

# GDBNC NEWSLETTER

February 2026

1 Saleyard Road, Gelantipy, Victoria, 3885 ... Phone: 5150 2410/Fax: 5155 0217

Email: [gdbnc@gha.net.au](mailto:gdbnc@gha.net.au)/Website: [gdbnc.com.au](http://gdbnc.com.au)

NURSE MANAGER: SUSIE EDWARDS ADMIN: ANN-MARIE DAVIES/TRISTAN DOOLEY

PRESIDENT, COMMITTEE OF MANAGEMENT (COM): DANNY MITTON

CONSUMER REPRESENTATIVE FOR COM: ANNEMARIE HENDERSON

**OPENING HOURS: 9AM TO 3PM MONDAY TO THURSDAY (CLOSED PUBLIC HOLIDAYS)**

## Pathology Dates

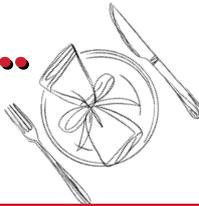
February 4<sup>th</sup> 9-10.30am



## SHALL WE BE SOCIAL..

Gelantipy Hall Dinner

Monday February 16<sup>th</sup>



## WELLNESS OFFICER INCOMING...

Jess the Wellness Officer will be at the GDBNC

Monday February 9<sup>th</sup>

Monday February 23<sup>rd</sup>

From 9am

Call the Centre to schedule an appointment

## LIBRARY BUS DATES

February 3<sup>rd</sup> 9-9.45am

February 17<sup>th</sup> 9-9.45am



## CHIROPRACTOR CLINIC

Chiropractic appointments available at the GDBNC for Wednesday February 11th

\$85 for new patients

\$55 for regular appointments after that

Call the Centre to book your appointment!

# Survive THE HEAT

Heat kills more Australians than any other natural disaster



### DRINK WATER

Even if you don't feel thirsty, drink water. Take a bottle with you always.



### HOT CARS KILL

Never leave kids, older people or pets in cars. The temperature inside a parked car can double within minutes.



### KEEP COOL

Seek out air-conditioned buildings, draw your blinds, use a fan, take cool showers and dress in light and loose clothing made from natural fabrics.



### PLAN AHEAD

Schedule activities in the coolest part of the day and avoid exercising in the heat. If you must go out, wear a hat and sunscreen and take a bottle of water with you.



### CHECK IN ON OTHERS

Look after those most at risk in the heat - your neighbour living alone, older people, the young, people with a medical condition and don't forget your pets.

## HELP AT HAND...



Ambulance 000

Poisons 13 11 26

Nurse-On-Call 1300 60 60 24

GP Helpline 1800 022 222



Don't forget the

Victorian Virtual

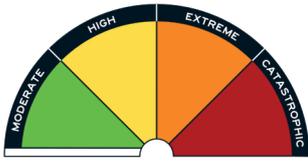
Emergency Department

**WE ARE HERE FOR YOU 24/7**

[visit vved.org.au](http://visit.vved.org.au)



# Know Your Daily Fire Danger Rating



Stay aware of the fire danger rating and know what to do.

Fire Danger Ratings tell you how dangerous a fire could be if one started. The higher the rating the more dangerous the conditions. Fire Danger Ratings feature in weather forecasts during the fire season.

Everyday you should:

- » Monitor conditions and official sources for warnings.
- » If a fire starts near you, take action immediately to protect your life.
- » Do not wait for a warning.
- » Adhere to local regulations governing fire activity.
- » Ensure any industrial and agricultural activities adhere to relevant guidelines.

To check your district's daily Fire Danger Rating, visit [cfa.vic.gov.au](http://cfa.vic.gov.au), download the **VicEmergency App** or call **1800 226 226**.

|                     | What does it mean?  | What should I do?   |
|---------------------|---|---|
| <b>CATASTROPHIC</b> | <p><b>If a fire starts and takes hold, lives are likely to be lost.</b></p> <ul style="list-style-type: none"> <li>» These are the most dangerous conditions for a fire.</li> </ul>                           | <p><b>For your survival, leave bushfire risk areas.</b></p> <ul style="list-style-type: none"> <li>» Your life may depend on the decisions you make, even before there is a fire.</li> <li>» For your survival, do not be in bushfire risk areas.</li> <li>» Stay safe by going to a safer location early in the morning or the night before.</li> <li>» Homes cannot withstand fires in these conditions. You may not be able to leave and help may not be available.</li> </ul>                   |
| <b>EXTREME</b>      | <p><b>Fires will spread quickly and be extremely dangerous.</b></p> <ul style="list-style-type: none"> <li>» These are dangerous fire conditions.</li> <li>» Expect hot, dry and windy conditions.</li> </ul> | <p><b>Take action now to protect your life and property</b></p> <ul style="list-style-type: none"> <li>» Check your bushfire plan and that your property is fire ready</li> <li>» If a fire starts, take immediate action. If you and your property are not prepared to the highest level, go to a safer location well before the fire impacts.</li> <li>» Reconsider travel through bushfire risk areas.</li> <li>» Leaving bushfire risk areas early in the day is your safest option.</li> </ul> |
| <b>HIGH</b>         | <p><b>Fires can be dangerous.</b></p>   | <p><b>Be ready to act.</b></p> <ul style="list-style-type: none"> <li>» There's a heightened risk. Be alert for fires in your area.</li> <li>» Decide what you will do if a fire starts.</li> <li>» If a fire starts, your life and property may be at risk. The safest option is to avoid bushfire risk areas.</li> </ul>  |
| <b>MODERATE</b>     | <p><b>Most fires can be controlled.</b></p>   | <p><b>Plan and prepare.</b></p> <ul style="list-style-type: none"> <li>» Stay up to date and be ready to act if there is a fire.</li> </ul>   |

Monitor conditions and official sources for warnings by going to [cfa.vic.gov.au](http://cfa.vic.gov.au), [emergency.vic.gov.au](http://emergency.vic.gov.au) or call the VicEmergency Hotline on **1800 226 226**

## You've got mail!

**We do our best to make sure our newsletter reaches everyone in our community, including all our members.**

**However, from time to time someone may be unintentionally missed. If you know anyone who would like to receive the newsletter by email or post, please feel free to let us know so we can add them to our mailing list.**



**Want to know more of what's going on?**

**Make sure you keep up with us on Facebook!**



**@Gelantipy District Bush Nursing Centre**

## ***DID YOU KNOW?***

**The word "muscle" comes from the Latin term meaning "little mouse", which is what Ancient Romans thought flexed bicep muscles resembled.**

*The Gelantipy District Bush Nursing Centre would like to acknowledge the Traditional Owners of the land on which we gather, and pay our respects to their Elders both past and present*



Bush Nursing Centre Inc

