

Issue: August 2019

FILL THE GAP

Produced by the Community Association
& Budja Budja Neighbourhood House.

CALL FOR HELP...

STATS BY CHAS...

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Putting it out there to community:-
Do you still want Fill the Gap
Published? Each month time is
spent compiling and producing FTG
to ensure it is out as close as
possible on the 1st of the month.

We are struggling to get articles
from people about the many events
that happen in Halls Gap that would
be of interest to the community.

We need your articles/pictures/
community event adverts by 26th
of each month, we keep sending
reminders but not getting many
back. Please we need your support
to continue FTG in the future.

130.5mm for July bringing the progressive
total for 2019 to 526mm. This compares to
the same period last year of 167mm for
July with a progressive total for 2018 of
512mm.

As of the 24th of July Lake Bellfield is
holding 56,280ML or 72% full compared to
the same period last year of 63,460ML or
81% full. The total system is holding
219,140ML or 39.11% full compared to the
same period last year of 264,970ML or
47.29% full.

Mount William received 158mm for July
2019 compared to 146.6mm for July
2018. The highest temperature of 9.7C was
recorded on the 6th of July and the lowest
of -1.6C was recorded on the 13th of July.
The highest wind speed of 119 km/h was
recorded on the 10th of July

FROM THE GARIWERD SIX SEASONS CALENDAR



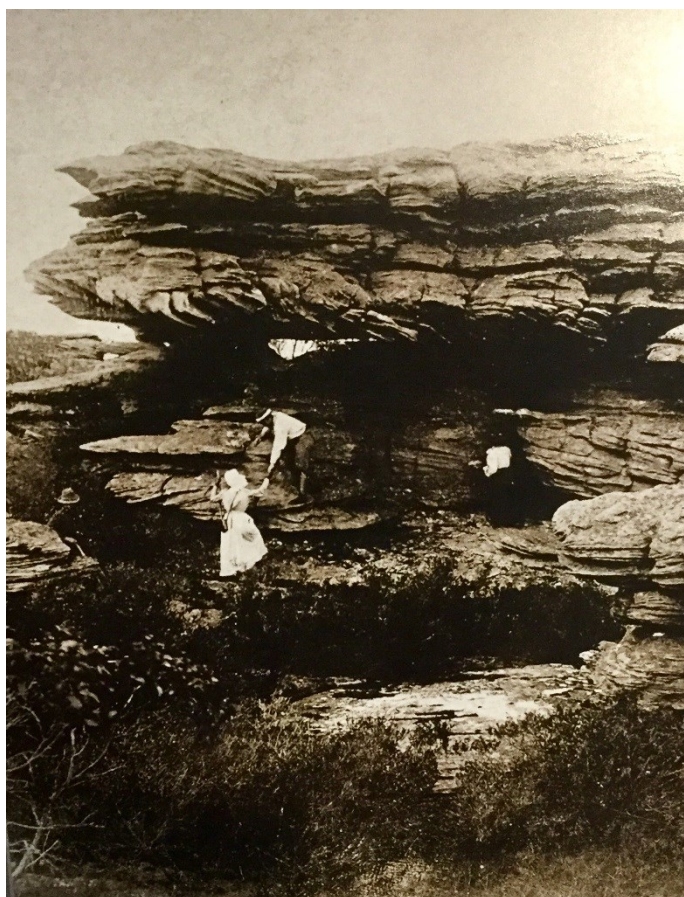
larneuk

season of nesting birds - early spring
(late july to late august)

Nesting Birds and Changeable Weather

Early-spring (season of nesting birds
or larneuk) is usually the wettest time
of the year with rivers running high.

It is a time of dramatic weather
changes, with up to six seasons
in one day.



Step back in time...

Rock climbing in the
Grampians. Saddle Rock,
Middleton's Gap. 1900



BUDJA BUDJA MEDICAL CLINIC

20-22 Grampians Road, Halls Gap 3381

PH: 03 53564751

www.budjabudjacoop.org.au

AUGUST 2019	SEPTEMBER 2019	OCTOBER 2019
<p><u>Dr Julie Van Andel</u></p> <p>1,2</p> <p><u>Dr Carol Head</u></p> <p>6,7,8,9</p> <p>13,14,15,16</p> <p>20,21,22,23</p> <p>27,28,29,30</p>	<p><u>Dr Carol Head</u></p> <p>3,4,5,6</p> <p>10,11,12,13</p> <p>17,18,19,20</p> <p>24,25,26,27</p>	<p><u>Dr Carol Head</u></p> <p>1,2,3,4</p> <p>8,9,10,11</p> <p>15,16,17,18</p> <p>22,23,24,25</p> <p>29,30,31</p>

WE ARE OPEN

The new clinic extension currently underway is essential upgrade so that Budja Budja Medical clinic can continue to provide quality and expanded services to all our 450 indigenous Community members , residents across Ararat Rural City and Northern Grampians Shire and over the one million visitors to Gariwerd National Park each Year

Expected open is December 2019



STAWELL

PERFORMING ARTS FEST

September 2019

LOCAL PEOPLE - LOCAL TALENT
 WORKSHOPS
 PERFORMANCES
 THREE GREAT DAYS OF MUSIC

Friday 6th

Modern Music
 Youth Focus

Saturday 7th

Ukulele and Singing
 Workshops and
 Community Performance

Sunday 8th

SPACi
 Best of the Worst
 Concert

GET INVOLVED

Audition to Perform—Volunteer to Support—Join the Organising Team

Contact Tracey Erkelens on 0431070207

Message Stawell Performing Arts Company through Facebook



AMBULANCE VICTORIA

Join the GoodSAM army of responders, urges paramedic

Acting West Wimmera Paramedic Community Support Coordinator

Matt Pearce hopes that the expansion of the lifesaving GoodSAM smartphone app will help the people of the region by notifying appropriately trained responders of nearby cardiac arrests.

"It's very exciting that this program has been expanded and I'd urge anyone in the region who has first aid qualifications to consider downloading the app and taking part."

Earlier this month Acting Premier Lisa Neville and Health Minister Jenny Mikakos joined Ambulance Victoria Paramedics to announce the expansion of the cutting edge GoodSam app to incorporate those with a first aid certificate.

Previously it had been limited to paramedics, medical professionals and members of agencies such as St John and Life Saving Victoria.

In the past year GoodSAM responders have contributed to helping revive nearly 20 people who suffered a cardiac arrest. The app directs the nearest three responders to a cardiac arrest and also shows the location of the nearest public defibrillator, allowing responders to provide critical life-saving help while emergency services are on the way.

Matt says the technology is an important step forward, especially for the more isolated areas of the state such as the Mallee and Wimmera.

"Whilst an Ambulance is always dispatched to a cardiac arrest, it may take some time to reach the patient," Matt said. "By notifying GoodSAM responders early they are able to get to the patient and start early vital lifesaving treatment such as CPR and defibrillation.

"We know that early CPR and Defibrillation are vital in saving the life of someone in cardiac arrest, whose heart has stopped beating.

"We now have the opportunity to grow the army of responders to assist in those early minutes before an ambulance arrives, and I urge anyone who has first aid qualifications to join GoodSAM," Matt said.

Within urban areas responders within 400 metres are alerted, but in rural areas that extends to five kilometres.

"We need more of these responders in the Wimmera and Mallee to ensure we can get help to those in need as quickly as possible," Matt said.

"Before this amazing technology was available you wouldn't know if your next door neighbour needed your help. Now with the GoodSAM app, responders can be notified of a life threatening medical emergency and are able to assist."

For Further information please visit www.ambulance.vic.gov.au/goodsam or contact Matt who is the acting West Wimmera PCSC or Jim Falla who is the incumbent PCSC at westwimmera.pscs@ambulance.vic.gov.au



Matt Pearce, Kerry Linke and Nicolle Reeves standing in front of a AED available for public use in Halls Gap. Sign up for the app and find where the AED's in town and region.



Saving lives is a team effort

As a health professional, you know that seconds count in a cardiac arrest. And saving lives is always a team effort.

That's why Ambulance Victoria has introduced the GoodSAM app across Victoria. It alerts trained first-aiders and off-duty medics when someone is in cardiac arrest nearby, so that CPR and defibrillation can be started while paramedics are on the way.

For every minute that passes without CPR and defibrillation, the chance of surviving a cardiac arrest drops 10%. GoodSAM is about bringing our community together and improving outcomes for the 16 people who have a cardiac arrest every day in Victoria.

If you are an AHPRA registered medical or health professional, you are invited to become a GoodSAM responder.

A few things to know

- When a cardiac arrest occurs and a call is made to Triple Zero (000), while an ambulance is dispatched an alert is also sent out through GoodSAM to nearby responders, asking them to head to the scene.
- As a responder, you have the option to accept or reject the alert.
- If you accept, you will be given the location of the patient and the nearest available defibrillator to pick up on the way (if possible).
- Responders receive a post-event phone debrief with paramedics, and are insured for medical indemnity, personal accident and injury.
- The GoodSAM responder community is growing every day and includes off-duty paramedics, firefighters, surf life savers, coast guards, doctors and nurses.

Get started

Download the **GoodSAM Responder app** today on your smartphone.
Find out more at ambulance.vic.gov.au/goodsam



**Ambulance
Victoria**





HALLS GAP PRIMARY SCHOOL

The term started by catching up on our holiday news. Some of the students in our class travelled overseas and some stayed home. It was great to listen to everyone's holiday adventures. We had lots of fun working on our vacation snapshots.

Our unit of study this term for the whole school is Asia. We started off by travelling to Malaysia. We all had to fill out our passports and collect our boarding passes before hopping on the aeroplane.

Mr Edge, Miss Altmann and Miss Wilkinson were our air hosts for the flight. Mr Edge conducted the safety instructions. We all had to practise the brace position.

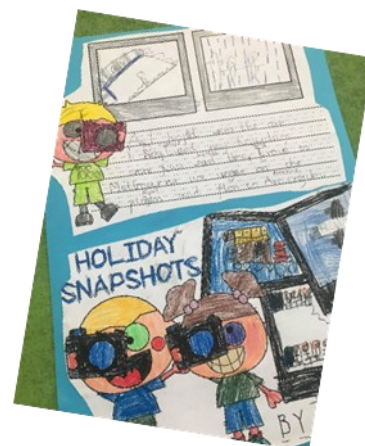
In our classrooms this week we have studied Malaysia. We found out about the capital city, Kuala Lumpur and we coloured in the flag. We are practising to count to 10 in Malay. We can't wait to see where we travel to next!



We are going to be working with our buddies on our sustainability and conservation projects. We are splitting into three groups. Miss Wilkinson is working with students on the community garden project, Mr Edge is focusing on sustainability within our school grounds and Miss Altmann is working on conservation within our parks. We would appreciate some community volunteers. If you are interested speak with one of our teachers.

In our classroom we have started to read the time. We made clocks first and we are learning about the big and little hands and how to read the time to the o'clock and the half hour. We were very excited to make our clocks.

By Prep/One students.





The Grampians Film Society evenings are held from January to November. The doors open at 7pm and screenings commence at 7.30pm. Drinks and nibbles are served prior to the film and a light supper is served afterwards.

Membership is only \$45 annually, \$25 half-year or \$15 for three consecutive months. Contact Janet Witham 03 5356 4300 or Alison Bainbridge 0417 883 445 for more information.

Come along and enjoy viewing, being entertained and discussing the merits of films we screen. We endeavour to cater for a variety of tastes as well as have a fun social night.



Screening Date: Wednesday 28 August 2019 at 7.30pm
Screening: Centenary Hall, 117 Grampians Rd, Halls Gap
Film: Women on the 6th Floor, 2011 French - Comedy

The behaviour of two Spanish maids changes the lives of a conservative couple, helping the husband to become a better man.

We are so lucky where we live.

Living so near the **Grampians National Park** – surrounded on three sides by it in fact – has some very obvious rewards: wildlife grazing on your lawn, birds splashing in your pond and superb scenery at your back door.

However, to help protect the native fauna and flora in the Park, a number of local and state government restrictions have been put into place. These are as follows:

CATS: A local bylaw of the Northern Grampians totally bans the keeping of any cat in Halls Gap. This is for the protection of local indigenous fauna, those we recognise and those less visible, such as bandicoots and gliders. So if you see any cats in the area please let the Shire or the national park know.

DOGS: You may keep up to two dogs on an average property. The dog must be registered, be at all times under the owner's control and wear its identification marker whenever it is off the owner's property. It must be on a leash near shops. Except for companion dogs for the disabled, no dog may be taken into the national park, not even on a leash. (Dogs can go by car from Halls Gap direct to Dunkeld or Zumsteins.) Please report wandering dogs to the shire.

OTHER PETS: For more details on these and other pets contact the Shire.





BUDJA BUDJA NEIGHBOURHOOD HOUSE

We have had a very busy June/July.

We ran RSA and Food Hygiene courses with good numbers.

So much fun was had during the school holiday program Winter Woolly Fun, Old Skool games, Making a Mural (yet to be completed—picture in the next FTG), Cooking and Sand Art..

NAIDOC was celebrated at Budja Budja with a luncheon where the children helped Tim Chatfield raise the flag. Afterwards everyone enjoyed a delicious lunch. We were also involved with the in Stawell where we had a smoking ceremony, dancers, children activities and wattleseeds dampers (thanks to Lodi & Lee-Anne for the delicious dampers). Lee-Anne went on a community bus trip to Colac Gathering Place.

Our new chairs and extra tables have been appreciated, used for community lunch and Dhelk Dja meeting and other activities.

Coming up on 16 August 2019 is a RUOK Day Community Lunch—BYO Casserole or Sweet to share.



Second Semester is well on the way.

Highlights so far is the Dancing in the Dark. So much fun. If this sounds like you come to BBNH 7pm on Tuesdays.

The afterschool knitting club (Thursday 3.30-5pm) is full of yarn, laughter and lots of learning new knitting skills. Once we have mastered some of the basics we will be working on a community project. Watch this space!

Lots of new activities happening—check program - with a few more things to be added next term





Get to know your iPad & mobiles
Mondays from 1-3pm
Starting Monday 29th July
to 2nd September
Cost: \$30

RSA - SITHFAB002
\$105
Friday 18th October
6-10pm

Food Hygiene - SITXFSFA001
\$105
Saturday 19th October
10-3pm



Book by 24th
September



9-11am HLTAID 001
CPR - \$65
9-3pm HLTAID 002
Provide First Aid - \$155
14th October
Book by 4th October

VENUE HIRE: if you need a small venue
to hold a meeting or gathering please
contact us at the Neighbourhood House



HELP: Do you have an idea
for an activity or hobby that
you would like to share
contact Lee-Anne or Alison

EVENTS

**RUOK Community
Casserole Luncheon**
Friday 16th August
11.30 to 1.30pm
Bring a casserole or
sweet to share



**Halloween For the
Kids**
Thursday 16th October
4-7pm

Christmas Break-up
Friday 13th December
11.30am to 1.30pm



COOKING

Christmas Cooking
Traditional old fashion Christmas cake
Starting 7th October 10-12pm
Quick individual puddings
4th December 10-12pm

Contact Us

Budja Budja Neighbourhood House
PO Box 66, 20-22 Grampians Rd,
HALLS GAP VIC 3381
p: 03 53564751, option 2
m: 0491 090 456
neighbourhood.house@budjabudjacoop.org.au

Budja Budja Neighbourhood House

Semester 2 2019



CHILDREN & YOUTH



**Pomonal/Halls Gap
Playgroup
Storytime**
Friday 9.30-11am
Every second week
at BBNH during
school terms starting
19th July

10-16yrs
Thursday 3:30-5pm
during school terms
Free
Starting 18th July



**AFTER SCHOOL
KNITTING CLUB**

SCHOOL HOLIDAY PROGRAM

23rd September to 4th October
Fun activities for children & youth
Program out on 13th September

SOCIAL

Halls Gap Book Club
Third Thursday of the
month (Feb-Nov)
7.30-9pm



Card Club
Every Wednesday
12.30-2.30pm
during school terms
Starting 16th July



ART & CRAFT

**Basic & Up-cycling
Sewing**
Every 2nd & 4th Tuesday
during school terms
10-12noon
Gold Coin Donation



Yarn Group

For experienced and beginners.
crochet/knit/yarn related fun
Thursday 1.30-3.30pm
Gold Coin Donation
Bring your own project. Hooks,
needles & materials will be
available.

**Walking & Drawing in the
Grampians**
with local artist Mason
Every Tuesday during
school terms
1-3pm
16th July - 17th September
\$10 per session



**Nuno Scarf Workshop with
textile artist Judith Burke**
Wednesday 4 September
9:30am-2pm
Cost \$71 - includes material
BYO Lunch

GARDENING

Specialty Gardening Sessions to be
arranged for the Spring
Watch this space

EXERCISE

Dancing in the Dark
Tuesday from 7pm
Good music, dance &
laughter
Gold Coin Donation



Tai Chi
Thursday 10-11am
Gold Coin Donation

Walking Group
Friday 9.15am
A gentle walk in the
Grampians followed
by a cuppa.
Gold Coin Donation



Yoga
Wednesday from 21st August
6pm Beginners
7pm Flow
\$10 per session or
\$15 for both sessions

Over 65's Exercise
Program to be introduced in August 2019.
Contact Lee-Anne/Alison for more details.



Finska
Friday from
11th October
1-3pm
Gold Coin Donation



Paul Lehmann, ResourceSmart Schools Grampians Region Coordinator, Assessor and Facilitator will be visiting Budja Budja Neighbourhood House on Tuesday 24 of September. An invitation to all locals and local business to visit from 12.30-3pm to obtain information on products, recycling and solutions to sustainable dealing with our waste.

COMPOSTING CAN START IN THE KITCHEN!

One of the most convenient ways of starting a home composting system is in the kitchen itself. Many people will just use something like an old ice cream container as a food scraps or 'chook bucket' - and then take those scraps straight out to their compost or just feed those scraps to their chooks.

There are now some more sophisticated versions of the kitchen composter (such as urban composters or bokashi buckets) that are designed to deal with your food scraps in the kitchen using a bokashi inoculant. These systems start by fermenting your food scraps while it is still on your kitchen bench.

The advantages of this system are:

- The convenience of dealing with kitchen scraps while you are creating them in the kitchen - at the source.
- No odours in the kitchen if maintained properly
- Utilises food waste in an effective way to nourish your garden by providing extra nutrients and ultimately compost.

HOW DO THEY WORK? THE FOUR-STEP PROCESS IS:

1. THROW

Cut your scraps into small pieces and place them into the kitchen composter. All types of food scraps can be composted including: Meat, Fish, Vegetables, Fruit, Dairy, Coffee, Wilted Flowers (no bones or excessive liquids).

3. DRAIN

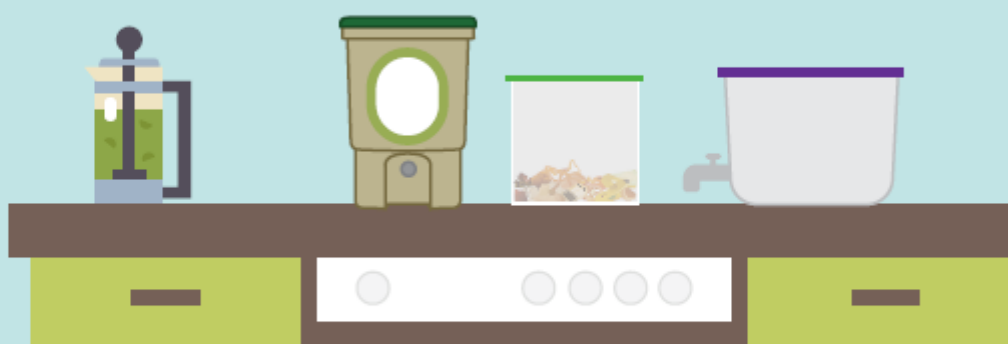
During fermentation, juice is released which is saturated in good bacteria and nutrients. This can be drained every few days, diluted and added to your flower beds or gardens. It can also be flushed as it promotes septic systems.

2. SPRAY OR ADD BOKASHI BRAN/SAWDUST

Compost Accelerator spray or bokashi is applied to the scraps. This additive breaks down and ferments the organic waste in the bucket, which means no nasty odours during fermentation.

4. MIX

When mixed with soil, the remaining scraps will break down in about 6 weeks. Drain all liquid and add the pulp to soil. It can be buried in the garden, in a pot, or added to worm farms or outdoor compost heaps.



MAINTENANCE

This is an anaerobic process. It needs to be kept as free from oxygen as possible. It's important, therefore, to compress each day's waste flat into the container so as to eliminate any air pockets and to avoid stirring up the previous day's waste when putting in new garbage. You can use a plate to press the food-stuffs flat in the bin. Leaving the plate in place protects the surface of the compost from any air in the bin.

Drawing off liquid regularly helps maintain the environment needed by the bacteria that break down the organic materials. That liquid needs to be used within a day or so.

TROUBLE SHOOTING

As usual, foul smells indicate that something has gone awry. This diagnosis is a bit trickier than usual because it does not smell like spring roses even at the best of times.

Your kitchen composter should not smell like other sorts of anaerobic decay because the inoculating bokashi remove the smells that gives outdoor anaerobic piles their characteristic stench.

AFTER FERMENTING

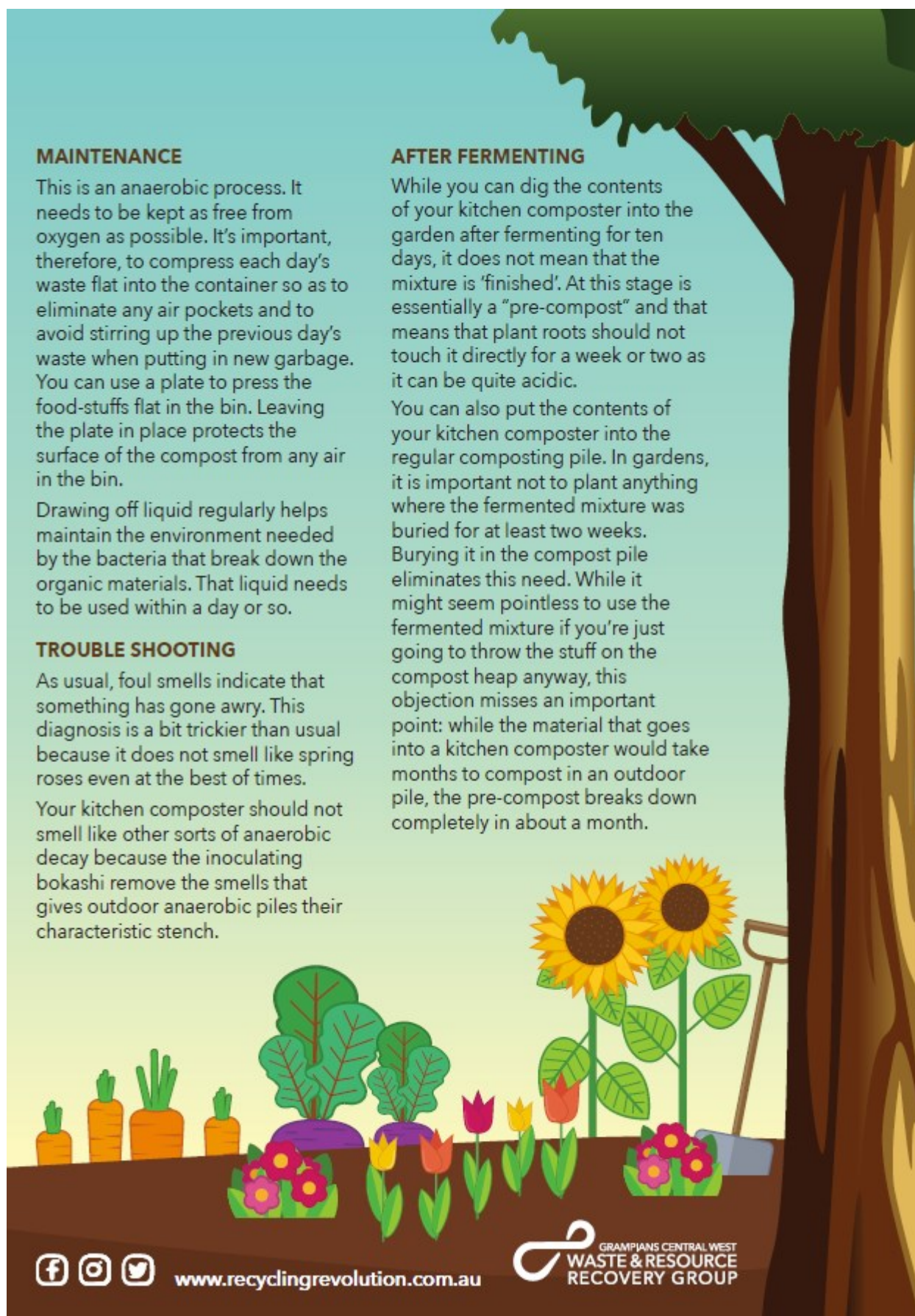
While you can dig the contents of your kitchen composter into the garden after fermenting for ten days, it does not mean that the mixture is 'finished'. At this stage is essentially a "pre-compost" and that means that plant roots should not touch it directly for a week or two as it can be quite acidic.

You can also put the contents of your kitchen composter into the regular composting pile. In gardens, it is important not to plant anything where the fermented mixture was buried for at least two weeks. Burying it in the compost pile eliminates this need. While it might seem pointless to use the fermented mixture if you're just going to throw the stuff on the compost heap anyway, this objection misses an important point: while the material that goes into a kitchen composter would take months to compost in an outdoor pile, the pre-compost breaks down completely in about a month.



www.recyclingrevolution.com.au

GRAMPIANS CENTRAL WEST
WASTE & RESOURCE
RECOVERY GROUP





Special Exhibitions and activities in Halls Gap for Grampians Brushes

Halls Gap Community Hub

Mini Makers Market. Friday 6 Sept 5—7 pm Buy direct from the artist

Artist in Residence. Over the week of Brushes Debra Brearley will be working at the Halls Gap Community Centre - call in and see her at work with a variety of mediums, paint & wood.

GrampianArts Market Place: a pop up shop in the heart of Halls Gap.

Seniors Art Supplies selling a large variety of art supplies, **Redrock Books** with a selection of art books, **Fibreworks** with beautifully hand dyed yarns, **Dairing** selling speciality papers and fibres, **Tombo** selling everything Japanese— kimonos, boxes and oddments. **Flash** scissor and knife sharpener.

Open 4 pm Friday 6 Sept and daily from 8 am – 5 pm during Grampians Brushes.

Kookaburra Hotel/Restaurant. Halls Gap

Artist - Vida Pearson

In Print: An exhibition of lino-cut prints - brightly coloured strongly designed works – mostly hand coloured of flora and fauna. 6 Sept - 10 November

MOCO Gallery. Halls Gap

Artist - Strata Art Collective

Subdivisions. Five local Artists come together with their own interpretation of the Grampians, using the four elements that have shaped our surrounding environment. Come see contemporary works using the mediums of glass, metal, encaustic wax, paintings & fabric.

7 Sept - 10 November

W: www.grampianarts.com.au
PH: 0428 825 971

HALLS GAP RATEPAYERS ASSOCIATION

Paul Turner has advised the Rotundas that were in the main street – one will go across the road near the creek and the other has been offered to the Reserve committee.



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) in the

magical Halls Gap Primary School grounds, 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 parents serve hot and cold refreshments along with a barbecue featuring delicious egg and bacon rolls. All proceeds go to the Halls Gap Primary School. Check the website for information on becoming a stall holder: - <http://www.hgps.vic.edu.au/craft.html>

The Market Dates for 2019 are:

Melbourne Cup Weekend – 3rd November (Halls Gap School)

The Market Dates for 2020 are:

Labour Day – 8th March (Halls Gap School)

Easter Sunday – 12th April (Halls Gap School)

Queen's Birthday – 7th June (Halls Gap School)

Melbourne Cup Weekend – 1st November (Halls Gap School)

Halls Gap Village Market
November 17th 2019
8:30am - 1pm
Halls Gap Hall

Come along & enjoy a great day out in the beautiful Grampians.

We offer you a great range of handmade crafts, treats for the home, plants, health & wellbeing, treasures, books & lots lots more.

New stallholders very welcome to join us.

For more details see our group on Facebook Halls Gap Village Market & follow us.

Looking forward to seeing you.

Pomonal Village Market

on the last Sunday or every month from 10am—2pm at the Pomonal Community Hall. Run by volunteers of the Pomonal Progress Association to raise money for the community of Pomonal. Site enquiries: call the market coordinator on 0417 883 445.



Market Dates for 2019

25th August, 29th September, Saturday 5th & Sunday 6th October (Pomonal Native Flower Show), 27th October, 24th November and 29th December.

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

FILL THE GAP COMMITTEE

Lee-Anne, Margo, Alison , Jenny and Tammy

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

neighbourhood.house@budjabudjacoop.org.au

Upload your community events details to
the Community Association webpage:

www.hallsgapcommunity.org.au

Like our Halls Gap Community Association
Facebook Page

Like our Halls Gap Community Watch and
Events Facebook Page



This months joke is provided by Lucy S from YHA.



I got fired at my job at the bank today. An old lady asked me to check her balance so I pushed her over.

Regular Events

- Chas Mangle Justice of the Peace is available for witnessing documents in the History Room at the Centennial Hall most days except Tuesdays from 1pm - 5 pm. Ph. 0439 837 052
- Budja Budja Neighbourhood House - check the program at the house and online
- Check Social Coffee catch-ups at Brambuk 11am on the first Tuesday of the month.
- Various sport/fitness groups. Check the community website for details



The Halls Gap History Room in the Centennial Hall is open most days except Tuesday from 1PM - 5PM. Locals and visitors are most welcome and there is no entry fee.