

Issue: August 2020

# FILL THE GAP

Produced by the Community Association  
& Budja Budja Neighbourhood House.

Articles for September FTG need to be sent to be received by the **25 August 2020**. See page 17 for details

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## 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.

## WRAP UP...

Well another month has gone by. It seems that everything is changing on a daily basis. It's good to know that Fill the Gap is still produced once a month to keep us informed and entertained.

Please check out the Free Flora Field trips. The first trip will be conducted on **Wednesday 5th August at 2pm**. Where you will be able to explore the Botanic Gardens meet in the shelter at the Grampians Flora Botanic Gardens. Other walks can be found on page 3.

The Halls Gap Community Garden is holding a **Scarecrow Competition** during August. Get creating. The winner will be announced end of August.

Mask wearing in public will be the norm. If you want to make your own we have a pattern for you. We would love to pictures of you wearing your most outrageous, functional family friendly mask.

Enjoy Abbie, Alison & Lee-Anne

## STATS BY CHAS...

133.5 mm for July bringing the progressive total to 483.5 mm for 2020.

This compares to the same period last year of 170.5 mm for July with a progressive total of 395.5 mm for 2019.

...

As of the 24th of July Lake Bellfield is holding 48,140 ML or 61% full compared to the same period last year of 53,490 ML or 68% full. The total system is holding 171,780 ML or 30.66% full compared to the same period last year of 195,750ML or 34.94% full.

Mount William received 191.8 mm for July 2020. The highest temperature of 11.8 C was recorded on the 4th of July and the lowest of -1.1 C was recorded on the 7th of July 2020. The highest wind speed of 104 km/h was recorded on the 19th of July 2020.

## Do you remember?

Great excitement  
20 years ago -  
20/07/2000 when  
the 2000 Sydney  
Olympic Games  
Torch was carried  
through Halls Gap





We managed to get the grant application to DELWP in on time. Now we just have to wait and see whether we get any of our ambitious list. Thank you to those who supported us with letters and help. Grant applications are a huge amount of work so let's hope we get at least some of what we've asked for.

We have been working on a science project with Anthea and Denis for the Great Science exhibition. We have been looking at the ant nests in the garden, working on identifying which species we have, and learning about them. We have written a report on what we have learned so far, but the arrival of the cold weather has put a temporary halt to our work, but we will be continuing when it warms up. We now know that we have four separate species of ant, but think we shall find more as the project proceeds.

Their online exhibition will be on their website [www.bigsciexp.com.au](http://www.bigsciexp.com.au) during National Science Week August 15 – 23, 2020. I'm pretty sure the school also has a different ant project so it will be interesting to see what they have learnt.

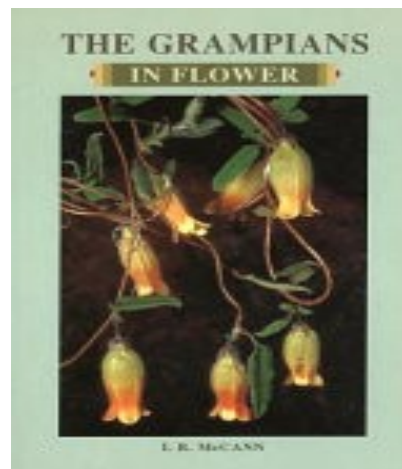
Routine maintenance continues, but our volunteer numbers are low and with very few groups and schools coming here we are missing out on their help too. Could you please think about joining us. We have monthly working bees, plus people coming at times that suit them. There's always weeding to be done, and we have a few new plants to go in.

We are also down on income. No busking by Joy, few other donations, few sales of Ken Woodcock's flower books. We realise of course that Your local businesses are also affected by the economic downturn, but if you would like a charming certificate telling your customers that you are a Friend of the Grampians Flora Botanic Garden it will only cost you \$50.

Margo



FOGGS (Friends of Grampians Gariwerd) will not be holding any large group activities until restrictions ease, but some of us will be helping install a seat near Fish Falls below McKenzie Falls and doing some other individual tasks to support our hard working rangers. Later we'll be attacking Scotch Thistles, those so intrusive weeds. Beautiful in Scotland, as those of us lucky enough to see them there know, but not welcome here. That's one activity where it will be easy to maintain social distancing. And there'll be a winter newsletter coming out later with plenty of interesting material. You can join FOGGS via our website and help us in our support of our great National Park.



And some very good news. The reprint of Ian McCann's book "*The Grampians in Flower*" has arrived and is now available from the newsagency. We are very happy with how it has turned out after a couple of years of hard work by several of our members and proud that our name sits on the spine. We worked with Dr David Welch (one of our far flung members) to completely revise it. Neil and Wendy Marriott updated the botanic names to go in an appendix, we added a tribute to Ian, and worked with the Victorian National Parks Association to update the preface. It is slightly thinner than the original version so is very easy to take with you on a walk.

## FREE FLORA FIELD TRIPS 2020

Come and join some enthusiastic local volunteers and learn about the flowering plants of the region with our free Grampians Wildflower Field Trips. These trips are suitable for everyone – no botanical knowledge is required, just a desire to learn, experience and enjoy this special place. If you do have some knowledge to share that would be most appreciated too! Bring along any flower books you have and come prepared to walk at a leisurely pace. Each session will last for about 1.5 hours, followed by afternoon tea (BYO everything). The trips are free for anyone and bookings are not required.

**Please note:** during the COVID- 19 pandemic we ask that you adhere to social distancing rules. In the event that more people turn up than are allowed to gather under the COVID-19 restrictions, we will split into smaller groups.



*Epacris impressa*

## TOUR DATES AND TIMES

### Wednesday 5th August

Botanic Garden Field Trip. Meet in the shelter at the Grampians Flora Botanic Gardens at 1400.

### Sunday 9th August

Mt Zero Field Trip. Meet in the picnic area at Mt Zero at 1330.

### Wednesday 19th August

Botanic Garden Field Trip. Meet in the shelter at the Grampians Flora Botanic Gardens at 1400.

### Sunday 23rd August

Heatherlie Quarry Field Trip. Meet in the car park at Heatherlie Quarry at 1330.

### Wednesday 2nd September

Botanic Garden Field Trip. Meet in the shelter at the Grampians Flora Botanic Gardens at 1400.

### Sunday 6th September

Piccaninny Field Trip. Meet in the car park at the start of the Piccaninny walking track at 1330.

### Wednesday 16th September

Botanic Garden Field Trip. Meet in the shelter at the Grampians Flora Botanic Gardens at 1400.

### Sunday 20th September

Sundial Field Trip. Meet in the Sundial carpark at 1330.

### Wednesday 30th September

Botanic Garden Field Trip. Meet in the shelter at the Grampians Flora Botanic Gardens at 1400.



*Drosera aberrans*



## HALLS GAP CFA

The Halls Gap brigade responded to almost fifty incidents during the 2019-20 financial year, less than the 65 attended in the previous financial year but more than the 46 callouts in 2017-18. Averaged across the period this equates to about one call per week, but the reality is we are much busier in summer with 22 calls in December 2019, three of which were on the same day! Some of our members also volunteered for 'strike teams' in NSW and Gippsland, so it was a busy season.

Training recommenced in July for volunteer firefighters in Halls Gap. We are required to maintain social distancing and undertake all activities outdoors, but we are ensuring regular drills are maintained so we can safely and competently respond to emergencies as they arise. Our new members have been given copies of the Bushfire Firefighter Reference Manual and we are exploring on-line options to introduce the theory in preparation for the time when they can participate in practical training. We remain keen to expand our membership in order to improve our capacity to effectively respond to fire incidents.

The Victorian Fire Services Reform process has reorganised fire fighting in the Melbourne metropolitan area and some regional centres, but will not directly impact rural brigades like Halls Gap. All our firefighters continue to be volunteers, with administrative and tactical support continuing through the District 16 Regional Headquarters in Ararat, training delivered by specialist instructors from across the state, vehicle maintenance and modification undertaken through the District Mechanical Officers in Horsham and Fire Equipment Maintenance administered through the CFA offices in Bendigo. Halls Gap Brigade is a member of the Stawell Group of Fire Brigades which continues unchanged under the leadership of elected volunteers.

We continue to encourage landholders and managers to use the cooler months to clear up ahead of the next fire season. Slashing, mulching and burning can all work towards reduced fuel loads going into next summer. Remember a permit to burn off is required within the township and residential areas, and every burn should be



registered with VicFire by calling 1800 668 511. See <https://www.cfa.vic.gov.au/contact/register-your-burn-off>.

For information about volunteering with the Halls Gap CFA, or to inquire about the Fire Equipment Maintenance service our volunteers provide to local businesses for brigade fundraising, please call Peter on 0437 524 716.



Project Platypus, working with Halls Gap Landcare and the Community Association of Halls Gap, has been successful in its application for funding for the control of

Kunzea ericoides in Halls Gap. Funding from the Ross Trust Biodiversity Conservation Smart Grant program will be provided over the next three years for the eradication of this pest plant.

Works over the last year carried out over the last year by the Ararat Prison Landmate team and supervised by Project Platypus has commenced Kunzea ericoides control between Hill Street and Silversprings Road.

The Ross Trust Funding will allow for detailed mapping of Kunzea ericoides within the township, working with local landholders and eradication works.

Unchecked, there is potential for this pest plant to spread from private property into the surrounding National Park. The control program is vital for protecting the biodiversity of the Grampians-Gariwerd.

For further information about the Ross Trust funding and Kunzea control, please contact Graham Parkes on 0429 839179 or [graham@grahamparkes.com.au](mailto:graham@grahamparkes.com.au)

**PROJECT  
PLATYPUS**  
UPPER WIMMERA LANDCARE





## HALLS GAP PRIMARY SCHOOL

Our Grade 5 and 6 class have been very industrious and have continued conducting their



ant experiments. The ants have provided our students with some great opportunities to question, hypothesise, observe, experiment and record. So much of our science curriculum has been covered just by having this small colony of ants at our disposal. Some of our students are getting ready to video their presentation on the ants for the Virtual Biggest Science

Experiment during National Science Week on August 15-23. You can follow this community science project through their Facebook page or their web site [www.bigsciexp.com.au](http://www.bigsciexp.com.au). We really look forward to seeing what all of the other community groups have been up to. Our classrooms have started to really come alive. They are currently filling with vines, leaves and all kinds of

wildlife. Our theme for the term is The Rainforest. The students have been very excited to learn about the amazing animals and plants that inhabit the rainforests all over the world.

It's been a pretty challenging time for everyone but over the last week or so we have been able to return to some of the "normal" school routines for our students. We are again making the weekly trip over to the Community Hall for our Performing Arts lessons. It is wonderful to have the room again to do lots of acting, dancing and singing and, in particular to make all the noise we want to without bothering anyone.



We have also been able to start having our Wednesday lunch orders again. The Stony Creek Bakery and Coolas Ice-Creamery do an amazing job and we're very happy to be able to enjoy their support again. There were literally cheers when I announced this to the students last week.





I would like to thank the many local residents who have assisted at the Community Garden over the last month. Neil Macumber and myself have worked diligently in the garden and it really is looking good. The chickens have worked tirelessly in the compost yard which has assisted us to prepare new garden beds for the upcoming spring planting season. As a bonus they are laying 3 - 4 eggs daily.



It is heartening to see people visit, chat with the gardeners and depart often with salads and eggs. The gifts of information and materials that continually are shared at this Community Garden make me proud to be a part of this community.

Please understand that everyone is welcome to share the bountiful food and that there is no compulsion to do any work or to dirty your hands. I feel honoured to be able to do it for you. I think I speak for Neil and the 6 chickens also! I hope to see you down at the Community Garden soon.

Bon appetit! Tim



**GET  
EXCITED  
IT'S  
COMPETITION  
TIME**

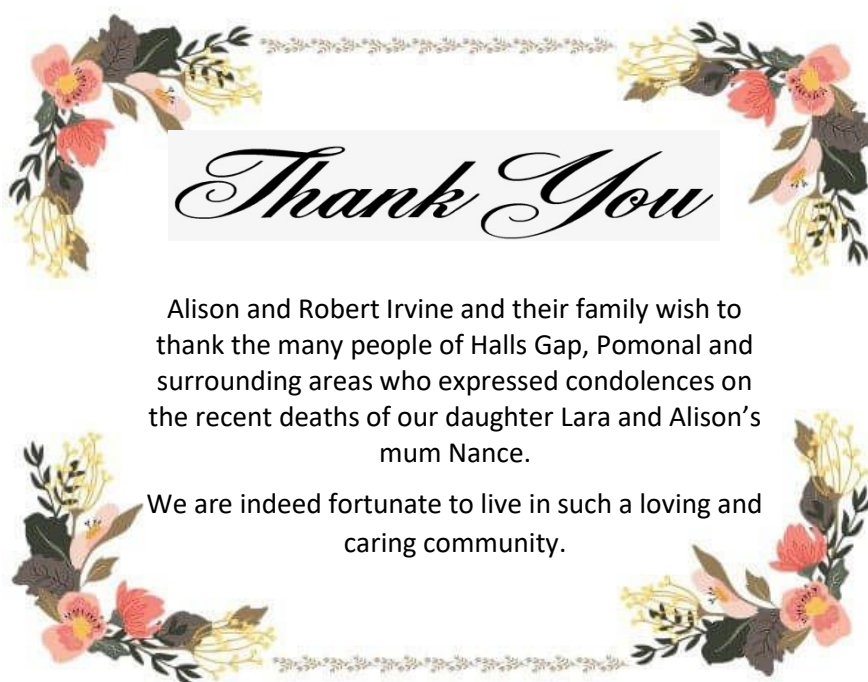
## SCARECROW COMPETITION

Halls Gap Community Garden

The most creative  
scarecrow will win

**Winner chosen end of August**

Contact Alison at Budja Budja  
Neighbourhood House for details



Alison and Robert Irvine and their family wish to thank the many people of Halls Gap, Pomonal and surrounding areas who expressed condolences on the recent deaths of our daughter Lara and Alison's mum Nance.

We are indeed fortunate to live in such a loving and caring community.



Lara Amy Irvine  
9th December 1982 - 24th April 2020



20-22 Grampians Road, Halls Gap 3381 PH: 03 53564751

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

July 2020	August 2020	September 2020
<p><b><u>Dr Amanda Gibbons</u></b>  1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>  6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>  14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup>  20<sup>th</sup>, 21<sup>st</sup>, 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup></p> <p><b><u>DR Susan Watson</u></b>  8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>  13<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup></p> <p><b><u>Dr Ian Jones</u></b>  27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup>, 31<sup>st</sup></p>	<p><b><u>Dr Amanda Gibbons</u></b>  11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>  17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup>  28<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup>, 31<sup>st</sup></p> <p><b><u>Dr Ian Jones</u></b>  3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>  10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup></p>	<p><b><u>Dr Amanda Gibbons</u></b>  1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>  8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>  14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>  22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 25<sup>th</sup>  28<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup></p> <p><b><u>Dr Rebecca Bassett</u></b>  16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>  21<sup>st</sup>, 22<sup>nd</sup>, 23<sup>rd</sup></p> <p><b><u>Nurse Clinic</u></b>  7<sup>th</sup></p>

## **Important Patient information**

Budja Budja has implemented physical distancing requirements which all patients must comply to.

Appointments are to be made by telephone only (no walk –ins)

Appointments preferred to be made via Telehealth

All Patients must have a mask on to enter the premises (we will not be providing them)

Sanitise hands before entry

Screened for COVID-19 once you have entered including temperature

**DO NOT ATTEND** if you have recently been overseas, come from a recognised Hot spot, been in contact with a known case of COVID -19 or experiencing any cold , fever or respiratory infection symptoms even if mild.





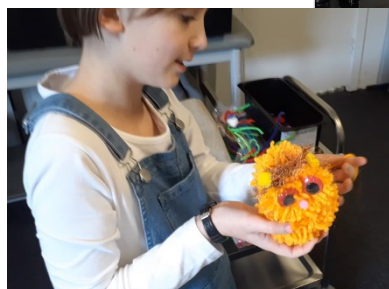
Thanks to Grampians Tourism/ NGSC we have been able to run programs at the Halls Gap Centenary Hall. This has included Gentle Exercise with Jo Brown, Tai Chi with Tim & Bruce and Finska. There are plans to run a beginners Tai Chi on Tuesday when Bruce and Diane returns to Halls Gap. Diane will also helping up with our Sewing class. We will be making mask and other community projects

We have plans to run another Knit in Public day and working with local groups to assist with then with running Covid-safe events.

Stay Safe and connected

Alison & Lee-Anne

**School Holiday fun making pom pom animals and cooking with Lucy, Nic and Alison**



## Whats Happening at Budja Budja Neighbourhood House

### Sewing

Every Tuesday 10am-12noon at Budja Budja Neighbourhood House - Starting 18 August

### Yarn Group

Every Thursday 1.30pm at Budja Budja Neighbourhood House

### Beginners Tai Chi

Every Tuesday 10am at Halls Gap Centenary Hall, enter from Heath Street Starting 18 August

### Gentle Exercise

Every Tuesday 1.30pm at Halls Gap Centenary Hall, Enter from Heath Street

### Tai Chi

Every Thursday 10am at Halls Gap Centenary Hall Enter from Heath Street

### Book Club

Held Third Thursday of the month February to November from 7.30pm at Budja Budja Neighbourhood House

### Finska

Every Friday 1.30pm at Halls Gap Centenary Hall Enter from Heath Street



Available during opening hours 9am-3:15pm Tues to Friday



Alison & Lee-Anne are available to chat - in person, by telephone or on line

## Knit/Crochet in Public



**Saturday 15th August**

**10am to 2pm at**

**Halls Gap Centenary Hall**

**Enter at Visitor Information Centre**

**BYO: Everything**

*We will be following Covid restrictions so please wear your mask, physical distance & wash hands*

20-22 Grampians Rd., HALLS GAP VIC 3381  
p: 03 53564751, option 3  
m: 0491 090 456  
e: [neighbourhood.house@budjabudjacoop.org.au](mailto:neighbourhood.house@budjabudjacoop.org.au)  
w: <https://budjabudjaneighbourhoodhouse.org.au/>





## AMBULANCE VICTORIA



Hello from Halls Gap Ambulance. We hope that everyone is keeping well.

Halls Gap Ambulance responding has increased a little over the last few weeks. We are keeping on top of all the new implementations put out through Ambulance Victoria/DHHS and the use of PPE.

During these times of so many active COVID cases - today over 700!! Please remember to practise good hand hygiene, social distancing and even wear a MASK. I have been making a conscious effort when out and about to have some sort of face covering (I do get strange looks) and constantly sanitizing my hands.

Please keep up to date with all relevant COVID information via the DHHS website. The highest number of COVID cases are in the 20-35 age group!

Take care and look after each other.

Kerry Linke

Halls Gap Ambulance

## POMONAL MEN'S SHED

Pomonal Men's Shed was formed in May 2019 and has been going from strength to strength ever since. We operate out of a small shed near the Pomonal Community Hall and have been doing mostly outdoor based activities due to the lack of a large shed.

In early 2019, with the help of Pomonal Progress Association, we applied for and were successful in receiving, a Victorian Department of Health and Human Resources Men's Shed grant to construct a new men's shed facility.

Our new shed project is progressing well having received the building permit in early July we placed the order for the shed. Delivery is expected late August and we hope construction will commence shortly thereafter.

While we wait for our new shed we are still keeping busy by meeting every Thursday at 10am, usually at the shed behind Pomonal Hall. New members are always welcome to come along and get involved or simply have a cuppa and biscuit, and chat to other members.



If you would like to get more information about what we do please call Peter (0447466435) or simply come along any Thursday.

We would like to meet you.

Would you like to **win a load of fire wood** - donated by the Peel family. Buy a ticket in the Pomonal Men's Shed Wood raffle. Tickets can be purchased from members or at the Halls Gap Newsagency and Pomonal General Store. Drawn 13 August.

We are the Elders of tomorrow,  
**HEAR OUR VOICE**  
 #EldersOfTomorrow  
 #StrongInCulture

NATIONAL ABORIGINAL  
 AND TORRES STRAIT ISLANDER  
**CHILDREN'S DAY**  
**4 August 2020**

[www.aboriginalchildrensday.com.au](http://www.aboriginalchildrensday.com.au)



Parks have made a video on the Grampians Ark project and the brushtail rock wallaby release project.

Watch film on the below link:





<https://www.youtube.com/watch?v=uvxW3U9n6RQ>



# How to make a cloth mask

Instructions for making a cloth face mask

## You will need

Section	Quantity <sup>1</sup>	Material type	Example materials
<b>Outer layer</b>	1 piece (25 cm x 25 cm)	Water-resistant fabric (polyester / polypropylene)	<ul style="list-style-type: none"> <li>• Clothing</li> <li>• Reusable 'green' shopping bags</li> <li>• Exercise clothing</li> </ul> 
<b>Middle layer</b>	1 piece (25 cm x 25 cm)	Fabric blends (cotton polyester blend / polypropylene)	<p>A repeat layer of either:</p> <ul style="list-style-type: none"> <li>• Clothing</li> <li>• Reusable 'green' shopping bags</li> </ul> 
<b>Inner layer</b>	1 piece (25 cm x 25 cm)	Water-absorbing fabric (cotton)	<ul style="list-style-type: none"> <li>• Clothing</li> </ul> 
<b>Ear loops</b>	2 pieces (20 cm each)	Elastic or string or cloth strips	<ul style="list-style-type: none"> <li>• T-shirt</li> <li>• Shoelaces</li> </ul> 

## Important:

Make sure that all materials are intact and have not worn too thin or have holes in them.

Check the item's label or tag to confirm the type of material.

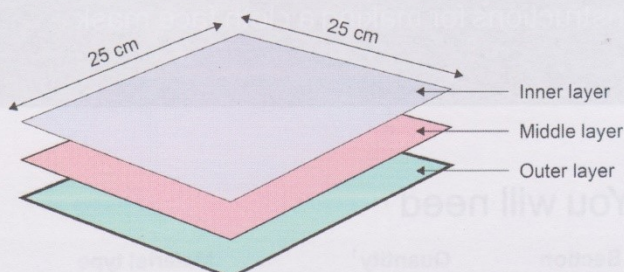
<sup>1</sup> Material dimensions are the right size for an average adult.



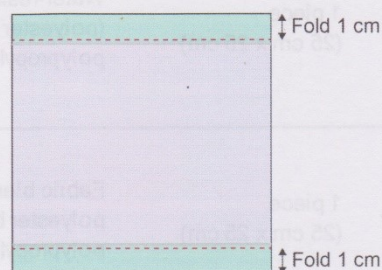
## Steps

1. Cut out the outer layer, middle layer and inner layer pieces (see above for dimensions and material to use).

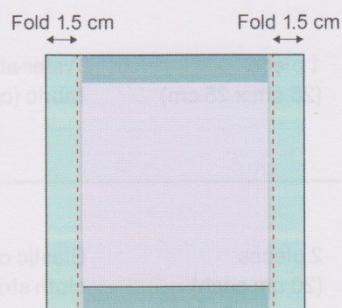
Place the outer layer on the bottom, the middle layer in the middle, and the inner layer on top.



2. With the inner layer facing up, fold over 1 cm of the three pieces of material for the top and bottom edges and stitch at the borders (see red dotted lines).

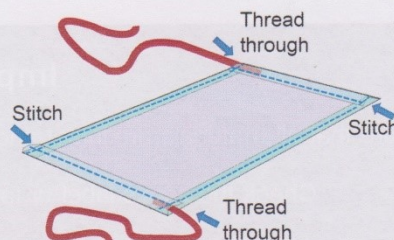


3. With the inner layer facing up, fold over 1.5 cm of material for the side edges and stitch (see red dotted lines).

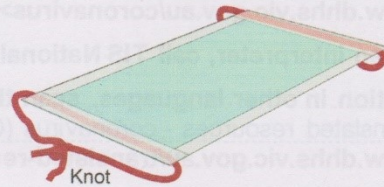


4. Thread a 20 cm piece of elastic, string or cloth strip through the wider edge on each side.

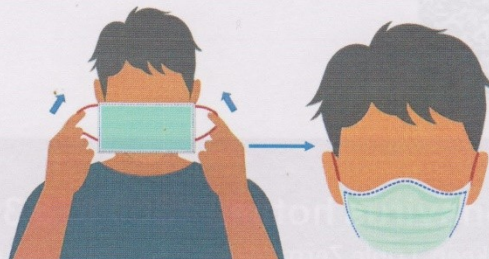
Use a safety pin or large needle to thread it through.



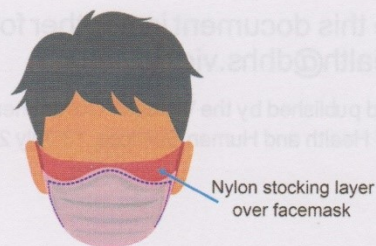
5. Knot the ends tightly or stitch them together.



6. Put on the mask with the outer layer facing away from your face.  
Adjust the mask to make sure it fits tightly over your nose and mouth.  
While wearing and removing the mask, do not touch the outer layer.  
Wash your hands before putting your mask on and after taking it off.



7. If you want to improve the fit of your mask you can add a nylon stocking over the mask and tie at the back of the head.



**Wearing masks** is only one of the ways to keep everyone safe.

**Remember** to help slow the spread of coronavirus (COVID-19), stay safe by

- \* regularly washing your hands
- \* keeping at least 1.5 metres from other people, and
- \* staying home if you feel unwell.

Lets get creative whilst keeping you and me safe during covid19.  
Love to see pictures of the most **colourful and functional, family friendly and wacky masks** for the **next edition**. Ed.



# Help

## STOP SCATTERED RUBBISH



### HALLS GAP BIN STRAPS

Stop critters, wind, or other factors from spreading rubbish around Halls Gap. Only 1 bin strap per bin is needed.

Collect your free bin straps from:

- Halls Gap Newsagency
- Halls Gap Post Office
- Halls Gap Visitor Information Centre

For further information call 03 5358 8700

## MASKS

*If you are leaving home you should wear a face mask such as a cloth mask or surgical mask if it is difficult to keep 1.5 metres apart from others.*

Wearing a face mask protects you and your community by providing an additional physical barrier to coronavirus (COVID-19).

*Let's look after each other.*



**From 11:59pm 2 August 2020 everyone in Victoria will need to wear a face covering when they leave home, unless they have a lawful reason.**



## SWOOPING BIRDS TOP TEN TIPS

**SWOOPING BIRDS MAY BE FRIGHTENING OR EVEN DANGEROUS**

1. Know your local swooping hotspots.
2. Avoid the area if possible.
3. Move quickly.
4. Cover your head.
5. Place pretend eyes on the back of your helmet.
6. Do not harass wildlife.
7. Do not destroy nests.
8. Don't feed swooping birds.
9. Travel in a group.
10. Notify others.

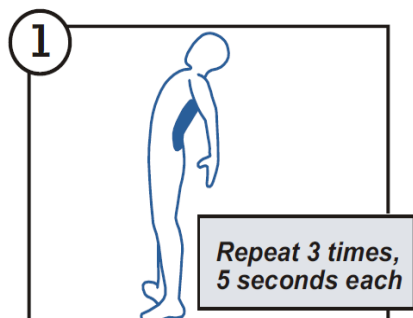
Source: DELWP



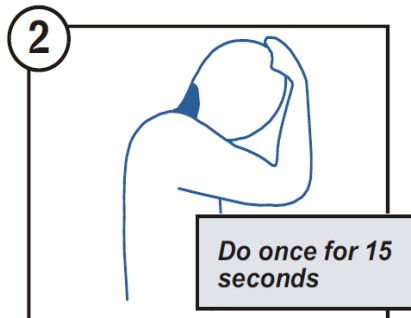
# STRETCHES

DEVELOPED BY EXPERTS - FOR ALL AGE GROUPS - FOLLOW INSTRUCTIONS

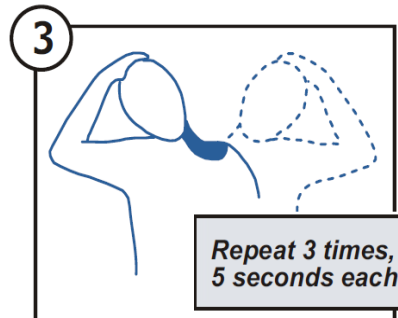
**Do these quick stretches regularly to reduce fatigue and avoid injury:**



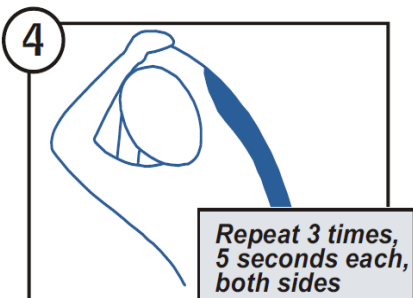
**BACK EXTENSION**



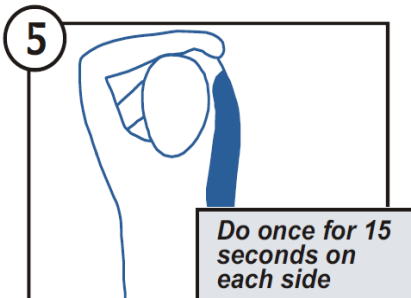
**NECK FORWARD**



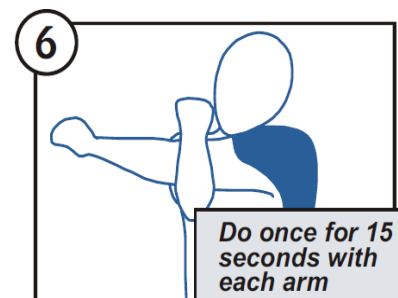
**NECK LEFT & RIGHT**



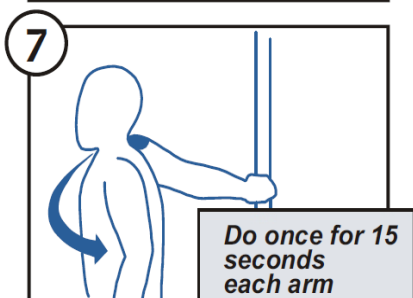
**ELBOW PULLOVER**



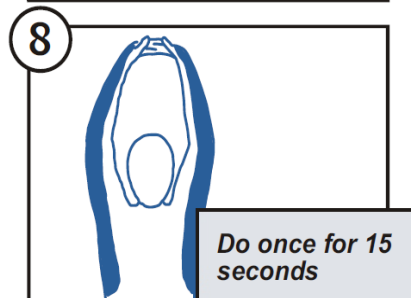
**SHOULDER OVER**



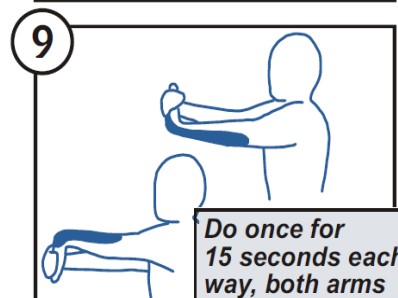
**SHOULDER ACROSS**



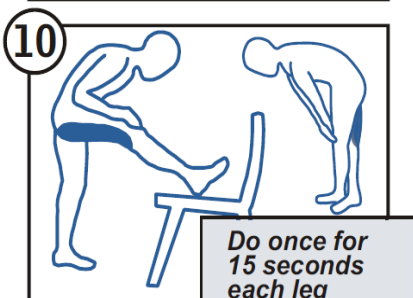
**SHOULDER BACK**



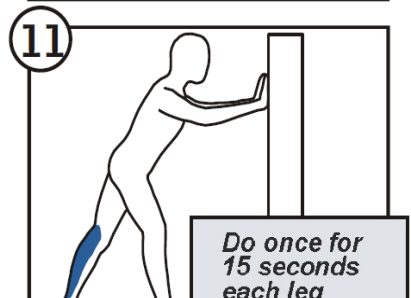
**BRIDGE STRETCH**



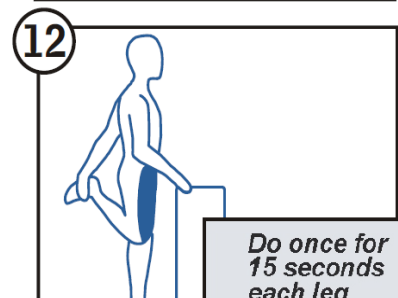
**FOREARM & WRIST**



**HAMSTRING STRETCH**



**CALF STRETCH**



**QUAD & FLEXOR STRETCH**



# STRETCHES

DEVELOPED BY EXPERTS - FOR ALL AGE GROUPS - FOLLOW INSTRUCTIONS

## Benefits of Regular Stretching:

- Increases range of motion, reduces sprain-strain injury risks, and helps control postural fatigue
- Warms and prepares muscles, pre-fueling them with oxygen and other needed chemicals
- Reduces internal friction and stiffness involving muscles, tendons, joints, and ligaments
- Reduces soreness and fatigue from long-term sitting, driving, bending, or reaching
- Improves comfort and decreases fatigue related to physical exertion, lifting, using tools, and so on



### BACK EXTENSION AND SHOULDER BLADE PINCH

This exercise provides great fatigue relief for the lower, mid, and upper back. Stand with feet apart and gently lean backward to the point of mild tension with the arms also reaching back and squeezed toward each other. Tighten shoulder blades and low back muscles and hold for five seconds. Do three times.



### NECK FORWARD STRETCH

This stretches the back of the neck and the area where the neck joins the upper back. Tilt your head forward and lower the chin toward the chest, placing a hand on the back of your head for added stretch. Hold for 15 seconds.



### NECK LEFT AND RIGHT

This stretches the sides of the neck and the area where the neck joins the shoulders. Tilt head sideways toward shoulder without twisting neck – move the ear directly toward shoulder. Do this stretch once for 15 seconds on each side.



### ELBOW PULLOVER (LATERAL TORSO STRETCH)

This stretches the sides of the neck and the area where the neck joins the shoulders. Raise one arm overhead, grasp it at the elbow with other hand, and lean sideways from the waist, stretching the side of the trunk. Hold for 5 seconds, alternating for 3 times on each side.



### SHOULDER OVER (LATERAL SHOULDER STRETCH)

Raise one arm overhead, grasp it at the elbow with other hand, and pull the elbow gently across behind the head, stretching the muscles and soft tissues on the side of the shoulder joint and surrounding area. Hold for 15 seconds, and repeat for the other shoulder.



### SHOULDER ACROSS (POSTERIOR SHOULDER STRETCH)

Hold one arm straight across the chest and gently pull its elbow in closer and farther across. Hold for 15 seconds to stretch the back area of that shoulder. Repeat for the other shoulder.



### SHOULDER BACK (ANTERIOR SHOULDER AND CHEST STRETCH)

Stand with a stable shoulder-high object directly to your side. Extend the arm on that side to touch the object with your fingertips with arm straight. Gently rotate your entire body forward and away from the object while keeping fingertips in place on the object, stretching the front side of that shoulder. Hold for 15 seconds and repeat, facing the opposite direction in order to stretch the other shoulder.



### BRIDGE STRETCH FOR ARMS AND UPPER TORSO

Interlace fingers with palms pointing toward the sky, straightening the elbows and reaching as far upward as possible with both hands. Hold for 15 seconds.



### FOREARM AND WRIST STRETCHES

Extend one arm forward without bending the elbow. Bend the wrist upward, and use the other hand to gently pull fingers back toward you, stretching the muscles and soft tissues on the bottom of the forearm and wrist. Hold for 15 seconds. Then release and bend the same wrist downward, gently pulling it down and toward you with the other hand. Hold for 15 seconds and repeat both stretches with other arm.



### HAMSTRING STRETCH

Tight hamstrings can be a source of soreness, and often cause back soreness as well. Stretch hamstrings by standing with feet crossed and gently bending forward at the hips and waist to the point of mild tension. You should feel this stretch along the back of the rear leg. Hold for 15 seconds and repeat with the other leg. Alternate version: place one foot up on a low object with knee straight and gently lean forward to stretch back of leg. Hold for 15 seconds and repeat with other leg.



### CALF STRETCH

Stand at arm's length in front of a tall stable surface such as a wall or tree. Place both hands on the surface at chest level, and move one foot back about as far as your shoulders are wide. Push the rear heel all the way onto the floor or ground, and lean forward toward your hands to stretch the calf muscles and tendons on that leg. Hold for 15 seconds and repeat for the other leg. This stretch can also help relieve heel discomfort.



### QUAD AND FLEXOR STRETCH

Place one hand on a stable surface for support. Bend one knee to lift a foot up behind you. Bend forward and grasp that ankle with the opposite-side hand, and slowly stand back upright, gently pulling the leg upward behind you to stretch front of thigh (quadriceps) and upper thigh area (hip flexors). Hold for 15 seconds and repeat with opposite leg and hand.

## 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:**

Melbourne Cup Weekend – 1st November

## 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

**At this stage due to covid restrictions it is unlikely we will have a market until at least November.**

Potential: 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

## PRUNING



Roses, fruit trees etc

Hourly rates

Removal extra

30 years experience

D Elgood

5356 4353



Halls Gap is a Cat Free Zone



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



Report stolen vehicles, property from your car or other items



Report personal property kept 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)



## FILL THE GAP COMMITTEE

Abbie, Lee-Anne 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)

## Lavender Reduces Stress



- 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



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

## 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
- **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.
- 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