



Issue: May 2022

# FILL THE GAP

Produced by the Community Association & Budja Budja Neighbourhood House

Articles for June FTG need to be received by the 25th May 2023 See page 11 for details

## In This Edition:

Stats by Chas	Page 1
BB Medical Centre	Page 2
7 ways reduce your cancer risk	Page 3
Beyond Halls Gap	Page 4
Ambulance Vic	
Community Resilience workshop	Page 5
Grampians Film Society	
Pomonal Mens Shed	Page 6
Run the Gap	
WAMA	Page 7
BBNH	Page 8
HG Primary School	Page 9
Parks Vic	Page 10
Markets	Page 11
Ads	Page 12

## FROM THE GARIWERD SIX SEASONS CALENDAR



### gwangal moronn

season of honey bees - autumn (late march to june)

Sunrises, Bees and Flocking Birds  
Autumn (the season of native honey bees or gwangal moronn) is when the country starts to cool down after the summer heat.

## WRAP UP...

May is a busy month with

- \* 2nd May 4pm Memorial for Muireann Hanrahan
- \* 2nd May 6-9pm Community Resilience Workshop
- \* 5-7th May The Grape Escape
- \* 12th May Biggest Morning Tea
- \* 24th May Grampians Film Night
- \* 28th May Run the Gap
- \* 28th May Pomonal Village Market

Check out more activities at <https://hallsgapcommunity.org.au/whats-on/check-the-calendar>

Time goes by far too quickly..

Please join us at 4pm Tuesday 2nd May in the Botanical Garden for a bid of cheers to Muireann Hanrahan who died in a car crash last year and help us plant a tree in her memory.

Wine and platter provided, but please feel free to BYO as well.

We hope to see many of you. ❤️ 🌱

## STATS BY CHAS...

April 2023 - Rainfall by Chas:

103.5 mm for April bringing the progressive total for 2023 to 177.5 mm.

This compares to the same period last year of 62.5 mm for April with a progressive total of 184.0 mm.

As of the 26th of April 2023 Lake Bellfield is holding 69,280 ML or 88% full compared to the same period last year of 52,020 ML or 66 % full.

The total system is holding 363,470 ML or 64.87% full compared to the same period last year of 169,860 ML or 30.32% full.

Mount William received 177.0 mm for April 2023. The highest temperature of 17.8 C was recorded on the 4th of April and the lowest temperature of 1.3 C was recorded on the 29th April 2023. The highest wind speed of 107 km/h was recorded on the 27th of April 2023.



## Container Deposit Scheme

Victoria's container deposit scheme, CDS Vic, is set to start on 1 November 2023. The Scheme Coordinator, is VicReturn, and the Network Operator for Halls Gap is TOMRA Cleanaway .

Together they are responsible for providing a network of refund collection points to support the scheme's effective operation.

Under CDS Vic, we will be able to return drink cans, bottles and cartons for recycling, and receive a 10-cent refund, reducing Victoria's litter by up to half.

The scheme is expected to significantly increase the volume and quality of recycling and reduce waste.

# BUDJA BUDJA MEDICAL CLINIC



20-22 Grampians Road  
Halls Gap 3381  
PH: 03 53 564751

MAY 2023	JUNE 2023
1 <sup>st</sup> – 5 <sup>th</sup> Dr Christine Harvey	1 <sup>st</sup> – 2 <sup>nd</sup> Dr Ian Jones
8 <sup>th</sup> – 12 <sup>th</sup> Dr Christie Harvey	5 <sup>th</sup> – 9 <sup>th</sup> Dr Lisa Bendtsen
15 <sup>th</sup> – 19 <sup>th</sup> Dr Christine Harvey	12 <sup>th</sup> PUBLIC HOLIDAY
22 <sup>nd</sup> – 26 <sup>th</sup> Dr Christine Harvey	13 <sup>th</sup> – 16 <sup>th</sup> Dr Lisa Bendsten
29 <sup>th</sup> – 31 <sup>st</sup> Dr Ian Jones	19 <sup>TH</sup> – 23rd Dr Lisa Bendsten
	26 <sup>th</sup> – 30 <sup>th</sup> unknown

**Free breast screening**

Aboriginal and Torres Strait Islander women will receive a **FREE** beautiful shawl to use while screened and keep afterwards. \*limited number available

Want to keep yourself healthy and strong? Come and get your breasts screened and protect yourself against breast cancer

- Free
- Takes 10 minutes
- No doctor's referral or Medicare card
- For those with no symptoms
- With a woman radiographer

**Monday 5 - Friday 9 June**  
20-22 Grampians Road, Halls Gap VIC 3381

Budja Budja Aboriginal Co-operative (03) 5356 4751

## 7 WAYS REDUCE YOUR CANCER RISK

More than one third of cancers in Australia are preventable. Lifestyle has a big impact on cancer risk and many cancers are caused by things we can avoid, such as smoking, unhealthy diets and too much of the sun's UV radiation.



### 1. Check for unusual changes and have regular screening tests

This includes taking part in regular bowel, breast and cervical screening. It is important to visit your doctor if you notice any unusual changes. Young people can also take advantage of the HPV vaccine as part of the National Immunisation Program.



### 2. Limit alcohol

Drinking alcohol increases the risk of at least 7 types of cancer. We recommend you limit alcohol to special occasions, introduce alcohol-free days, or choose low or no alcohol drinks.



### 3. Maintain a healthy weight

Being above a healthy weight can increase the risk of 13 types of cancer. We recommend reducing food and drinks which are high in fat, salt and sugar.



### 4. Eat a healthy diet

A healthy, balanced diet will give you more energy, help maintain your weight and reduce your cancer risk. Aim to eat five serves of vegetables and two serves of fruit each day.



### 5. Be physically active

Regular physical activity can reduce your risk of cancers such as bowel and breast cancer and can help you maintain a healthy weight. Be active in as many ways as you can, take the stairs, walk instead of drive, do something you can enjoy with a friend such as tennis or dancing.



### 6. Be SunSmart

Sun protection is recommended whenever the UV level reaches three or above. Download the free SunSmart app to check what times of the day sun protection is required and remember to Slip, Slop, Slap, Seek shade and Slide on sunglasses.



### 7. Stop Smoking

It's never too late to stop smoking or vaping. The sooner you quit, the more you cut your cancer risk. There are many ways to quit, our Quitline counsellors are qualified experts and can help find strategies that will work for you.

<https://www.cancervic.org.au/>



## HONOURING STELLA YOUNG

Danny Fraser's wonderful sculpture, honouring comedian and activist Stella Young is now in Cato Park, in Stawell, where Stella was born.



The community garden has an abundance of salads and herbs at the moment.

A small reminder that everyone is welcome to come down and pick the produce

## NATIVE PLANT PROPAGATION

If you'd like to learn more about propagation of native plants, the Jallukar Grasslands Rehabilitation Group meets at Phil's nursery IN Pomonal every Wednesday morning, from 10.00-12.00. This group has been growing plants for both the grassland at the WAMA site, and the new endemic garden. New members are always welcome, and those who come love the shared tasks involved in growing grasses, grassland wildflowers and endemic plants. They always stop for a cuppa and a think about what needs to happen next.



## Residue of Fire

24th May - 30th June, 2023

*Olga Samka - FUMAGE*

*Imre Badonjski - BUSHFIRE CHARCOAL*

*Ash Keating - FIRE EXTINGUISHER PAINTING*

*Eric Puvola - GUNPOWDER*

*Ryn Hooligan - Fire Twirler*

**Official Events May 26th @ Turbo Gallery:**

**Official Opening: 4:30pm**

**Ryn Hooligan Fire Performance: 6:30-7:30pm**

This exhibition explores the work of four artists using fire or fire related objects to create art. Involving both International and National artists, this exhibition has been uniquely pulled together to link in with the Horsham Art Is Festival 2023.

Turbo Gallery  
54 Federal St. Rainbow  
Ph: 0429357966  
Email: info@turbogallery.com.au

Hours of Operation:  
Wed - Fri - 10am - 4pm  
Sat - 10am - 2pm  
Sun - 12pm - 4pm

This exhibition and associated events is proudly sponsored by:

## RESIDUE OF FIRE

The TURBO Gallery in Rainbow proudly presents an exhibition which explores the work of four artists using fire or fire related objects to create art. Involving both international and national artists, this exhibition has been uniquely pulled together to link in with the Horsham Art is... festival 2023. The launch - at 5 pm on Friday May 30 - will feature a fire twirler and explore how art is made with gunpowder, fire extinguishers, and more!



The HGRG is currently reviewing its priorities for 2023. If you have an emergency management issue you think needs to be addressed please email it to [secretary@resiliencegroup.org.au](mailto:secretary@resiliencegroup.org.au).

WHAT'S  
NEXT  
HALLS  
GAP?

## COMMUNITY RESILIENCE WORKSHOP

TUESDAY 2<sup>nd</sup> MAY: 6.00-9.00 PM

CENTENARY HALL

LIGHT DINNER PROVIDED  
(Fabulous catering by  
Flame Brothers)

- o Join in to continue the conversation about how Halls Gap can take action to be a resilient and connected community.
- o Old residents, new residents and those passing through are all welcome. It doesn't matter if you didn't attend the first two workshops - come anyway!
- o 'Zooming in' is possible for those who are not living here or anyone who is currently out of town.



PLEASE RSVP SO WE HAVE ENOUGH FOOD! YOU CAN RSVP ON FACEBOOK OR VIA EMAIL:  
[snappygappians@gmail.com](mailto:snappygappians@gmail.com)

This workshop is organised by the Snappy Gappians (we get things done) following on from our community BBQ.  
Kindly supported by Northern Grampians Shire and the Halls Gap Resilience Group.



## The Duke

Wednesday 24th May 2023

Centenary Hall, 117 Grampians Road, Halls Gap



2022 UK Comedy – In 1961, Kempton Bunton, a 60 year old taxi driver, steals Goya's portrait of the Duke of Wellington from the National Gallery in London.

Check The Grampians Film Society website on membership details and full program.  
<https://grampians.filmsociety.org.au/>

Pomonal Men's Shed  
3360 Ararat Hall Gap Road, Pomonal.  
Victoria 3381  
[pomonalmensshed@gmail.com](mailto:pomonalmensshed@gmail.com)



[www.pomonalmensshed.au](http://www.pomonalmensshed.au)

## Activities Update – 30<sup>th</sup> April 2023

We had another busy month down at the shed with our members involved in a variety of activities. We have also welcomed some new members and it is great to see our sessions so well attended.

Monday's social sessions 9-30am – 3pm have been attended well with everyone enjoying a hot cuppa, snack and very important men talk to save all the world's problems.

The first Tuesday of the month we have our "shed talk" session and this month we had a guest speaker giving us up to date financial planning information and advice.

The second Tuesday of the month we have our computer/smart phone session with Moya. She is helping our members understand the modern gadgets of this world we now live in.

Wednesday's 1pm – 4pm Frances is running our patchwork session and helping members with their patchwork and sewing projects.

Thursday's 9-30am – 3pm is our project session and has been quite busy with projects for the community like the plaques for the hall. We also spent time raising some funds cutting firewood for members to buy at a cheap rate, it was a great win for all involved.

The last Sunday of each month we ran our (now quite famous) sausage sizzle at the Pomonal market. This helps us raise some much-needed funds as well as being a great social time for all involved. It is also a great way of showing potential new members through the shed.

The shed is very welcoming to new members, or anyone interested, feel free to drop in and have a look at what we are up to or for any information contact Russ Kellett on 0438 024 929.



New date: **Weekend of May 28, 2023**. Registrations are open - sign-up and book your accommodation. Halls Gap in the heart of the majestic Grampians National Park is one of Victoria's most sunning natural features, and is again playing host to the 11th Annual "Run the Gap" event on Sunday 28 of May 2023. Participants can compete in a scenic 6km run/walk along Fyans Creek, a 12km run including a lap across the wall at stunning Lake Bellfield, or challenge themselves in the 21km trail run. All proceeds go to community projects to enhance bike and walking

paths. Plus \$1 from each registration is donated to the "Grampians Walking Track Support Group" to help maintain walking tracks within Grampians National Park. To sign up go to <https://www.runthegap.com.au/>

### Run The Gap is a volunteer run event, and we need YOU!

There are multiple volunteer positions up for grabs on race weekend - Saturday 27th and Sunday 28th May. Get in touch with volunteer coordinator Lea on 0439 390 486 to sign up, and bring your friends





## WAMA PROJECT UPDATE

There has been a lot to report on since receiving \$6.75m in State Government funding as part of the Regional Tourism Infrastructure Fund, to support the construction of a \$9m Art Gallery facility dedicated to Environmental Art.

### Construction:

WAMA has appointed Case Meallin to project manage the construction of Stage 1 of the WAMA Project. Stage 1 includes: Gallery building and café, Access roads and carparks, Maintenance depot, Landscaping around the Gallery, Associated utility services

Significant progress has been made in the planning stages including getting close to the final design that will create a beautiful cultural experience here in the Grampians. WAMA plans to be open and operational to the public early 2025.

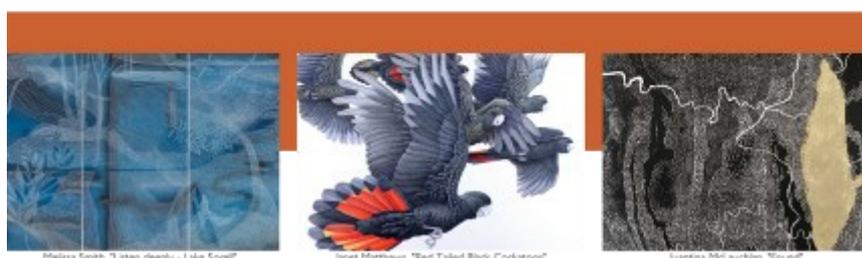
### WAMA Art Prize – Call for Entries—see poster on page 7 for more details

The 2023 WAMA Art Prize will be judged by a strong and knowledgeable panel including Dr Vicki Couzens, prominent artist and Gunditjmara Keeray Woorroong elder, Robert Nelson, art historian and art critic, Suzanne Davies, Contemporary Art Gallery Director, and Dr Jacqueline Healy, Chair of WAMA's Art Advisory Council.

THE WAMA FOUNDATION PRESENTS

## 2023 WAMA ART PRIZE

A \$25,000 NATIONAL AWARD FOR EXCELLENCE  
IN NATURE INSPIRED ART



Melissa Smith, "Listen deeply - Lake Sonell"

Janet Matthews, "Red Tailed Black Cockatoo"

Juanita McLaughlin, "Found"

MAJOR ACQUISITIVE PRIZE \$15,000  
THREE AWARDS OF EXCELLENCE \$2,500  
PEOPLE'S CHOICE AWARD \$2,500

ENTRIES NOW OPEN  
APRIL 1 - MAY 19

The WAMA Art Prize, Works on Paper invites a multi-disciplinary range of Australian artists, to celebrate their connectivity with nature and raise awareness of the importance of conserving our precious and unique Australian environment. Indigenous artists are encouraged to enter.



Enter Now

[WWW.WAMA.NET.AU/WAMA-ART-PRIZE/](http://WWW.WAMA.NET.AU/WAMA-ART-PRIZE/)



In May we are celebrating Neighbourhood House Week—Locals connecting Locals from 8-14 May 2023. This is a great week to visit your Neighbourhood House and see what we do.

**Fun fact:** There are more Neighbourhood Houses in Australia than McDonalds, with over 400 in Victoria and over 1000 Australia wide.

**What are Neighbourhood Houses:** We bring people together to connect, learn and contribute to their local community through social, educational, recreational and support activities.

We can be called a 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.

**Celebrations:** We have our regular program, so come along and see what we do. There are a couple of extra events for you to participate in.

**Biggest Morning Tea baking session (in preparation for 12th) on Thursday 11th May any time from 10-2pm and Friday 12 May the Biggest Morning Tea from 10-12.**



## What's on in May at your Neighbourhood House

We are open Tuesday to Friday 9am to 3.15pm

- **Monday 8th** 11am-1pm Writers Group
- **Mondays** 7.00pm Meditation
- **Tuesday** 10am-11.30am Storytime
- **Tuesdays** 1.30-2pm Gentle Exercise
- **Wednesdays** 10am-12noon Craft & Chat  
Come along and share your skills or learn a new one.
- **Thursday 11th** Biggest Morning Tea baking session (in preparation for 12th)
- **Thursday 18th** 6pm HG Book Club
- **Friday 12th** 10am-12noon Biggest Morning Tea
- **Fridays** 10am-10.30am Qi Gong
- **Fridays** 10.30-1130am Bird Walk
- **Fridays** 1.30-3pm Friday Fun - Indoor Bowls

**Tuesday to Friday 9am-3.15pm**

- Computers
- Printing
- Internet access
- Come in for a cuppa and yarn



Please book by phoning  
03 5356 4485  
during opening hours or email  
neighbourhood.house@budjabudjacoop.org.au



**Where:** Recreation Reserve Pavilion, Halls Gap

**When:** Friday 12th May 2023

**Time:** 10am -12noon

**Gold Coin Donation  
Bring a plate to share**





# HALLS GAP PRIMARY SCHOOL

Great to be back at school



**A beautiful day and ceremony, run by our Grade 5/6 students for ANZAC Day**



**Next Market: Sunday**  
**11th JUNE 2023**  
**9am - 1pm**  
**Halls Gap Rec Reserve**  
**hallsgapmarkets.com.au**

The Easter Market was a huge success!!

Thank you to all the parents, students and teachers who gave their time to the preparing and running of the market. It is truly appreciated what you all do for our little school.

The Easter Raffle was very popular, with some very excited winners. A very big thank you to all the families for donating a range of goodies and local businesses for enabling us to offer such fantastic prize baskets.

Thank you Halls Gap Bakery, Absolute Outdoors, Halls Gap Supermarket, Coola's Ice Creamery, Gifted Gumleaf, Grampians Helicopters, Grampians Grape Escape, E-Bike Hire, Halls Gap Coffee Shop and Chas Mangle.

### Feral cats and foxes – Grampians Ark update

This project is funded by the Weeds and Pests on Public Land program

Feral cats are known to be extraordinary hunters and the feral cats around the Gariwerd area are no exception to that rule.

The statistics are startling and hard to believe. Australia wide cats kill 2.92 million mammals, 1.67 million reptiles, 1.09 million birds and 0.26 million frogs every 24 hours (Invasive Species Council). The impact of this is hard to comprehend and gives us an indication of how resilient our natives have been to withstand this amount of predation pressure to date.

At any given moment 5.9-10.1 million cats spread across 99% of the continent. They can respond rapidly to rainfall and boom in numbers to capitalise on good feeding conditions (Invasive Species Council). We are likely to begin seeing the affects of this in our landscape following the higher rainfall we have experienced in the past 18 months.

In the past 6 months the G-Ark team have trapped a total of 702 nights with an annual target of 1500 (a combination of soft-jaw leg hold and cage trapping). Through these efforts 15 foxes and 9 cats have been captured. Once the trapped animal has been euthanised it is dissected to collect information on its diet. A recent dissection of a large male black cat trapped along the Moora Channel confirmed how true these statistics really are. Below (page 2) is a picture of the gut contents of this individual, but in summary; the cat had consumed 4 antechinus' (believed to be Dusky Antechinus'), 7 birds and 1 skink.

Our trapping efforts are targeted around areas of high conservation value where we hope to directly increase the probability of survival for the 5 priority species of the Grampians Ark; that is the Heath mouse, Smoky Mouse, Long Nosed Potoroo, Brush-tailed Rock Wallaby and the Southern Brown Bandicoot. All of which can be preyed on by foxes and cats, and all of which are listed at a State (FFG Act) and Federal (EPBC Act) level. See below image of stomach contents. (Content warning!)



Figure 1: Stomach contents of one cat. Skink is in the blue circle, antechinus' in the red circle and birds in the yellow circle.



### HALLS GAP MARKET

The Halls Gap Market was established in 1997 and is proudly brought to you by the Halls Gap Primary School. Located at the base of the Wonderland Range (Grampians) on the Halls Gap

Recreation Oval, Grampians Road, this truly unique market is a must.

The Halls Gap Market is an outdoor market and boasts a range of high-quality stalls offering arts, crafts, fresh produce, plants, fine food, coffee and more. School families volunteer to run the website, booking system, set-up and general organisation of the day. The students make and sell products, learning customer service, organisation and marketing skills along the way. There is also a fantastic raffle each market with great prizes. All proceeds go to the Halls Gap Primary School to purchase resources and engage relevant programs.

Please check the website for information on becoming a stall holder:

<https://www.hallsgapmarkets.com.au/>

#### Market Dates for 2023:

King’s Birthday Weekend - Sunday 11th June

AFL Grand Final Weekend - Sunday 1st October

Melbourne Cup Weekend - Sunday 5th November

#### Future Dates for 2024:

Labour Day Weekend—Sunday 11th March

Easter - Sunday 31st March

**Pomonal Village Market**

Last Sunday every month - 9am - 1pm  
Pomonal Community Hall  
Ararat-Halls Gap Road, Pomonal

**2023 Market Calendar**

1st January	30th July
29th January	28th August
26th February	24th September
26th March	30th Sept/1st Oct
30th April	29th October
28th May	26th November
25th June	31st December

All site enquiries:  
**Alison Bainbridge**  
Market Coordinator  
M: 0417 883 445

All proceeds to Pomonal Community

## Are You Stuck in the Bush?

Call Glenn on 0419 802 846

Or 0424 619 355...Leave a message if no answer.



Take a photo of this flyer.



On-Board Recovery Equipment

- |                          |                       |
|--------------------------|-----------------------|
| Winches – Front and Rear | Hi-Lift Jack          |
| Snatch Straps            | Tree Trunk Protectors |
| Winch Extension Straps   | Bow Shackles          |
| Snatch Blocks            | Soft Shackles         |
| Shovel                   | Rated Recovery Points |
| Air Compressor           | Chainsaw              |
| UHF Radio Ch 20          | GPS Assistance        |
| Fridge                   | Local Knowledge       |

**WHEN YOU NEED US, BUT NOT THE SIRENS**

**POLICE VICTORIA**  
**131444**



There are more ways to contact police with the new Police Assistance Line and Online Reporting platform.



VICTORIA POLICE

You can report non-urgent crimes and events anytime, anywhere



Report stolen vehicles, bicycles, property, etc. (not your car or other items)



Report personal property lost in Victoria



Report damage to your property, including graffiti



Register your party



Inform police when you are away from your home

Call 131 444 or visit [police.vic.gov.au](http://police.vic.gov.au)

Halls Gap is a Cat Free Zone

## FILL THE GAP COMMITTEE

David, Pam, Rod and Alison

Please email your articles and photos to us  
by the 25th of each month to:

[neighbourhood.house@budjabudjacoop.org.au](mailto:neighbourhood.house@budjabudjacoop.org.au)

Upload your community events details to  
the Community Association webpage:

[www.hallsgapcommunity.org.au](http://www.hallsgapcommunity.org.au)

Like our **Halls Gap Community Association**  
Facebook Page and/or **Halls Gap Community**  
**Watch and Events** Facebook Pages.



To keep up to date with what is happening in  
Pomonal like **Pomonal Community Connections**  
Facebook page and/or **Pomonal info &**  
**resources sharing** Facebook Pages

**Stay straight and brake**

Never swerve to avoid wildlife on the road. You risk rolling your vehicle, hitting a tree or colliding with oncoming traffic

- 1 Slow down at dusk and dawn
- 2 Kangaroos travel in mobs (groups), there usually will be more than one in the area
- 3 If a collision is unavoidable **stay straight and brake**

In an emergency call 000

VICTORIA POLICE

Fill The Gap newsletter acknowledges Aboriginal  
and Torres Strait Islander Peoples as the first  
Australians.

We acknowledge the diversity of Indigenous  
Australia.

We respectfully recognise Elders past, present  
and emerging.

This newsletter was produced on Djab  
Wurrung country.



## Wildlife Rescue

- [Wildwood Wildlife Shelter – Gariwerd](#)
- Close to Halls Gap call Ian on 0413 921 171
- Wildlife Victoria: 03 8400 7300
- Help for Wildlife: 5356 4749
- WRIN: 0419 356 433

## Regular Events

- \* **Chas Mangle** Justice of the Peace is available for witnessing documents in the Halls Gap Newsagency from 8am - 10am daily except Tuesday Ph. 0439 837 052
- \* **Peter Hilbig** is also a Justice of the Peace and can undertake JP responsibilities by appointment. Email [peter@hilbig.id.au](mailto:peter@hilbig.id.au) or telephone 0437 524 716.
- \* **History Room** is open 2pm-4.30pm on **MOST** days. **CLOSED Tuesday**
- \* **Budja Budja Neighbourhood House** - check the program at the house and online at <https://www.facebook.com/budjabudjaneighbourhoodhouse>
- \* **Various sport/fitness groups.** Check the community website for details—  
[www.hallsgapcommunity.org.au](http://www.hallsgapcommunity.org.au)