

Issue: April 2020

FILL THE GAP

Produced by the Community Association
& Budja Budja Neighbourhood House.

WRAP UP...

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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.

Hi everyone! During this very unsettling time please know your local police (Including Stawell police) are here for the community and will be conducting patrols throughout the township with particular focus on :

- Security and reassurance patrols of businesses that are already closed and our essential services that remain open to assist in maintaining public order.

- Victoria Police will be knocking on homes throughout the Wimmera and enforcing self isolation rules for those community members meeting the COVID-19 quarantine criteria.

As a community and country we are heavily relying on everyone doing the right thing and abiding by the strict rules set by the Australian Government to help stop the spread of Covid-19.

If you suspect someone is not following the current COVID-19 rules please report this to our Police Assistance Line ph.131444.

Please take care of yourselves and each other. We will get through this!

Acting Senior Sergeant Karen Bain

STATS BY CHAS...

March 2020 - Rainfall by Chas

32.5 mm for March bringing the progressive total for 2020 to 143.5 mm. This compares to the same period last year of 14.5 mm for March with a progressive total of 52 mm.

As of the 25th of March Lake Bellfield is holding 50,430 ML or 64 % full compared to the same period last year of 54,810 ML or 70 % full. The total system is holding 173,230 ML or 30.92 ML compared to the same period last year of 205,630 ML or 36.70 % full.

Mount William received 44 mm for March 2020.

The highest temperature of 25 C was recorded on the 18th of March and the lowest of 1.8 C was recorded on the 14th of March. The highest wind speed of 102 km/h was recorded on the 13th of March.

Cheers - Chas

Well done **Margo Sietsma** being guest speaker at Stawell International Women's Day held at Stawell Neighbourhood House.



Home isolating? **You're not alone.**

If you or someone in your house is self-isolating you might need some help to continue to do this.

At Grampians Community Health **we have set up a local Home Isolation Support Service.** This service is available to support you in what you need in your day to day life to stay safe and well.

Please phone Grampians Community Health on 5358 7400

How to get this service?

Contacting the Home Isolation Support Service is through telephone and email only.

Call: Grampians Community Health on **5358 7400**, or

Email: home.isolation@gch.org.au

Availability: From Monday to Friday, from 9am to 5pm.

For more
information



Get reliable and current information from the Department of Health Australia

www.health.org.au | www.dhhs.vic.gov.au

Hotline 1800 675 398

About **home isolation** and **COVID-19** go directly to reliable sources

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-isolation-guidance>

Victorian State Government Information with Department of Health and Human Services **Daily Update**

<https://www.dhhs.vic.gov.au/coronavirus>



BUDJA BUDJA MEDICAL CLINIC

20-22 Grampians Road, Halls Gap 3381

PH: 03 53564751

www.budjabudjacoop.org.au

For queries about
novel coronavirus in Victoria

1800 675 398



Budja Budja Medical Clinic has moved to ESSENTIAL Telehealth Appointments during this COVID-19 pandemic.

This means a phone consult with our GP, preferred either via FACETIME or SKYPE if you have these apps.

If not they can be easily downloaded to your phone or computer.

The GP will determine if it is ESSENTIAL to consult face to face this can still be done at our clinic.

Appointments can still be made by phoning reception during opening hours,

TUE-FRI 9.00-5.00 and every second MON.



Stay home. Protect our health system. Save lives.

BUDJA BUDJA NEIGHBOURHOOD HOUSE



March was a busy month for the Budja Budja Neighbourhood House (BBNH)

We ran our very popular International Women's Day Luncheon. A special thanks to Kim Brown who stepped in at the last moment when our advertised guest speaker was unable to attend due to illness. Also our thanks goes to Russ who provided the music for the day and Lodi who created our delicious lunch.

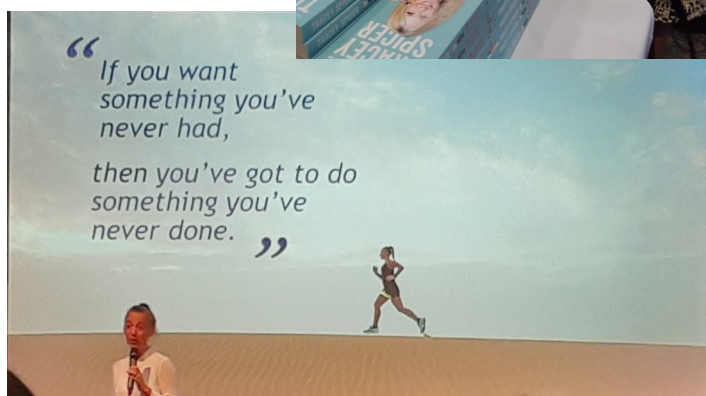
Our Move It Move It Gentle Exercise was a firm favourite. Jo our instructor is presently working on exercise videos for our group during this time.

Lee-Anne and Alison went along to the Neighbourhood House Victoria conference early March. This was a wonderful opportunity to meet up with people from neighbourhood houses from all over Victoria. The picture shows us meeting Tracey Spicer one of the guest speakers. Another highlight was the talk given by Samantha Gash, endurance runner-check her out on social media

Alison has been working on updating our website to include photos and activities we can do during physical distancing. Check it out at <https://budjabudjaneighbourhoodhouse.org.au>

Budja Budja Neighbourhood House Closed to the Public from 25 March 2020 until further notice. This was due to a directive from the government as part of the government trying to contain the spread of coronavirus.

Lee-Anne and Alison have been working hard to continue to support the community during this time.



International Women's Day

#EachforEqual
An equal world is an
enabled world

LUNCHEON
with guest speaker
Kim Brown
& music by Russ Kellett





Opening Night



Market



A big thank you to the Halls Gap community for the support of the Grampians Texture, we were very fortunate to have been able to run the event. We will make a timely decision re the running of the Grampians Brushes program schedule for September, and will keep you posted.

Stay well Marion and the GrampianArts Team

HALLS GAP CFA



Please don't be tempted to light up that pile! Northern Grampians Shire is still in the fire restriction period so it is an offence to burn without a permit which will include strict conditions. If the fire brigade is called to an unauthorised burn the police will also attend. Even when the restrictions are lifted, a permit may be required in parts of Halls Gap. Make sure you check with the Shire.

Peter Hilbig



All of our planned activities for the next few months have been cancelled until further notice. You can learn about what sort of activities we do by looking at our website and our Facebook page.

We would welcome new members!

Margo Sietsma



Another rollercoaster ride. The committee was unsure whether we should persevere with the show, but we gathered enough new volunteers and fresh ideas so decided to go ahead. Work went into breaking the tasks up and assigning them to three subcommittees, with the show date set for the Grand Final weekend at the end of September. Now with all the uncertainty around, will we be able to have a show by September? Will there be a Grand Final weekend?, we are delaying our planning for a couple of weeks. We will try to keep you informed. With so many other show in the next few weeks cancelled it would be lovely if we could celebrate Spring, but we'll just have to wait and see.

Margo Sietsma

AMBULANCE VICTORIA



Halls Gap is on the lookout for new Ambulance Community Officers (ACOs) recruits.

If you are fit, live locally, want to do something for the community and able to commit to a few weekends of training we would love to hear from you!

Part of the requirement for being an ACO is making yourself available on a volunteer roster for 20 hrs a month.

If you are keen and want to know more, message me

Kerry - Halls Gap Team Leader [📧](#)



We should be busy, but of course we can't be. Working bees are cancelled for the

foreseeable future but from time to time some of us may work on our own, using our own gloves when we access the key and the doors etc. The Historical Association have promised us a new seat to go beside the new memorial to Arthur Sullivan, the local botanist but of course that's probably on hold too. This monument replaces the one that used to be in the caravan park but was barely visible due to the nearby permanent caravans. Arthur Sullivan was a really interesting person and when the seat is in place you will be able to read about him. Or you can ask the History people.

And the Shire's assessment of our recent grant application has been delayed due to Covid 19 workload on staff.

Have you noticed the new fence on the WAMA property on the Pomonal Rd? It's very exciting that they have had funding to create a reserve free from deer, rabbits etc. And part of this reserve will become a Botanic Garden of Grampians area native plants. Will it affect us? Compete with us? Not at all. In fact we think it will strengthen us both. Many plants will be different. They are out on the sunny plain and will have many grassland species. We are in the shady valley with tall trees and can have more mountain plants and shrubs. We look forward to working together. **Margo Sietsma**



Free for all Locals

The Halls Gap Community Garden is going very well. All the garden plots are planted with a large variety of seeds. It really is looking wonderful. By late Autumn the garden will be producing lots of lovely food.

Apart from the YHA managers, Gary and Kellie another 6 people have joined our ranks. If anyone would like to come down and help you are most welcome. We keep our social distance and it is a joy to work in this most picturesque setting.

Contact - Tim Walsh, Tim's Place 53564288

JOBS IN YOUR OWN GARDEN

While we are all stuck at home, why not investigate what weeds are growing in your garden and then attack them? Living so close to a National Park, we have a responsibility to stop weeds getting into the park. I'm attaching a list that's a few years old but still relevant. Attacking weeds is a good way of relieving stress! Check out new regular **"Weed of the Month"** in this edition of FTG

Margo Sietsma

SOMETHING TO START THE WEEK:

Heard some advice on the radio last night, it said to have inner peace, that we should always finish things we start, and we all could use more calm in our lives. I looked through my house to find things that I'd started and hadn't finished, so I finished off a bottle of Merlot, a bottle of Whiskey, a bottle of Baileys, a bottle of wum, the remainder of Valiumun scriptuns, and a box of chocletz. Yu haf no idr how feckin fablus I feel rite now. Sned this to all who need inner piss. An telum u luvum. And two al bee hapee wilst in de instalation.

Paul Tuner

HALLS GAP RESIDENTS & RATEPAYER'S ASSOCIATION (HGRRA)

AGM - 4 March 2020

Congratulations to the HGRRA office bearers for 2019/20

President: Paul Turner

Treasurer: Mandy Wadge

Secretary: Jenni O'Donoghue

Vice President: Kevin O'Donoghue

General Meeting Matters Discussed - 4 March 2020

- * Defibrillator at Visitor Information Centre
 - * Bin Straps
 - * Rubbish and Recycling
 - * Shopping Precinct
 - Shade
 - Seating
 - The Creek
 - Pathways
 - Board Walk
 - * EBikes
 - * Police
 - * Flu shots
 - * Fire
 - * Shopping precinct vacant land
 - * Rail
 - * **Skate Park**
- The idea of a kids state/pump park was raised again on one of the Community fb pages. This continues to be a recurring idea. Previously a suitable location had been sourced but no one is willing to take on this project. Paul Turner reiterated his offer to be involved with such a group but not to manage or lead it. Community members who are interested in forming a committee are urged to contact Paul.
- * Large Vehicles
 - * Shared Path
 - * Invasive Week - Check out **Weed of the Month** in this edition of FTG
 - * Structure of our Council
 - * Botanical Gardens

2020 meetings

3 June, 2 September & 2 December 2020

All Residents and Ratepayers are invited to attend.

If you are wanting more information on HGRRA and/or to receive the full minutes please contact **Paul Turner on 0418 992 510.**

PARKS VICTORIA UPDATE

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



Healthy Parks
Healthy People®

Grampians National Park Access Update

27th March 2020

Throughout the year, Grampians National Park may have closures in place from natural events (storms, floods and bushfires), park operations, projects and other circumstances. **Before visiting the park always check for closures on the list below. Please adhere to signs and notifications, and do not enter closed areas.**

COVID – 19 Park Impacts Information

Due to Government bans on non-essential travel and social distancing regulations, the following closures are in place in the Grampians National Park:

- **Mackenzie Falls area:** (COVID-19) closed between Friday the 27th of March and Monday the 13th of April 2020.
- **All accommodation and designated campgrounds** managed by Parks Victoria are now closed. All existing bookings will be fully refunded, and no further bookings will be taken. A designated campground includes any formed area that has infrastructure such as toilets, fire pits, or barbecues.
- All people currently camping in designated campgrounds are being requested to leave immediately. Rangers will be patrolling to instruct people to leave.

Further Information

- Any day visitors to parks and reserves are actively encouraged to disperse widely and adhere strictly to social distancing guidelines.

For the most up to date government COVID-19 information visit:

<https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>

For Parks Victoria COVID-19 updates visit:

<https://www.parks.vic.gov.au/get-into-nature/safety-in-nature/covid-19-update>

Call the **Parks Victoria Information Line** Ph: 13 1963.
9am – 5pm Daily

Contact **Brambuk the National Park and Cultural Centre** Ph: 03 8427 2258. 9am – 5pm Daily

Campgrounds and Hiker Camps

- **All Designated Campgrounds** (COVID-19)
- **Coppermine Group Camping Area:** Temporarily closed (COVID-19) and Grampians Peaks Trail (GPT) works.
- **Stony Creek Group Camping Area:** Temporarily Closed (COVID-19). Relocated 1.5km to the east along Stony Creek Road to GR329844 due to GPT works. This new site is best accessed by GPT walkers from Rosea Carpark.
- **Briggs Bluff** (GR294055) & **Mount Difficult Hiker Camps** (GR284030): Permanently closed due to new sites being developed for GPT.

Walking Tracks

- **Mackenzie Falls Day visitor area and associated walking tracks:** (COVID-19)
- **Major Mitchell Plateau Walking Track:** Temporarily closed. (COVID-19 /GPT Works)
- **Longpoint East Hiker Camp to Boroka Lookout Walking Track:** Permanently closed due to a new GPT track alignment.
- Check latest Grampians Peaks Trail updates at parkweb.vic.gov.au/explore/parks/grampians-national-park/plans-and-projects/grampians-peak-trail

Roads and 4WD Tracks

COVID-19 road closures:

- Mackenzie Falls Road
- Old Mill Road between Wartook Road and Mackenzie Falls Carpark.

Check road conditions in the Grampians National Park Road Report parks.vic.gov.au.

Rock Climbing Access

Rock climbing access has changed in Grampians National Park. For more information please refer to the Grampians National Park page at parks.vic.gov.au.



Grampians National Park Newsletter

Gwagal Moronn: Late March to June 2020



In Aboriginal culture, Grampians National Park and the surrounding landscape is known as Gariwerd. Within this landscape, six distinct weather periods are recognised.

This is the *Gwagal Moronn* period – season of native bees. For more information on the Gariwerd six seasons visit brambuk.com.au/gariwerdsixseasons.htm and www.bom.gov.au/iwk/calendars/gariwerd.shtml

Gwagal Moronn: Honey Bee Season

During Gwagal Moronn the country is beginning to cool down after the summer heat and the sky is full of sunrises, bees and flocking birds.

Berries begin ripening and plants flower, including cranberry heath, hop goodenia, pink heath, flame grevillea, candlebark and manna gums. Marsupials are active, with young bandicoots out of the pouch, antechinus running about and possums beginning to breed.

In the sky, red wattle birds flock, juvenile flame robins emerge, insectivorous birds pass down gullies and pied currawongs come down from the mountains. Many birds are moulting feathers and honeyeaters and wrens are searching for moths and insects.

Park news and updates

Coronavirus (COVID-19). As at 24 March 2020

The safety of visitors and staff is Parks Victoria's highest priority. Following advice from Victoria's Chief Health Officer, Parks Victoria has closed a number of high visitation sites across the state for public safety.

In the Grampians National Park, Mackenzie Falls will be closed for the Autumn Victorian School Holidays - between Friday 27 March and Monday 13 April 2020.

Parks Victoria public programs, including ranger-led school excursions and events, will be postponed for the period from Tuesday 17 March until further notice. This includes school excursions, Junior Rangers activities, welcome walks, guided tours, citizen science and Parks Victoria led volunteer programs.

In the Grampians National Park, this includes: the Autumn school holiday Junior Ranger program, TrailRider events, ranger-guided walks, the campground host program, the volunteer track ranger program, pest management programs and the Great Gariwerd Bird Survey (GGBS).

Stay informed:

Due to the rapidly changing nature of the situation, there is the possibility of further changes, pending advice from health authorities.

For the latest Parks Victoria information, visit <https://www.parks.vic.gov.au/get-into-nature/safety-in-nature/covid-19-update>

The Department of Health and Human Services publishes public information and advice on coronavirus. This information is updated regularly.

Visit <https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19> for information and resources.

Bio-diversity Response Planning Projects

Biodiversity Response Planning (BRP) is well underway in the national park. Professional contractors have recently concluded a second round of deer control in priority conservation areas. Over six days, 31 deer were removed from the park.

Environmental mulching of the invasive weed, Sallow Wattle, has commenced. Whilst mechanical mulching can be visually confronting, this method is used for areas with extremely high densities of Sallow Wattle. Care is taken to leave native vegetation within these areas.

These projects have been funded by the Victorian Government's Biodiversity Response Planning program and is helping to ensure that Victoria's natural environment is healthy, valued and actively cared for.

Campground Fireplace Refresh

The operations team have begun the replacement of fireplaces within the parks campgrounds. Visitors will find freshly installed concrete bases, steel rings, plates and pot holders at fireplaces within Borough Huts, Smiths Mill and Boreang Campgrounds.

Did you know? According to the National Parks (Parks) Regulations 2003 it is illegal to have a campfire outside of a constructed public fireplace in Victoria's National Park and State Parks. Do the right thing and only use designated steel ring fireplaces.

Clean Up Australia Day

2020 marks 30 years since volunteers have been picking up rubbish from all over Australia!

In late February, Parks Victoria staff joined together with Regional Roads Victoria, Grampians Wimmera Mallee Water, Northern Grampians Shire, Halls Gap Primary School and Friends of the Grampians Gariwerd to target areas effected by windblown and dumped rubbish throughout Halls Gap and the Grampians National Park. The local activities were highly successful and contributed to:

- ✓ 16 kilometres of roadside cleared from rubbish south of Halls Gap
- ✓ 5 kilometres of foot/bike path cleared from rubbish
- ✓ 700 metres of Bellfield foreshore cleared from rubbish
- ✓ 4 kilometres of walking track cleared from rubbish
- ✓ 6 major visitor sites in Grampians National Park cleared from rubbish
- ✓ Over 200 kilograms of rubbish collected
- ✓ WOW!



Thank you to all our hard-working volunteers. Collecting windblown and dumped rubbish certainly makes a difference to the ecosystem we all love and want to protect!



Ngamadjidj Shelter Works

In addition to new interpretive signage, recent works at around Ngamadjidj Shelter walking track and carpark resulted in the installation of new signage, bollards and seating. These new additions have spruced up the site and provided much greater functionality for visitors.

Sustainable Firewood

With Autumn upon us and the cooler months approaching firewood is at the forefront of many people's minds.

In regional areas of Victoria, heating your home with wood can be an excellent option because it is a renewable resource if sustainably harvested. Unfortunately, this is not always the case, with wood often sourced from unsustainable resources that result in habitat destruction and rare species extinctions.

But you can help!

If you collect your own wood visit Forest Fire Managements website to find out more:
<https://www.ffm.vic.gov.au/firewood/firewood-collection-in-your-region>

If you buy wood, ask the seller about the origin of the wood. Where did it come from? Is it plantation timber or from a native forest? Did the tree have hollows that may be used by native wildlife? Are new trees being planted to replace the ones that were harvested?

New Grampians Management Plan

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.

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.

GRAMPIANS PEAKS TRAIL

Making the fourth and longest walk in the Walk Victoria's Icons series, the Grampians Peaks Trail will provide a world-class walking experience of 160kms that can be experienced in sections, or as one 13-day journey.



Key project updates:

Track clearing and construction is progressing on schedule with crews working in various locations. The current focus of works is in the south, near Dunkeld and Mt Abrupt. Works are progressing at Mt Christabel, Stockyard Saddle and Cassidy Gap Hike-in Camps. A temporary relocation of the Stony Creek Group Camp is in place while the new group camp is constructed.

For more detailed information on the Grampians Peaks Trail please visit parks.vic.gov.au/projects/grampians-peaks-trail

Seasonal Fauna Species

Yellow-footed Antechinus (*Antechinus flavipes*)

A small native mammal with a body up to 16 cm and a tail up to 14 cm. Grey fur on the head and shoulders through to yellowish-brown to reddish-orange on the rest of the body. Narrow ring of pale fur around the eyes and a brown tail covered with fur.

More active during the day than most related species, they forage on the ground and in the trees, moving around with jerky movements. Common in south-western and eastern mainland Australia, they are found in leaf litter and fallen logs in forests, heath, woodlands and coast plains.



Seasonal Flora Species

Cranberry Heath (*Astroloma humifusum*)

A dense ground-hugging scrub up to 70 cm high and 1.5 m wide with blue-green narrow prickly leaves up to 5-18 mm long. Flowers that are red and tube shaped are usually present between January and July. Common and widespread, from coastal to inland areas, particularly in heathy to grassy woodland and open forest.



Events and Activities

Self-Guided Activities

Venus Bath ClimateWatch Trail

Be a citizen scientist - visit climatewatch.org.au/trails/grampians-national-park-venus-baths for more information.

Junior Ranger Activity Sheets

Encourage kids to continue to connect with nature. Download fun and educational activity sheets to do at home! Visit <https://juniorrangers.com.au/>



Junior Rangers Fire Activity Booklet



Junior Rangers River Activity Booklet



Junior Rangers Bush Activity Booklet



Junior Rangers Marine Activity Booklet



Nature Treasure Hunt



Can you find Elliot the dragon

Employment Opportunities

To find out the latest employment opportunities with Parks Victoria visit parks.vic.gov.au/get-into-nature/careers

Report an Issue

Noticed an issue such as fallen tree, damaged road or sign in a park or reserve you have visited? Report it to Parks Victoria via the Snap Send Solve phone app. Visit <https://www.snapendsolve.com/> 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.

What's Open in Halls Gap

- * **Halls Gap Chemist**—Normal Business Hours 9am - 5pm Tuesday –Friday, 9am-4pm Saturday
- * **Halls Gap General Store** - 9am to 7pm
- * **Halls Gap Post Office** - 11am to 3pm
- * **Halls Gap Newsagency** - 7am to 12 midday
- * **Halls Gap Service Station** - 7am to 7pm
- * **Spirit of Punjab Indian** - 5pm to 9pm Takeaway only
- * **Budja Budja Medical Clinic** has moved to ESSENTIAL Telehealth Appointments during this COVID-19 pandemic. This means a phone consult with our GP, preferred either via FACETIME or SKYPE if you have these apps. If not they can be easily downloaded to your phone or computer. The GP will determine if it is ESSENTIAL to consult face to face this can still be done at our clinic. Appointments can still be made by phoning reception during opening hours, **TUE-FRI 9.00-5.00 and every second MON.**

This was correct at time of printing.



13/03/2020 Wimmera Mail Times, our own Graham Parkes Grandfather was featured.

What a quote: "The virus doesn't move, people move it. We stop moving, the virus stops moving, the virus dies, It's that simple."

Do not change your behavior to avoid being infected.

Assume you are infected and change your behavior to avoid transmitting.

WEED OF THE MONTH

Blackberry (*Ubus fruticosus*)



Wimmera CMA status: Regionally controlled

Glenelg-Hopkins CMA status: Regionally controlled

Distribution notes: Spread as a food plant in colonial times is mainly restricted to waterways in the upper Wimmera catchment in the Glenpatrick, Nowhere Creek, Elmhurst, Warrak areas and also around Halls Gap, Pomonal and Moyston. Sometimes found in paddocks away from watercourses but favours damper areas.

Seed viability: < 5 years

Time to reproductive maturity: 2 years +

Control options: Slashing and burning are not complete control options and are only really effective in reducing infestations to gain access for stock and herbicide application. Hand removal of plants and cutting stems and applying neat Glyphosate herbicide are very effective for isolated plants and small infestations. Project platypus generally use Metsulfuron Methyl 600g/kg at a rate of 15g + penetrant (Consume, Pulse etc) + dye per 100 litres of spray mix. Timing is critical with Blackberry so only spray when actively growing from November through to the end of March for best results.

Support services that can help you

The CoronaVirus Pandemic is affecting so many people's mental wellbeing at the moment, please feel free to contact one of the services listed here to talk through how you are feeling if you need support

East Wimmera Health Services 5477 2222 Central Intake
Counselling

Grampians Community Health 5358 7400 Counselling

Beyond Blue 1300 657 380 (24hrs) - help with depression, anxiety & stigma reduction

Headspace 1800 650 890 - information and services for young people 12 to 25 year & their families

Kids Helpline 1800 55 1800 (24hrs)

Lifeline 13 11 14 - telephone counselling (24hrs)

Mensline Australia - 1300 789 978 phone & online support & information for Australian men

SANE Australia - 1800 187 263 (9am to 5pm, Mon to Fri) support, training & education enabling those with a mental illness to lead a better life

1800 Respect - 1800 737 732 (24hrs) counselling, information and referrals for sexual assault, domestic and family violence

Open Arms - 1800 614 046 (24hrs) support for current & ex-serving ADF personnel & their families

Qlife - 1800 184 527 (3pm to 12am 7 days) phone & web-based services to support LGBTI+ people

Support services that can help you

The CoronaVirus Pandemic is affecting so many people's mental wellbeing at the moment, please feel free to contact one of the services listed here to talk through how you are feeling if you need support

Griefline - 1300 845 745 (12pm to 3am / 7 days)

Mindspot Clinic - 1800 614 434 (AEST, 8am-8pm Mon-Fri, 8am-6pm Sat) Telephone & online service for people with stress, worry, anxiety, low mood or depression

PANDA (Perinatal Anxiety & Depression Australia) - 1300 726 306 (9am-7:30pm AEST Mon-Fri) Telephone information, counselling and referral service

Suicide Call Back Service - 1300 659 467 (24 hrs)

Veterans and Veterans Families Counselling Service (VVCS) - 1800 011 046 (24 hrs) Confidential, nationwide counselling and support for war & service-related mental health conditions

ReachOut.com Online - Help with tough times for 14-25 year olds and their parents

Blues Knot Foundation - 1300 657 380 (9am-5pm / 7 days) Information, support or referral for adult survivors of childhood trauma and abuse

Butterfly Foundation - 1800 33 4673 (8am-9pm / 7 days) Counselling and treatment referral for people with eating disorders, and body image and related issues

Gambler's Help - 1800 858 858 (24 hrs) Free, confidential telephone help service for anyone affected by gambling

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

Easter Sunday – 12th April—Cancelled

Queen's Birthday – 7th June

Melbourne Cup Weekend – 1st November



Halls Gap is a Cat Free Zone



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.

POMONAL VILLAGE MARKET
SUNDAY FROM 9-1PM

Market Dates for 2020

Please note that there will not be a market in April and May depending upon the changing government guidelines in response to COVID-19.

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 | 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 |

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 bicycles, property from 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

FILL THE GAP COMMITTEE

Lee-Anne, Margo and Alison

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



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



Regular Events

- Chas Mangle Justice of the Peace is available for witnessing documents in the Halls Gap Newsagency from 7am - 10am daily except Tuesdays Ph. 0439 837 052
- Due to the Current coronavirus situation the History Room will be closed until further notice. Check out Chas's postings on Facebook.
- Budja Budja Neighbourhood House - check the program at the house and online
- Various sport/fitness groups. Check the community website for details

