Fire Brigade News



**Captain David Walter**  
ph: **0401 956 683**

**Secretary Carol Brislane**  
ph: **0438 893 197**

Next **training** is on **Sunday 6 December** at **9am** after the radio sched. The brigade seeks new members; if interested, you are welcome to come and see what we do or contact our captain on **0401 956 683**. If you do not wish to fight fires, there is a range of other activities to be involved in.

### Working smoke detectors save lives - check that yours are working

Residents should be well into **preparing properties** for the **upcoming fire season** - see <https://www.cfa.vic.gov.au/plan-prepare>. No permits are issued after the first week in November and ALL permits expire at the end of November or start of the fire danger period, whichever comes first. More details - CFA website: <https://www.cfa.vic.gov.au/home> for more information. Remember to register your burn on **1800 668 511**.

Keep up to date on the **start of fire restrictions** for the City of Greater Geelong and Golden Plains Shire on CFA's website.

The brigade has started limited **training**. Most members have

completed pre-summer training - thanks to Kate.

**Take care** on our **roads** this summer, as it has been a long time since people have driven anywhere in large numbers. Stay safe.

See Facebook page - **Anakie Fire Brigade** - for news on street workshops and meetings. For information on emergency activity in your area go to: <https://emergency.vic.gov.au/respond>. If you see suspicious activity, fire or criminal, call crime stoppers **1800 333 000** or police assistance **131 444** or **000** if it is an emergency.

**Practice your fire plan:** put valuable items in a common place, ready to grab quickly in an emergency. Remember to pack your rates notice, as it is proof of where you live.

**Fires can happen at any time of year, in all environments, so be prepared, be safe and have a fire plan.**

**Paul Moore**

2nd Lieutenant  
Anakie Fire Brigade.

See page 8 for the November roster.

### John Eren MP

STATE MEMBER FOR LARA

Contact my office for  
State Government  
matters



Funded from the Parliamentary Budget

Level 1 Corio Shopping Centre Bacchus Marsh Rd Corio 3214  
p: 5275 3898 f: 5275 3472 e: [johneren@parliament.vic.gov.au](mailto:johneren@parliament.vic.gov.au)  
facebook: John Eren - State Member for Lara t: @johnerenmp

### Anakie Hall

is currently **CLOSED**

Further information:

**community house 5284 1359**  
**Ray 84 1212 or 0408 528 412**

### wildlife shelter

**Sandi Murdoch**

CARE OF  
INJURED &  
ORPHANED  
ANIMALS  
**5284 1380**



Anakie Community Garden  
gardening activities/visits  
on **last Friday of month**

**9.30-11.30am @**

Anakie Community Depot, Ballan Road.

All welcome.

[anakiecommunitygarden.wordpress.com](http://anakiecommunitygarden.wordpress.com)

**Helena 5284 1363**





### Local organisations contact details

<b>Anakie CFA</b>	<b>David 0401 956 683</b>
<b>Anakie Football &amp; Netball Club</b>	<b>Heath 0418 138 112</b>
<b>Anakie Community House</b>	<b>Heather 5284 1359</b>
<b>Anakie General Store/Post Office</b>	<b>Ruby/Andrew 52841 177</b>
<b>Anakie Hall</b>	<b>Ray Tucker 5284 1212</b>
<b>Anakie Primary School</b>	<b>Secretary Karen 5284 1291</b>
<b>Anakie Primary School</b>	<b>Principal Toni 5284 1291</b>
<b>Balliang District Rural CFA</b>	<b>Andrew 0419 186 955</b>
<b>Balliang Memorial Hall</b>	<b>Steve 0400 419 024</b>



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66 Brunel St. Lethbridge 3332

### AIKI JUJUTSU

A not-for-profit organisation established in order to practice this traditional Japanese martial art.

**Dojo location: 2310 Ballan Rd.**

**Classes every Thursday**  
excluding public and school holidays

**Junior classes: 5:30 - 6:30pm**  
**Adult classes: 7:00 - 8:30pm**

**Free trial classes available**  
**Dicker Sensei 5<sup>th</sup> Dan**  
25 years experience  
**0419 432 472**  
website: [aikiaustralia.com.au](http://aikiaustralia.com.au)

### Friends of Brisbane Ranges

Get to know and help our local National Park!  
Everyone welcome; part or full day!

[www.fobr.org.au](http://www.fobr.org.au)  
for events, park walks & info



### Do you have weed problems?

If so, hire **Brisbane Ranges Landcare's spray trailer with 2 hand guns a boom spray** and a **500 litre tank - \$25 a day**. Call **Chris on 5369 4214**



### Toilet Tale



Why do some people go into a public building and ask: "Can I use the bathroom?"? The response ought to be: "Sorry, there is no bath here." What is wrong with the word toilet? Is it now a rude word? Here are a few alternate names: water closet; latrine; lavatory; dunny; loo; WC; pissoir (found that one on the internet!); longdrop (wonder if that is only used in Australia). Others as odd as 'bathroom' include: powder room (do you need to apply powder and if so, to what part of your anatomy?); washroom (thought that was the laundry); restroom (thought that was the bedroom); comfort station (haven't found toilet seats particularly comfortable, nor considered the room a station). Noticed some weird things yourself or been annoyed by any? Send them in!

### Walk with a mask

Things may change regarding wearing masks outdoors, but at the **moment** the law states they must be worn when walking. People in Anakie have been stopped by police and reminded to use a mask or face a fine.

### Anakie Hall

As we go to print, Anakie Hall remains closed. This building is owned by the City of Greater Geelong, but operated by a local management committee, which ensures hiring rates are kept at a minimum and keeps local management. As soon as the reopening of halls is allowed, there will be a **public meeting to form a new management committee** for the hall.

Enquiries: **Anakie Community House - 5284 1359** or **Ray Tucker - 0408 528 412**.

### Congratulations

**William Beggs and Shamae Kelly on the arrival of a daughter, Hayley. A first grandchild for Michelle and Cliff Beggs of Balliang.**



### Need photocopying?

Until we reopen, you are welcome to visit the community house during open hours and this service will be completed for you whilst you wait on the verandah.

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### Art group - outdoors \*

**Tuesdays @ 1.30pm.**

Beginners or established  
artists meet for a  
couple of hours in  
a social setting,  
compare work and  
share ideas. Bring  
materials (some available);  
easels provided. \$2 weekly,  
come and go when it suits.



### Hairdressing - Thursdays

Ladies cut/blow-dry or  
shampoo/set \$30,  
foils/perms available;  
men: \$20; students  
\$15; toddlers: \$10.

Why travel? Bookings  
fill quickly - book early.

Hairdresser: **Darlene.**

Bookings: **5284 1359.**

**Face masks must be worn  
for duration of service.**



### book/discussion group - outdoors \*

**Third Thursday at 2pm**

Discuss books,  
films, current  
affairs. Next:  
**15 November.**



### UnFinished Objects

**Wednesdays 1.30pm.**

outdoors \*

Knit, paint, sew,  
chat. Come when  
you can. \$2.



### group fitness classes

**Outdoors \***

**Wednesdays at 6pm**

Meet at the  
community house  
for a workout in a  
friendly group

with local tutor, **Kevin.**

More details: **5284 1359.**



### Outdoor lunches - Thursdays from 12.15pm

Missing company and good conversation? Pack a  
lunch (or buy something from the shop) and  
bring it to the community house. Can't get here?  
Call and a private 'chauffeur' will be arranged.



\* outdoor activities could change to indoor at any time.

More classes could return at any time.

Call the community house to keep abreast of any changes.

*Get your days back!*



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**Terry Cleary**  
Licensed Estate Agent/Auctioneer

Terry and his team are known  
locally as "The Anakie Experts",  
which is certainly true. Our house  
was only open for inspection on the  
one occasion, multiple offers were  
made and one accepted in one  
week, which was a great result for  
us.

Mario & Jean

At the community house there is a rather amazing map of Australia circa 1842. It was copied from the original some years ago. There are now several slightly smaller

copies

available for  
sale @ \$12

each. To

purchase a

copy, call

**5284 1359.**

Thank you,

**Cambria**

**Parkinson,** for

organising

these copies.



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cellar door. Open every Friday night  
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**Health News & More ...** the immune system is a complex network of cells and organs which protect the body from harmful substances. A healthy immune system is vital for life and good health. As we age our immunity can be compromised by disease or simply by the aging process. There are, however, some key factors that damage our immunity, but there are things we can do to make sure it is functioning as best it can.

1. Chronic stress: ensure you have sufficient sleep and relaxation time.
2. Malnutrition: eat a mostly fresh, well-balanced diet. Include probiotics and fermented foods.
3. Excess alcohol: consume alcohol in moderation and have at least one alcohol-free day weekly.
4. Tobacco: don't smoke. Living in a smoking household is also harmful, even if you don't smoke.
5. Harmful environmental toxins: avoid the use of known harmful chemicals and use adequate protection when you do have occasion to use garden poisons etc.

Next month I will cover in more detail the function of each part of the immune system. email: [carole@anakienaturaltherapies.com.au](mailto:carole@anakienaturaltherapies.com.au)

The **Geelong regional mobile library bus** visits Anakie fortnightly on Tuesdays from **2 to 4pm**.

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**Anakie rainfall as recorded by**

*Cambrina*

*Parkinson*

**September 2020**

**total rainfall:**

**65 ml**

**Days of rain: 13**



# CHEAPER SIGNS

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### Anakie Fire Brigade Roster



**Radio checks 8.30am.** All vehicles to be functionally checked and run approx 30 klms. If you can't fulfill the roster, please find a replacement.

	Tanker 1	Tanker 2	Anakie FCV	Ultra light	Station
8 Nov	<b>M Primmer</b>	<b>G Hodges</b>	<b>D Herholdt</b>	<b>J Mangrum</b>	<b>B Herholdt</b>
15 Nov	D Walter	J Sanders	K Couch	S Hill	M Couch
22 Nov	<b>I Macdonald</b>	<b>A Jones</b>	<b>L Hodges</b>	<b>T Battle</b>	<b>C Brislane</b>
29 Nov	P Moore	P Carroll	C Ellery	R Hodges	D Herholdt

### Anakie Community House defibrillator

A defibrillator is available to the public at Anakie Community House. Following advice from Ambulance Victoria, it is now located in a cabinet on the outside of the building and can be accessed 24/7 by simply opening the cabinet. This AED is a fully automated model, so when opened it will talk through the operational instructions.



**Sincere thanks to paramedic, Mel and Murfett Plumbing** for donating the cabinet.

Defibrillators are **not designed** to help hearts that have **stopped beating**. They conduct an electrical current and then present it as a shock to whatever it makes contact with. This electrical shock is supposed to help disrupt certain heart arrhythmias. The defibrillator works by sending a shock to help disrupt these incorrect heart contractions and then stopping the heart for a very brief amount of time. This allows it to reset and go back to pumping blood at a natural pace, making it return to normal. The heart's natural pacemaker then takes over with all heart muscles reset. Shockable rhythms only happen while your heart is still beating. If someone's heart has **stopped beating**, **cardiopulmonary resuscitation (CPR)** may restart the heart. If you come across a patient who is unconscious and not breathing, call **triple zero (000)**.

Begin CPR, combining mouth-to-mouth resuscitation and cardiac compressions to the chest. Continue until help arrives or you can no longer continue. Chest compressions are the priority in CPR. If you do not want to perform mouth-to-mouth resuscitation, chest compressions may still be life-saving. If you wish to learn more, consider taking a first aid course which helping to teach ways to react in many emergency situations through hands-on practice and theory.