

Issue: December 2019

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FILL THE GAP

Produced by the Community Association & Budja Budja Neighbourhood House.

FROM THE HISTORY ROOM

Published in the Weekly Times 22 December 1900. Written and composed by John D'Alton, the Engineer who built the Glenfyans Scheme for water to Stawell with a tunnel through the Mount William Range in the 1870's.

SONGS OF THE GRAMPIANS A Christmas Greeting - 1900

Where gleams the Southern Cross 'midst cloudless skies

Christmas once more we meet thee: Yet com'st thou to us in so strange a guise

Old friend, how can we greet thee?

Thou dost not come to crown with snowy band

We feel no pressure of an icy hand Upon our sparkling fountains.

For here thou wearest a dress of summer sheen,

And crown of strange, sweet flowers: And with thy panoply of gold and green Mak'st bright our first bowers.

We may not twine for thee the holly wreath, Nor hang the mistletoe, where flit beneath Gay youth and bright-eyed maiden.

We can not welcome thee with joy-bells chime,

Or carol chanted quantity

Dim echoes of a half remembered time,

That comes to so so faintly:

But yet can we our hearts and voices raise,

With angel choirs upswelling,

And yet may humble voice of prayer and praise

Be heard within our dwelling.

When parted hands are warmly clasped again, In many a friendly meeting,

Peace and goodwill shall be our hearts refrain, Christmas, be this thy greeting.

STATS BY CHAS...

November 2019 - Rainfall 50.5mm for November bringing the progressive total for 2019 to 831mm. This compares to the same period last year of 75mm for the month with a progressive total of 836mm.

The average rainfall for the past 18 years from 2000-2018 is 994.7mm per year. From 1959-1999 for an average of 1000.7mm per year. (However there are 8 inconclusive years in this period.)

As of the 27th of November Lake Bellfield is holding 57,280ML or 73% full compared to the same period last year of 64,540ML or 82% full.

Mount William received 104.8mm for November. The highest temperature of 27.5 C was recorded on the 21st of November and the lowest of -0.8 C was recorded on the 5th of November. The highest wind speed of 131 km/h was recorded on the 21st of November.

Cheers - Chas.

WRAP UP...

Read and Enjoy

Happy and safe holiday season...



FROM THE GARIWERD

SIX SEASONS CALENDAR



season of butterflies - early summer (mid november to late january)

Warmth, Butterflies and Wetland Plants
With the onset of summer heat,
the land dries and the weather
stabilises. This is the season of
butterflies or ballambar.

tall Comments

HALLS GAP PRIMARY SCHOOL

T20 Cricket Ararat

Monday 25th November the grade 3 and 4's travelled to Ararat to participate in T20 Blast Cricket matches against schools from across the region. Students were grouped

with our fellow cluster schools Concongella and Great Western Primary Schools. Everyone had a fantastic day. Students had the opportunity to put into practice the skills they have been learning this term in their PE lessons with Mr Edge.





End of year concert

Our school has been busy rehearsing for end of year concert 'The Bush Hullaballoo'. A lot of effort has gone into remembering lines, dance moves and preparing costumes for the big evening on Thursday 12th December at the Halls Gap Community Centre hall. We all can't wait to see the night come together and for our students to shine on stage.

Jump Rope for Heart

Friday 25th November Junior School Council organised this year's Jump Rope for Heart afternoon. Students have been eagerly practicing their side swings, double bounces and criss-crosses at break times. The school community was asked to pledge donations towards the National Heart Foundation of



Australia with all money donated going towards advancing research in heart disease. At the time of writing our school donation page is still open and will remain open until Friday 6th December. Community members are encouraged to donate via our school Facebook page.

COMMUNITY ASSOCIATION OF HALLS GAP

December 2019 LandCare

Report – Community Association of Halls Gap

LandMate crews have carried out extensive Kunzea ericoides removal behind Geoff Wadge's property and continuing into Norval. Kunzea treatment will be the Project Platypus priority with the aim of containing, possibly eradicating the infestation within the township.

https://bie.ala.org.au/species/http://id.biodiversity.org.au/node/apni/2916325

I am developing a spreadsheet of infestations and would like to contact property owners with Kunzea ericoides on their land. Please don't hesitate to report any occurrence to me. At this stage the worst infestations are on the western edge of Norval, and the northern ends of Scott Road and High Road.

I have also found a plant of the African Weed Orchid, *Disa bracteata*, on Silversprings Road and would be keen to hear of any other sightings in Halls Gap.

https://connectingcountry.org.au/south-africanweed-orchid-id-first-then-dig-out/

Graham Parkes



The Grampians Film Society evenings are held from January to November. So check out the Halls Gap Community Website for our January 2020 film. From the Grampians Film Society we hope all have a safe and fun Christmas break. See you at the movies in 2020.

Janet Witham and Alison Bainbridge.

HALLS GAP RATEPAYERS

Change of meeting date

Please note that the last meeting for 2019 previously advertised for Wednesday December 4 has been changed.

It will be held the following week

Wednesday December 11, 7.30pm in the Supper Room of the Hall.

We look forward to seeing you there if you can make it.

Jen O'Donoghue

Secretary

CENTENARY HALL

After a request from the Halls Gap Residents and Ratepayers Association, the Hall has received some serious maintenance.

- The floor in the main Hall has now been sanded and re varnished and it looks great – everyone should have a look.
- The next step with be general repairs and painting where needed
- * A new, reverse cycle air conditioning unit will be installed to replace the current old units
- * When funds become available, there is a possibility of Solar power panels being installed on the Hall roof to be more environmentally friendly.

Compliments to the Northern Grampians Shire for all of the above

Paul Turner

HALLS GAP CFA

CFA HALLS GAP

Despite the cold start to summer volunteer firefighters have been

called out to several incidents, including attempts to burn off, even though Northern Grampians Shire has been in the fire restriction period since mid November and the Ararat Rural City began its season at the beginning of December. Now we are in the fire restriction period, anyone considering lighting any sort of fire should check the regulations at https://www.cfa.vic.gov.au/warnings-restrictions/can . Even gas stoves and barbeques, chainsaws, mowers, grinders, welders and even scare guns are subject to strict rules.

December training for the Halls Gap brigade is scheduled at the fuel service station in Halls Gap where firefighters and staff can share information about emergency responses including spills and leaks. We have also had members attend the CFA Region 16 Seasonal Briefing in Ararat and a new member is working through minimum skills training at Beaufort.

We will also celebrate in December as six of our members receive long service awards to recognise the many years they have contributed to training and responding to fires and other emergencies.

If you are interested in joining the brigade as either a volunteer firefighter or to support communications, logistics, maintenance or training, please call or message Peter Hilbig on 0437 524 716. Training is available for all new members, protective clothing is provided, and safety is paramount in all activities.

AMBULANCE VICTORIA

As another year comes quickly to an end and the town overflows with visitors, we need everyone to educate visitors about the National Park.



Over the last year we have averaged a Rescue a week!! These rescues take a lot of time and resources from all Emergency services - Vic Pol, Ambulance Victoria, SES, Parks and CFA.



A rescue that all goes to plan with no complications can take an average of 3 to 4 hours.

We want everyone to get familiar with the Emergency Markers that are in the National Park, they are there for 'Saving time and saving lives.'

The Emergency Markers have the letters 'GNP' and a number. When a person rings 000 and states the Emergency Marker, it will give ESTA call despatch your exact location to pass onto Emergency services. BUT we need the person that is injured to stay put near the marker and not walk off, because that is where the rescue becomes difficult and time consuming trying to locate a patient that is not where they said they were. Also because of the lack of mobile phone service in the National park it can be difficult for ESTA to do a call back to the patient if they move from the original location.

Halls Gap Ambulance wishes everyone a safe and happy Christmas and New Year. Keep cool and hydrated!

Kerry Linke, Team Leader



Will the Grampians Wildflower Show survive?

The Community Association of Halls Gap, and its predecessor the Progress Association, has organised this annual Spring event for the last 78 (?) years, almost without a break. In modern times we have regarded it primarily as a means of stimulating people's interest in our local Grampians flora and the National Park, rather than being just a show or a money-making exercise.

In recent years we have varied the format to keep it relevant and we have generally managed to recruit enough volunteers to run the event successfully. Responsibilities have been spread around and recently we have received very valuable help from Wimmera CMA, but the fact remains that the organisation falls on to a small group of people. All of them are in the older age brackets and some are looking to wind back their responsibilities.

We therefore see a grave problem with succession planning, to the extent that the committee is seriously thinking about ending the Show. So this is an appeal for others to become involved. You do not have to be a ready-made expert on the flowers but you need to have an interest in them, to have ideas about the future and the energy to put them into practice.

If you would like more information or to discuss the matter, please contact Margo Sietsma on 0429 201 139 or David Witham on 5356 4300.

A final decision on the future of the Show is likely to be made at the Community Association's quarterly meeting in March.



Botanic Garden news:

We were very pleased to host a group of 25 international University students from Melbourne who did a great job of spreading gravel to repair some of our paths. Thank you to the group OutBeyond and their Volunteering Conservation Group. It is such a good idea to bring city young folk here to enjoy our environment and to help us look after it.

In other news, a couple of our regular volunteers are unable to help much due to health problems, so we would love some more help. Our next working bee is Wednesday December 11, but several of us come at other times that suit us better, so if you would like to help but can't make a Wednesday morning just let me know when you would be available. Every little bit helps!

Are you looking for Christmas gifts that help the environment? We can print a personalised "Friend of the Grampians Flora Botanic Garden" certificate for \$50, or email it to you for you to print.

Finally a big thank you to all who have helped us in 2019. the garden is looking pretty good and we are proud that we have such a special place to share with locals and visitors.



BUDJA BUDJA MEDICAL CLINIC

20-22 Grampians Road, Halls Gap 3381

PH: 03 53564751

www.budjabudjacoop.org.au

| DECEMBER 2019 | JANUARY |
|-------------------|--------------------------|
| | |
| Dr Amanda Gibbons | Closed |
| 3,4,5,6 | 1, |
| 10,11,12,13 | <u>Dr Amanda Gibbons</u> |
| 17,18,19,20 | 2,3 |
| | 6,7,8,9,10 |
| DR Partridge | 14,15,16,17 |
| 17,18,19,20 | 20,21,22,23,24 |
| | 28,29,30,31 |
| Closed | |
| 24,25,26,27 | Closed |
| 30,31 | 27 public holiday |



From the staff at Budja Budja Medical Centre we wish everyone a Merry Christmas and Happy and Safe New Year.

The medical centre will be closed from 24th December 2019 until 1st of January 2020.

We will reopen on Wednesday 2nd January 2020.

From Monday 6th January the Centre will be open 5days per week.



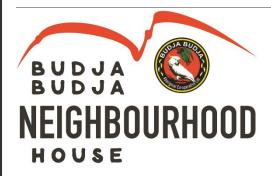


Carols @ the Pomonal Church 7PM SUNDAY DEC 8TH

Everyone welcome!Bring a chair

(outside - weather permitting)

light supper to follow



Merry Christmas & happy New Year.

Thank you to all our volunteers, tutors and visitors to the house. It has been a wonderful year.

Watch this space for 2020...

Lee-Anne & Alison

Christmas Cooking



Wednesday 4th December 10am-12noon







- **Delicious individual steam Christmas puddings**
- Traditional Christmas Cake

Cost: Gold coin + your own ingriedients

20-22 Grampians Rd., HALLS GAP VIC 3381 p: 03 53564751, option 3 m: 0491 090 456 neighbourhood.house@budjabudjacoop.org.au



First Aid & CPR



Date: Saturday 7th December 2019

Time: 9am to 3pm

Cost: CPR HLTAID 001 \$65

First Aid HLTAID 002 \$155

BYO: Lunch

m: 0491 090 456

Enroll by the 29th November 2019 to

ensure your place

NEIGHBOURHOOD

20-22 Grampians Rd., HALLS GAP VIC 3381 p: 03 53564751, option 3 eighbourhood.house@budjabudjacoop.org.au Summer School Holiday Program will be out soon.

We will be closed for the holiday period from 3pm Friday 20th December 2019 and reopen Tuesday 7th January.

PARKS VICTORIA UPDATE

http://parkweb.vic.gov.au/explore/parks/grampians-national-park



Healthy Parks Healthy People

Grampians National Park Newsletter

Ballambar: Mid-November to Late January 2019



In Aboriginal culture, the Grampians National Park and the surrounding landscape is known as Gariwerd. Within this landscape, six distinct weather periods are recognised. This is the Ballambar period – season of the butterflies. For more information on the Gariwerd six seasons visit brambuk.com.au/gariwerdsixseasons.htm

Ballambar season: warmth and butterflies

Ballambar extends from mid -November to late January and is characterised by generally warm and predictable weather. As the land begins to dry, echidnas become very active. They provide a very important role in the ecosystem, helping to cycle nutrients and assisting water penetration into the soil.



Gang gang Cockatoo

Cockatoos noisily squabble for nesting sites in old dead trees, smaller birds enter their moulting faze and the beautiful pardalotes busily provide for their second clutch of eggs. Many plants are still in bloom, particularly the hardier flowers such as the everlastings. The plants that flowered earlier during Petyan are now producing their seeds and fruits.

Traditionally, local Indigenous people moved back to the plains during this season. They took minimal possessions leaving their stone tools behind and carrying items such as their digging sticks, weapons, baskets and cloaks. Sweet drinks were made from Banksia and Manna gum flowers.

Park news and updates

Preparing for summer

Parks Victoria plays an important role in community safety in national parks and reserves. Summer is a particularly challenging time in the Australian landscape with both heat and wildfire posing a significant risk to safety. In preparation for the coming season ensure you are well informed of emergency events. Download the VicEmergency App or visit emergency.vic.gov.au and tune into local radio stations. Check the weather and fire danger ratings, prior to heading into the national park. Plan to depart for a walk early in the morning and return well before it gets too hot. Ensure you have alternative plans if the fire danger rating is too dangerous to be in forested areas.

Spring school holiday program

Rangers delivered an exciting and successful school holiday program with nearly all events being booked out! Throughout the delivery of 8 activities, rangers engaged 98 junior rangers and many families and friends. Participants learnt about the local flora and fauna, history of the park, navigation, compass and bush detective skills. Keep an eye out on the Junior Ranger website or the Parks Victoria website for information on the summer holiday school holiday program.



Junior ranger program at Brambuk the national park and





Kangaroos and koalas

Recent research into the very low abundance of Koalas in the Grampians National Park has found that the population is believed to have suffered from Chlamydia disease. A scat sample found in 2008 contained the bacteria *Chlamydia percorum* and has provided the first scientific based evidence of the 1990's koala crash.

In addition, a study on the Eastern Grey Kangaroos found that there is a lethal blood sucking parasitic nematode (Globocephaloides trifidspicularis) present in the population. Not only native to Australia, this nematode is endemic to the Grampians. Although it can be sad to see populations of our furry friends at the hands of this nematode, it is likely to be an important and natural mechanism in population regulation.

Management plan update

In partnership with Traditional Owner groups, Parks
Victoria is preparing a new management plan for the
Grampians landscape, an area that covers the Grampians
National Park and adjacent parks and reserves.
The new management plan will underpin strategic
planning for the Grampians landscape over the next 15
years to ensure that precious environmental and cultural
values of this iconic landscape are preserved for future
generations to enjoy.

Throughout September, Parks Victoria held six workshops, a drop-in and five listening posts where community members could provide their ideas and feedback on the future management of the landscape. Altogether 270+ people attended across the 12 events. Parks Victoria is very thankful to everyone who participated and provided their ideas for the future of this highly valued landscape.

If you are interested in learning more about the project you can visit Engage Victoria -

https://engage.vic.gov.au/grampians-management-plan.

On the website you can see a video of the workshop presentations, read the discussion papers and register for updates. There will be further opportunities to provide feedback on the draft Plan in 2020.

Managing pests in the Grampians National Park

Australia has a poor track record for animal extinctions. As of 2015, our continent has lost 55 species. Due to the geographic isolation of Australia, species are highly susceptible to environmental changes and threats including disease, predators and competition. Foxes and cats pose a major threat to small mammals, namely those between 35g and 5500g as they make for a perfect snack size for these skilled hunters. Feral goats, deer and rabbits are also having major impacts on the state of biodiversity.

To manage these issues the Grampians recently received funding through Biodiversity Response Planning. The program is now implementing widespread monitoring and control techniques such as fox baiting. Cat control is soon to begin. Deer and goat management has also been taking place in critical locations and is delivering great outcomes for population reduction at these sites.



Feral goat in the Grampians National Park

Seasonal Fauna Species

White-lipped Snake (Drysdalia coronoides)

The White-lipped Snake is one of seven snakes found in the Grampians. Along with the Woodland Blind Snake and the Little Whip Snake, these three snakes species are not dangerously venomous to humans. This snake is the most cold tolerant species in Australia. Growing to 40cm at full size, the White-lipped snake feeds exclusively on skinks. Belonging to the Elapidae family, its fangs are located at the front of its mouth and an identifying feature of this snake is the white strip that runs along its lip-line.





Seasonal Flora Species

Incense Plant (Calomeria amaranthoides)

The Incense Plant is a biennial herb that grows to about 3.5m in height during bloom. Its leaves and stems are crinkled and sticky with short hairs covering the surfaces. This aromatic herb is a disturbance specialist and thrives after bushfires. Being biennial, it sends up large plumes of flowers every second year before setting seed and dying off.

Also known as the Plume Bush this plant belongs to the Asteraceae or 'daisy' family. With more than 20,000 species in this family, this is the largest and most varied plant family in the world. Many important and common plants belong to this family including sunflowers, lettuce and thistles. The distinctive feature of the daisy family is the composite flower heads which are made up of many smaller flowers clustered together.

GRAMPIANS PEAKS TRAIL

Works are progressing in building world-class hiking trails using rocks and materials from the local landscape. Sections being focussed on are between Troopers Creek to Halls Gap in the north and Mount Abrupt and Dunkeld in the south. Over the coming months expect to see construction activity. Some trails may appear finished but will remain closed for safety of park visitors, workers and staff. There will be signs to let visitors know the tracks are closed.

In November 2019, the construction of 12 hiker camps will commence along the Grampians Peaks Trail. Each camp will be unique and sympathetic to the surrounding landscape with orientation and amenities carefully designed and located to provide an optimal experience for hikers settling in for the night. Work will commence on the camps in the south near Dunkeld, and then in the north over the summer. All 12 camps will be ready for use in December 2020, when all 160kms of trail will be open.

Upcoming Events and Activities

For upcoming events and activities in the park please see the *What's On* section on the Grampians National Park page at <u>parks.vic.gov.au</u>

Guided Activities

For a list of guided activities during the summer school holidays, visit The Junior Ranger website or Brambuk the national park and cultural centre for more information.

Self-Guided Activities

- Venus Baths Climate Watch Trail. Visit <u>climatewatch.org.au/trails/grampians-national-park-</u> venus-baths for more information.
- Junior Ranger activity sheets are available from the Junior Range Stand at Brambuk the National Park and Cultural Centre.

Volunteering

Volunteering with Parks Victoria is a great way to contribute to conserving Victoria's special places and help others do the same. To find out more visit:

<u>parkweb.vic.gov.au/get-involved/volunteer</u> Upcoming Volunteer Opportunities:

- Become a Campground Host during the Christmas and New Year period.
- Become a trained TrailRider volunteer, go to parks.vic.gov.au for more information.

Further Information

To stay up to date with the latest park information:



Call 13 1963



Visit Brambuk the National Park and Cultural Centre, 2.5km south of Halls Gap. Ph: 03 8427 2258.



Go online at www.parks.vic.gov.au. Be sure to check the weekly road report and monthly park access update on the Grampians page.





The Hidden epidemic of Chronic Disease in Australia

The WHO defines a chronic disease as an illness lasting 3 months or more. The incidence of chronic disease in Australia is unacceptably high and becoming more common due to population growth and ageing. Emerging environmental, infectious and biotoxin diseases behave differently to mono diseases impacting patients in complex, multisystemic ways. To meet Australia's health needs scientists need to compress time to breakthroughs – achieved through collaboration and innovative technologies enabled by greater funding support.

The Australian Institute of Health and Welfare reported in March this year that the most prevalent chronic diseases in Australia were arthritis, asthma, cancer, back pain, cardiovascular illness, respiratory diseases, diabetes and mental health conditions. To this you can add illnesses such as MS, Parkinsons, Motor Neurone Disease, autoimmune diseases and various vector borne illnesses

- More than 11 million Australians (half the population) have at least 1 chronic disease
- ranging in severity from mild to life threatening.
- 87% of people over 65 have at least 1 chronic disease compared to 35% of people aged 0
- to 44 years of age.
- 73% of deaths in Australia are due to chronic disease.
- A staggering amount of lost productivity and money is lost from the Australian economy
- each year due to chronic disease yet this would be substantially reduced with causal
- research and early intervention strategies

The Pandis Research Project – A personalised medicine model for multi systemic infectious inflammatory and environmental diseases. https://www.pandis.org/

Thanks to a very generous grant of \$30,000 from the Handbury Foundation the science has kicked off. The research Team is made up of Tier one researchers and doctors. The Team is based at Macquarie University (Prof. Gilles Guillemin OM,France and Dr. Richard Schloeffel OAM) and is working in collaboration with world renowned researchers in America, Germany and France.

This Pandis research has the possibility to offer ground breaking insights into the causuality and treatment of chronic diseases, and the links between otherwise neglected infectious agents and diseases such as MS, MND, Autoimmune diseases, Alzheimers and other chronic disorders.

An example of this is a recent paper showing 85% of 126 MS patients were infected with Borrelia bacteria. Similarly infections have been found in MND, Alzheimer's, cancer, Autism cases. ETC.

At least some if not many of these cases can be prevented and helped by treatment of the appropriate infections.

Dr Ivan Hooper BSC PHD, Halls Gap

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) 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 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)





POMONAL VILLAGE MARKET

Pomonal Village Market on the last Sunday or every month from 9am—1pm 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

29th December.

Market Dates for 2020

5th January, 26th January, 23rd February, 29th March, 26th April, 31st May, 28th June, 26th July, 30th August, 27th September, 3rd & 4th October, 25th October, 29th November, 27th 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 Snatch Straps Winch Extension Straps Snatch Blocks Shovel Air Compressor UHF Radio Ch 20 Fridge Hi-Lift Jack
Tree Trunk Protectors
Bow Shackles
Soft Shackles
Rated Recovery Points
Chainsaw
GPS Assistance
Local Knowledge

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



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

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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:

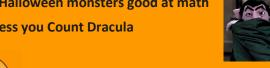
www.hallsgapcommunity.org.au

Like our Halls Gap Community Association Facebook Page

Like our Halls Gap Community Watch and **Events Facebook** Page



Q. Are any Halloween monsters good at math A. No-Unless you Count Dracula



Q. What's a banana peeks favourite type of shoe?

A. Slippers!



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.